

# My Planner

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## 2026

JAN

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APR

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# CALENDAR |

JANUARY

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FEBRUARY

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MARCH

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JULY

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SEPTEMBER

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OCTOBER

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DECEMBER

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2026

JAN

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# KEY DATES

JANUARY

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FEBRUARY

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MARCH

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JANUARY |

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|      | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
|      | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 01 |    |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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THIS MONTH'S FOCUS

TOP PRIORITIES

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3.

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WORK TO DO LIST

BRAIN DUMP



FEBRUARY |

| WEEK | 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 | 32 | 33 | 34 | 35 | 36 |
|      | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 01 |    |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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THIS MONTH'S FOCUS

TOP PRIORITIES

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WORK TO DO LIST

BRAIN DUMP



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2026

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MARCH |

| WEEK | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
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|      | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
|      | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 01 |    |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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THIS MONTH'S FOCUS

TOP PRIORITIES

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WORK TO DO LIST

BRAIN DUMP



APRIL |

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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THIS MONTH'S FOCUS

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WORK TO DO LIST

BRAIN DUMP



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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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THIS MONTH'S FOCUS

TOP PRIORITIES

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WORK TO DO LIST

BRAIN DUMP



| WEEK | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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THIS MONTH'S FOCUS

TOP PRIORITIES

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WORK TO DO LIST

BRAIN DUMP



JULY |

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|      | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
|      | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 01 |    |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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THIS MONTH'S FOCUS

TOP PRIORITIES

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WORK TO DO LIST

BRAIN DUMP



AUGUST |

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THIS MONTH'S FOCUS

TOP PRIORITIES

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WORK TO DO LIST

BRAIN DUMP



SEPTEMBER |

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|      | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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THIS MONTH'S FOCUS

TOP PRIORITIES

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WORK TO DO LIST

BRAIN DUMP



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OCTOBER |

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|      | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
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THIS MONTH'S FOCUS

TOP PRIORITIES

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WORK TO DO LIST

BRAIN DUMP



NOVEMBER |

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|      | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
|      | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 01 |    |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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THIS MONTH'S FOCUS

TOP PRIORITIES

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WORK TO DO LIST

BRAIN DUMP



DECEMBER |

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|      | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 01 |    |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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THIS MONTH'S FOCUS

TOP PRIORITIES

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WORK TO DO LIST

BRAIN DUMP





















# WEEK-10 |

## SCHEDULE

## THIS MONTH'S FOCUS OF THE DAY

## TO DO LIST

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## WEEKLY INTENTION

## BRAIN DUMP

## WEEKLY GOALS

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## WEEK-12 |

## SCHEDULE

## THIS MONTH'S FOCUS OF THE DAY

## TO DO LIST

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WEEKLY INTENTION

BRAIN DUMP

## WEEKLY GOALS

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SCHEDULE

THIS MONTH'S FOCUS OF THE DAY

TO DO LIST

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WEEKLY GOALS

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WEEKLY INTENTION

BRAIN DUMP

NEXT WEEK

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2026

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## WEEK-18 |

## SCHEDULE

## THIS MONTH'S FOCUS OF THE DAY

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WEEKLY INTENTION

BRAIN DUMP

## WEEKLY GOALS

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WEEKLY INTENTION

BRAIN DUMP

## WEEKLY GOALS

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WEEK-37 |

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BRAIN DUMP

## WEEKLY GOALS

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## WEEK-38 |

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BRAIN DUMP

## WEEKLY GOALS

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

TODAY'S GOAL

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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Eight empty teardrop shapes arranged horizontally, intended for drawing.



