

# THIS MONTH'S...

**GOAL:**

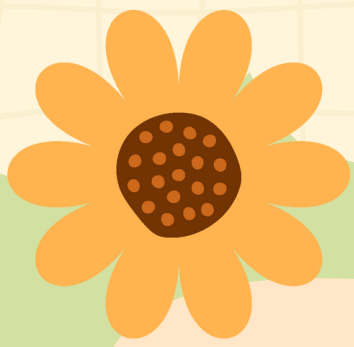
Grid area for writing goals

**GRATITUDE:**

Scalloped circle area for writing gratitude

**AFFIRMATION:**

Yellow circle area for writing affirmations



**WATCH LIST:**

Vertical list area with horizontal lines for watching

**LISTEN LIST:**

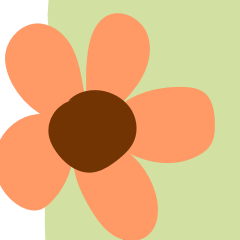
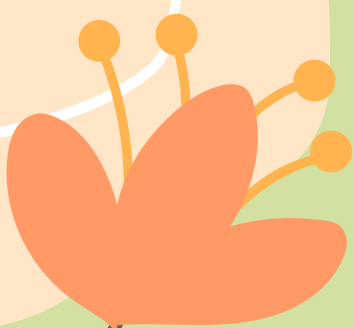
Cloud-shaped area for writing listen lists



**READING LIST:**

Grid area for writing reading lists

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DATE

PRIORITIES:

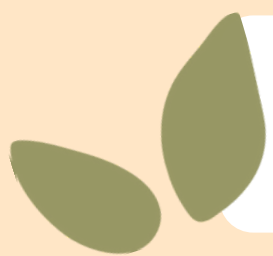
MEAL PLAN:



BRAIN DUMP:



TO DO:



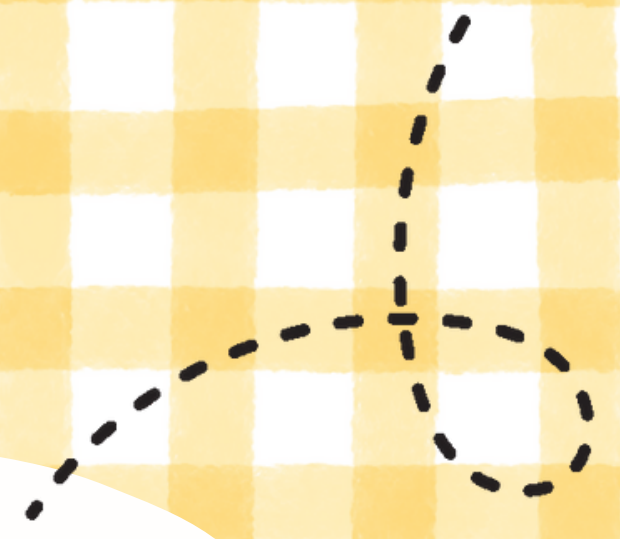
MOOD TRACKER:



WATER INTAKE:







A large white rounded rectangle containing ten horizontal dashed orange lines, serving as a writing area.

