

# JANUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	MLK JR. DAY					
26	27	28	29	30	31	

*Special reminders:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

THIS MONTH'S FOCUS:


**IT DOESN'T HAVE TO BE PERFECT,  
IT JUST HAS TO START.**

## Special reminders:

<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>

THIS MONTH'S FOCUS:

# FEBRUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	 VALENTINE'S DAY	14 15
16	17 PRESIDENT'S DAY	18	19	20	21	22
23	24	25	26	27	28	29

There is always one thing to be grateful for  
— that one is one's  
self and not somebody else.

EMILY DICKINSON

# MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	 17 ST. PATRICK'S DAY	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

*Special reminders:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The beginning is always today.

THIS MONTH'S FOCUS:

## Special reminders:

<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>

THIS MONTH'S FOCUS:

# APRIL 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12  EASTER SUNDAY	13	14	15	16	17	18
19	20	21	22	23	24	25 
26	27	28	29	30		

If you're not making mistakes,  
then you're not making decisions.

CATHERINE COOK

# MAY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10  MOTHER'S DAY	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 MEMORIAL DAY	26	27	28	29	30
31						

OPTIMISM IS THE FAITH THAT LEADS TO ACHIEVEMENT.  
NOTHING CAN BE DONE WITHOUT HOPE AND  
CONFIDENCE

HELEN KELLER

*Special reminders:*

<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>

**THIS MONTH'S FOCUS:**

*Special reminders:*

<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>

THIS MONTH'S FOCUS:

# JUNE 2020

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
 21 FATHER'S DAY	22	23	24	25	26	27
28	29	30				

**THE QUIETER YOU BECOME THE  
MORE YOU ARE ABLE TO HEAR.**

RUMI

# JULY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4  INDEPENDENCE DAY
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

*Special reminders:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*I am a slow walker,  
but I never walk  
back.*

**THIS MONTH'S FOCUS:**

## Special reminders:

<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>

**THIS MONTH'S FOCUS:**

# AUGUST 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

If you wish to move mountains tomorrow,  
you must start by lifting stones today.

AFRICAN PROVERB



# SEPTEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
	LABOR DAY					
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

*Special reminders:*

<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>

**THIS MONTH'S FOCUS:**

*Life is like riding a bicycle.*

*To keep your balance*

*you must keep moving.*

ALBERT EINSTEIN

*Special reminders:*

<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>

**THIS MONTH'S FOCUS:**



# OCTOBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	COLUMBUS DAY					
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						 HALLOWEEN

SOMETIMES THE BRAVEST AND MOST  
IMPORTANT THING YOU CAN DO IS  
JUST SHOW UP.

BRENE BROWN

# NOVEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 DAYLIGHT SAVINGS	2	3 ELECTION DAY 	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 THANKSGIVING 	27	28
29	30					

*Special reminders:*

□ \_\_\_\_\_ □

□ \_\_\_\_\_ □

□ \_\_\_\_\_ □

□ \_\_\_\_\_ □

□ \_\_\_\_\_ □

□ \_\_\_\_\_ □

□ \_\_\_\_\_ □

□ \_\_\_\_\_ □

*Instructions for living a life. Pay attention.  
Be astonished.  
Tell about it.*

MARY OLIVER


THIS MONTH'S FOCUS:

*Special reminders:*

<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	<input type="checkbox"/>

**THIS MONTH'S FOCUS:**

# DECEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	 CHRISTMAS DAY	26
27	28	29	30	 NEW YEAR'S EVE	31	

AT THE END OF THE DAY, AT THE END OF THE MONTH, AT THE END  
OF MY LIFE — I WANT TO KNOW THAT I CONTRIBUTED  
MORE THAN I CRITICIZED.

BRENE BROWN