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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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TODAY, I'M GRATEFUL FOR

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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TODAY, I'M GRATEFUL FOR

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

TODAY'S GOAL

TO DO LIST

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## WEDNESDAY

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

TODAY'S GOAL

TO DO LIST

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

TODAY'S GOAL

TO DO LIST

DON'T FORGET

HYDRATION



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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

TODAY'S GOAL

TO DO LIST

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

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## SATURDAY

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## MEALS

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

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## WEDNESDAY

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## MEALS

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## REMAINDERS FOR TOMORROW

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## TODAY'S GOAL

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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SUNDAY

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

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REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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## REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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REMAINDERS FOR TOMORROW

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MEALS

|   |   |
|---|---|
| B | L |
| D | S |

REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

TODAY'S GOAL

TO DO LIST

DON'T FORGET

HYDRATION



SCHEDULE

|       |  |
|-------|--|
| 5 AM  |  |
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| 6 AM  |  |
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| 10 PM |  |
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MEALS

|   |   |
|---|---|
| B | L |
| D | S |

REMAINDERS FOR TOMORROW

TODAY, I'M GRATEFUL FOR

TODAY'S GOAL

TO DO LIST

DON'T FORGET

HYDRATION



TASK | WEEK -

PERSONAL TO - DO

DUE DATE

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WORK TO - DO

DUE DATE

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## BRAIN DUMP | WEEK -

TO - DO

WHEN

## CONTACT

[illegible][illegible]

## RANDOM THOUGHT

[illegible]

NEW IDEAS

|  |  |  |
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RESEARCH

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THINK AND MAKE A DECISION ABOUT

\_\_\_\_\_

This image shows a full page of blank graph paper. The grid consists of thin, light gray horizontal and vertical lines that intersect to form small squares across the entire surface. There are no margins, text, or other markings on the paper.



LIFE VISION

DREAM BOARD

MY LIFE VISION

MY LIFE VISION

MY LIFE ON A SCALE OF 1-10



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# GOAL PLANNER

MY LIFE VISION

START DATE

DUE DATE

MOTIVATION

STEPS TO MAKE IT HAPPEN

HAVITS TO GET ME THERE

MY WHY

PROGRESS BAR

|     |     |     |     |     |     |     |     |     |      |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|

NOTES

MOTIVATION

GOAL INSPIRATION BOARD TO STAY INSPIRED ON YOUR JOURNEY



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# HABIT TRACKER

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

[illegible]

# MONTHLY REVIEW

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

HOW WAS MY MONTH?

CHALLENGES & LESSONS

WHAT I NEED TO IMPROVE ON

THINGS TO ...

Stop Doing

Start Doing

Keep Doing

THINGS TO ...

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HIGHLIGHTS / TOP ACCOMPLISHMENTS

NEXT MONTH I'LL BE FOCUSING ON

NEXT MONTH I'LL BE FOCUSING ON

|                      | 1 | 2 | 3 | 3 |
|----------------------|---|---|---|---|
| Personal Growth      |   |   |   |   |
| Family Relationships |   |   |   |   |
| Social Relationships |   |   |   |   |
| Work / Career        |   |   |   |   |
| Marriage / Romance   |   |   |   |   |
| Financial            |   |   |   |   |
| Business             |   |   |   |   |
|                      |   |   |   |   |
|                      |   |   |   |   |
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## SELF CARE PLAN | WEEK -

## SELF CARE CHECKLIST

S M T W T F S

## SELF CARE IDEAS

[illegible]

WHEN I ...

THEN ...

[illegible]

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## THERAPY NOTES | DATE -

## TOPICS TO DISCUSS

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## DISCUSSED ISSUES

[illegible]

## SUMMARY

FOR NEXT SESSION

[illegible]

## HELPFUL TIPS

## EXERCISE

## THOUGHTS

This image shows a full page of blank graph paper. The grid consists of thin, light gray horizontal and vertical lines that intersect to form small squares across the entire surface. There are no margins, text, or other markings on the paper.

MOOD TRACKER | DATE -

|           | 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 |
|-----------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| JANUARY   | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |
| FEBRUARY  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |
| MARCH     | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |
| APRIL     | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |
| MAY       | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |
| JUNE      | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |
| JULY      | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |
| AUGUST    | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |
| SEPTEMBER | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |
| OCTOBER   | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |
| NOVEMBER  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |
| DECEMBER  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |

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# IMPOSTER SYNDROME

BELIEF

IS IT TRUE?

## MY LIFE VISION

This image shows a full page of blank graph paper. The grid consists of thin, light gray horizontal and vertical lines that intersect to form small squares across the entire page. There are no margins, text, or other markings present.