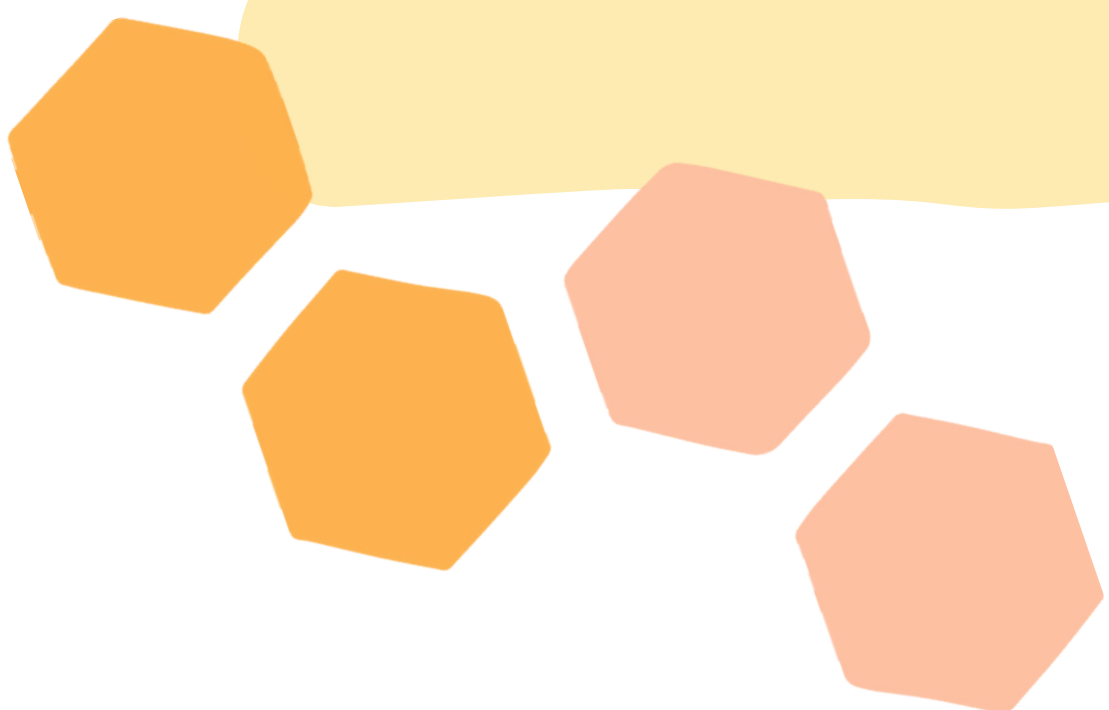
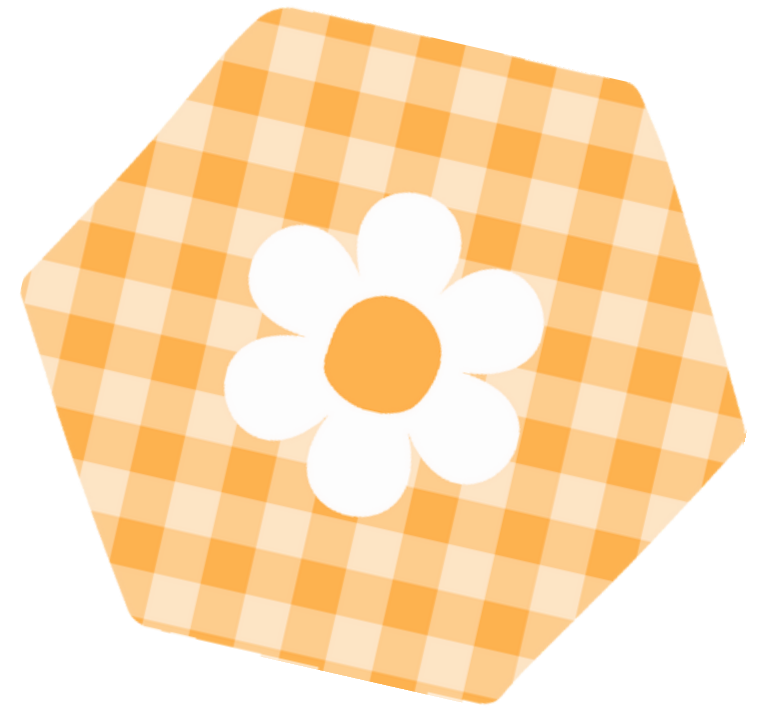


