

3-6-9 Method Monthly Planner

MONTH _____ DAY 1

Write today's affirmation three times.

1. _____

2. _____

3. _____

Set and complete 3 obtainable goals for today.

1. _____

2. _____

3. _____

Write six attainable monthly goals. Make sure to strike through each goal as you accomplish them.

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Set 3 obtainable goals for the year.

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Write today's midday affirmation six times just before you go to bed.

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Write today's evening affirmation nine times just before you go to bed.

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