A full page of blank graph paper. The grid consists of 20 vertical columns and 20 horizontal rows, creating a uniform square pattern across the entire page. There are no margins or additional markings.

[illegible][illegible][illegible][illegible][illegible][illegible][illegible]

## NOT- TO- DO LIST

## THINGS THAT WASTE MY TIME

## THINGS THAT I CAN DELEGATE

## THINGS THAT DRAIN MY ENERGY

## THINGS THAT ARE OUT OF MY CONTROL

## THINGS THAT AREN'T MY RESPONSIBILITIES

THINGS I THINK I MUST DO



# MEDICATION TRACKER

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

HABIT

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

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|               |
|---------------|
| MEDICATION    |
| DOSAGE        |
| TREATMENT FOR |
| NOTES         |
| MEDICATION    |
| DOSAGE        |
| TREATMENT FOR |
| NOTES         |
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| DOSAGE        |
| TREATMENT FOR |
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# WORKOUT PLANNER

| WK | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----|--------|--------|---------|-----------|----------|--------|----------|
| 1  |        |        |         |           |          |        |          |
| 2  |        |        |         |           |          |        |          |
| 3  |        |        |         |           |          |        |          |
| 4  |        |        |         |           |          |        |          |
| 5  |        |        |         |           |          |        |          |
| 6  |        |        |         |           |          |        |          |
| 7  |        |        |         |           |          |        |          |
| 8  |        |        |         |           |          |        |          |
| 9  |        |        |         |           |          |        |          |
| 10 |        |        |         |           |          |        |          |
| 11 |        |        |         |           |          |        |          |
| 12 |        |        |         |           |          |        |          |

## FITNESS GOALS

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## NOTES



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## TO- FINISH LIST

[illegible]

# DIGITAL DECLUTTER CHECKLIST

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

| PHONE |                              |
|-------|------------------------------|
|       | REMOVE APPS YOU DON'T USE    |
|       | ORGANIZE APPS INTO FOLDERS   |
|       | INSTALL UPDATES              |
|       | TURN OFF NOTIFICATIONS       |
|       | ADJUST APPLICATION SETTING   |
|       | CLEAR YOUR HOMESCREEN        |
|       | DELETE DUPLICATE PHOTOS      |
|       | DELETE BLURRY PHOTOS         |
|       | CREATE ALBUMES + RENAME THEM |
|       | PUT PHOTOS IN ALBUMS         |
|       | DELETE OLD SCREENSHOTS       |
|       | DELETE OLD NOTES             |
|       | DELETE OLD DOWNLOADS         |
|       | DELETE VOICEMAILS            |
|       | CLEAR YOUR MESSAGES          |
|       | CLEAR COTACT LIST            |
|       | UNFOLLOW PEOPLE ON SOCIALS   |
|       | UPDATE REMAINDERS            |
|       |                              |
|       |                              |
|       |                              |

| WEB BROWSER |                          |
|-------------|--------------------------|
|             | CLEAR HISTORY            |
|             | CLEAR COOKIES            |
|             | CLEAR BOOKMARKS          |
|             | CLEAR CACHE              |
|             | REMOVE UNUSED EXTENSIONS |
|             |                          |
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| COMPUTER |                         |
|----------|-------------------------|
|          | DELETE OLD FILES        |
|          | RENAME FILES            |
|          | PUT FILES INTO FOLDERS  |
|          | RENAME FOLDERS          |
|          | BACK-UP IMPORTANT FILES |
|          | CLEAR YOUR DESKTOP      |
|          | EMPTY RECYCLE BIN       |
|          |                         |
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| EMAIL |                             |
|-------|-----------------------------|
|       | CLEAR UNREAD EMAILS         |
|       | CREATE FOLDERS              |
|       | RENAME FOLDERS              |
|       | SORT EMAILS INTO FOLDERS    |
|       | UNSUBSCRIBE FROM NEWSLETTER |
|       | ZERO INBOX                  |
|       |                             |
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# HOME DECLUTTER CHECKLIST

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

[illegible]