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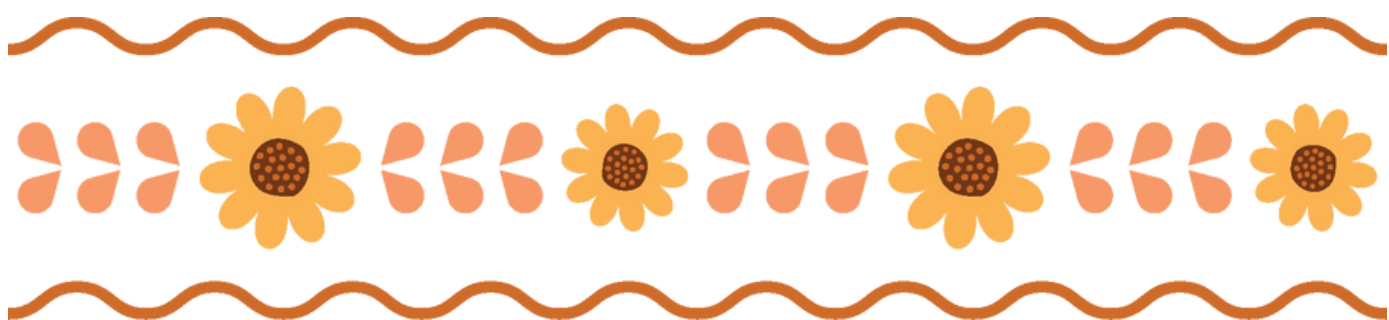
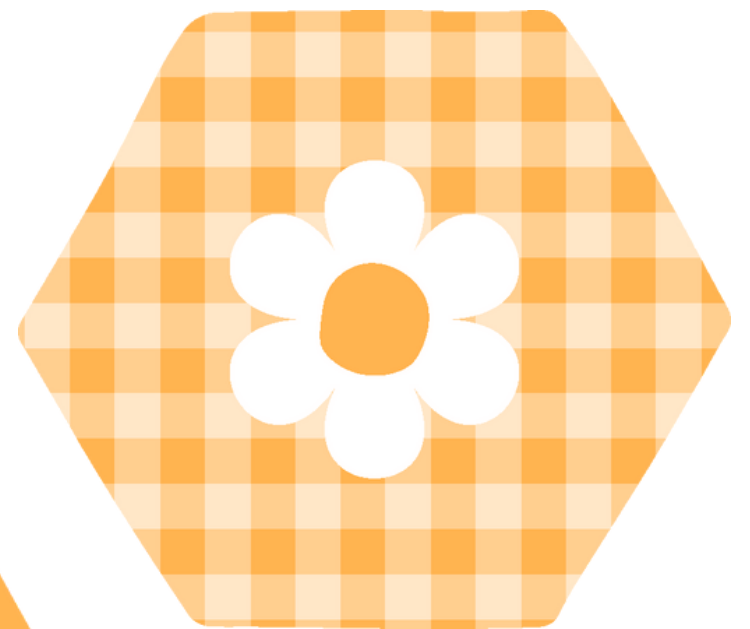
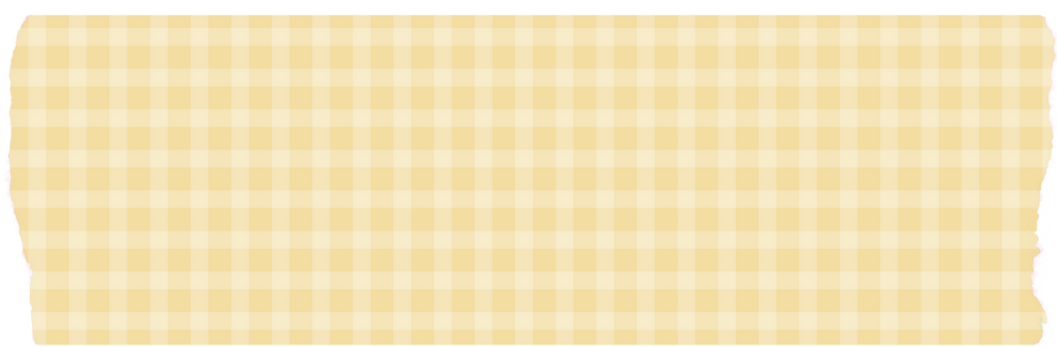
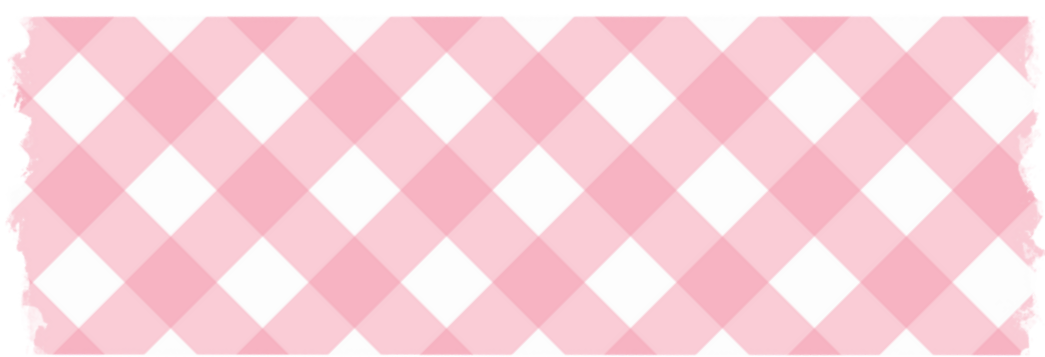
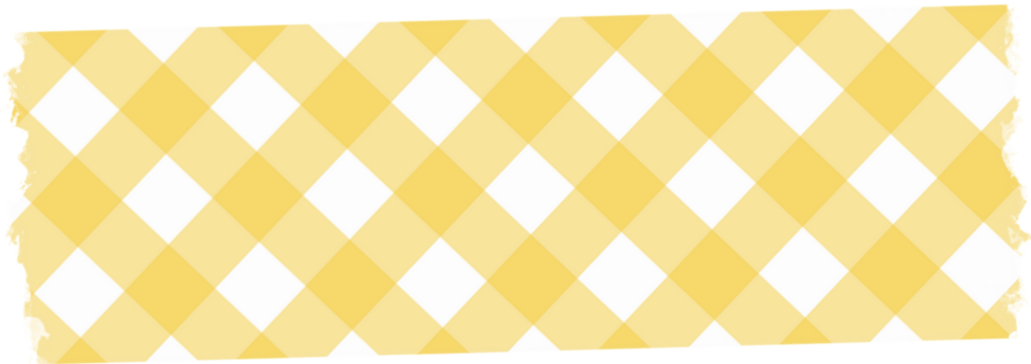




# SPRING CLEANING LIST







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