





*focus and priorities of the week:*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

*Make this commitment to yourself. If it was easy, everyone would do it.  
You have a whole community by your side now, who does get you. You can do it,  
and we will do it, together.*

FRIDAY

SATURDAY

SUNDAY

NOTES

A vertical column of four rounded rectangular boxes, each intended for scheduling or journaling for the day of Friday.

A vertical column of four rounded rectangular boxes, each intended for scheduling or journaling for the day of Saturday.

A vertical column of four rounded rectangular boxes, each intended for scheduling or journaling for the day of Sunday.

A vertical column for notes, decorated with a pattern of small, light gray stars scattered throughout the space.

*my dreams, my visions*



**MONTHLY GOALS**

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**ACTION STEP**

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**MONTHLY BUDGET**

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**WHAT HABIT ARE YOU TRYING TO BREAK OR CREATE THIS MONTH?**

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sunday

monday

tuesday

wednesday


MONTHLY GOALS

ACTION STEP

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MONTH: \_\_\_\_\_

thursday

friday

saturday


NOTES & DATES:

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We can't choose  
*our circumstances,*  
but we CAN choose  
how we respond to them.

We can CHOOSE a  
new solution, a new thought  
process, *a new outlook.*

MONTHLY BUDGET

WHAT HABIT ARE YOU TRYING TO  
BREAK OR CREATE THIS MONTH?

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