CLEANING SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          |        |          |
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| MONTHLY | J | F | M | A | M | J | J | A | S | O | N | D | QUARTERLY | 1 | 2 | 3 | 4 |
|---------|---|---|---|---|---|---|---|---|---|---|---|---|-----------|---|---|---|---|
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|         |   |   |   |   |   |   |   |   |   |   |   |   |           |   |   |   |   |
|         |   |   |   |   |   |   |   |   |   |   |   |   |           |   |   |   |   |
|         |   |   |   |   |   |   |   |   |   |   |   |   |           |   |   |   |   |
|         |   |   |   |   |   |   |   |   |   |   |   |   |           |   |   |   |   |
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| TWICE A YEAR | 1 | 2 | YEARLY |  |
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## FRIDGE &amp; FREEZER

[illegible]

PANTRY



MEAL PLANNER

|           | BREAKFAST | LUNCH | DINNER | SNACK |
|-----------|-----------|-------|--------|-------|
| SUNDAY    |           |       |        |       |
| MONDAY    |           |       |        |       |
| TUESDAY   |           |       |        |       |
| WEDNESDAY |           |       |        |       |
| THURSDAY  |           |       |        |       |
| FRIDAY    |           |       |        |       |
| SATURDAY  |           |       |        |       |

GROCERIES

GROCERIES



# ORDER TRACKER

[illegible]

## MONTHLY BUDGET

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

[illegible]

THOUGHTS



## BILLS

[illegible]

## DEBTS

DATE \_\_\_\_\_

START DATE

STARTING BALANCE

INTEREST RATE

MINIMUM PAYMENT

DUE DATE

GOAL MONTHLY REPAYMENT

GOAL PAYOFF DATE

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|      |
|------|
| 10%  |
| 20%  |
| 30%  |
| 40%  |
| 50%  |
| 60%  |
| 70%  |
| 80%  |
| 90%  |
| 100% |

GOOD JOB

I GOT THIS!

AWESOME!

SO PROUD OF MYSELF!

KEEP ON KEEPING ON!

YES!

I CAN DO IT!

SO CLOSE

ALMOST THERE!

TIME TO CELEBRATE!

DATE \_\_\_\_\_

AMOUNT

BALANCE

## NOTES

[illegible]

THOUGHTS

[illegible]

## SAVINGS

SAVINGS GOAL

START DATE

STARTING BALANCE

GOAL DATE

## SAVING FOR

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|      |
|------|
| 10%  |
| 20%  |
| 30%  |
| 40%  |
| 50%  |
| 60%  |
| 70%  |
| 80%  |
| 90%  |
| 100% |

GOOD JOB

I GOT THIS!

AWESOME!

SO PROUD OF MYSELF!

KEEP ON KEEPING ON!

YES!

I CAN DO IT!

SO CLOSE

ALMOST THERE!

TIME TO CELEBRATE!

DATE \_\_\_\_\_

DESCRIPTION

AMOUNT

[illegible]

THOUGHTS

[illegible]

WISHLIST

ITEM

STORE

PRICE

I WANT IT BECAUSE

ITEM

STORE

PRICE

I WANT IT BECAUSE

ITEM

STORE

PRICE

I WANT IT BECAUSE

ITEM

STORE

PRICE

I WANT IT BECAUSE



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## 10-MINUTE PLANNER | DATE -

SUNDAY • MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY • SATURDAY

| TASK |  | 10    | 20 | 30 | 40 | 50 | 60 |
|------|--|-------|----|----|----|----|----|
|      |  | 5:00  |    |    |    |    |    |
|      |  | 6:00  |    |    |    |    |    |
|      |  | 7:00  |    |    |    |    |    |
|      |  | 8:00  |    |    |    |    |    |
|      |  | 9:00  |    |    |    |    |    |
|      |  | 10:00 |    |    |    |    |    |
|      |  | 11:00 |    |    |    |    |    |
|      |  | 12:00 |    |    |    |    |    |
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|      |  | 8:00  |    |    |    |    |    |
|      |  | 9:00  |    |    |    |    |    |
|      |  | 10:00 |    |    |    |    |    |
|      |  | 11:00 |    |    |    |    |    |
|      |  | 12:00 |    |    |    |    |    |
|      |  | 1:00  |    |    |    |    |    |
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