

SHERÉA VÉJUAN'S

2022

WEEKLY

PLANNER



CALENDAR FOR TWO YEARS

CLASSIC MONTHLY LAYOUTS FOR 12 MONTHS

53 DATED WEEKLY SPREADS FOR HOURLY PLANNING

WEEKLY MENU PAGES WITH GROCERY LISTS

EXPENSE TRACKER TEMPLATES

MONTHLY BILL PAGES

LINED PAGES FOR NOTES

This Journal Belongs To:

A Gift From:

Date Given:

Special Note:

*“You may not notice significant changes every day.
But, remain committed, persistent, and consistent,
and change will surely come.” - Sheréa VéJauan*

2022 Weekly planner
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This book aims to provide accurate and authoritative information regarding goal setting and achievement. The writer's experiences and resources are shared with the understanding that they were able to produce results. If expert advice or related professional experience is needed, consult the appropriate sources.

Requests to the publisher should be addressed to:

Realistically Speaking Publishing Company
Attn: Sheréa VéJauan
10808 Foothill Blvd, Ste. #160-260
Rancho Cucamonga, CA 91730

"The key is not to
prioritize what's on your
schedule, but to
schedule your priorities."

- Stephen Covey

NEW YEAR, SAME ME!

*Another year has come I'm blessed to
be alive*

*Another chance to make a difference
Another year to thrive*

*Another opportunity
to learn, forgive and grow*

*Another year to dream, to plan, And take
actions towards my goals*

*I'll learn to walk in newness Forgive myself for
the mistakes of my past*

*I'll approach each hour with gratitude
And live each day as if it was my last*

*It's a New Year - but I'm still the same me
Except now, I'm chasing my destiny*

*I began my journey as a caterpillar
Now radically transforming into the butterfly I was always
intended to be*

-Sheréa VéJauan

HEY, SUPER-PLANNER!

First, I would like to congratulate you for investing in yourself by purchasing this planner. Making regular plans for your days, weeks, and months will help you avoid procrastination. Even if you've received this planner as a gift, someone thought of you and knows that you are ready to take your goal-setting and planning game to the next level.

This is my 2nd year publishing this planner. It's meant to be a companion for your 2022 Goals Journal. By working diligently in both your journal and actively planning out your days over the year, you are going to create some amazing changes in your life -changes that will serve as a foundation for a life that many dream of, but few live.

Using this same planner, I plan and organize my days, meals, and weekly expenses. Consider having a designated day of the week when you sit and plan. Taking this step will help ensure that you aren't surprised by the day's events but that you are well prepared.

And remember, your schedule should not be a priority, but rather a schedule for your priorities.

If you ever need me, I'm just a click away! I'm excited for you. I'm excited for us. Here's to your success!

SHERÉA VÉJUAN
YOUR ACCOUNTABILITY COACH

2022

JANUARY

Mo	Tu	We	Th	Fr	Sa	Su
					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						

FEBRUARY

Mo	Tu	We	Th	Fr	Sa	Su
	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						

MARCH

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

APRIL

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY

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						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					

JUNE

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30			

JULY

Mo	Tu	We	Th	Fr	Sa	Su
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4	5	6	7	8	9	10
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18	19	20	21	22	23	24
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AUGUST

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8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30	31				

SEPTEMBER

Mo	Tu	We	Th	Fr	Sa	Su
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OCTOBER

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
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31						

NOVEMBER

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
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28	29	30				

DECEMBER

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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	

2023

JANUARY

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY

Mo	Tu	We	Th	Fr	Sa	Su
		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					

MARCH

Mo	Tu	We	Th	Fr	Sa	Su
		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		

APRIL

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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MAY

Mo	Tu	We	Th	Fr	Sa	Su
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				

JUNE

Mo	Tu	We	Th	Fr	Sa	Su
			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		

JULY

Mo	Tu	We	Th	Fr	Sa	Su
					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						

AUGUST

Mo	Tu	We	Th	Fr	Sa	Su
	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			

SEPTEMBER

Mo	Tu	We	Th	Fr	Sa	Su
				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	

OCTOBER

Mo	Tu	We	Th	Fr	Sa	Su
						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					

NOVEMBER

Mo	Tu	We	Th	Fr	Sa	Su
		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			

DECEMBER

Mo	Tu	We	Th	Fr	Sa	Su
				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

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

FRIDAY	SATURDAY	SUNDAY	NOTES
	1	2
7	8	9
14	15	16
21	22	23
28	29	30
		

FEBRUARY

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28			

FRIDAY	SATURDAY	SUNDAY	NOTES
4	5	6
11	12	13
18	19	20
25	26	27
		
		

MARCH

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

FRIDAY	SATURDAY	SUNDAY	NOTES
4	5	6	. .
11	12	13	. .
18	19	20	. .
25	26	27	. .
			. .
			. .

APRIL

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

FRIDAY	SATURDAY	SUNDAY	NOTES
1	2	3
8	9	10
15	16	17
22	23	24
29	30	
		

MAY

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

FRIDAY	SATURDAY	SUNDAY	NOTES
		1
6	7	8
13	14	15
20	21	22
27	28	29
		

JUNE

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

FRIDAY	SATURDAY	SUNDAY	NOTES
3	4	5
10	11	12
17	18	19
24	25	26
		
		

JULY

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

FRIDAY	SATURDAY	SUNDAY	NOTES
1	2	3
8	9	10
15	16	17
22	23	24
29	30	31
		

AUGUST

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

FRIDAY	SATURDAY	SUNDAY	NOTES
5	6	7
12	13	14
19	20	21
26	27	28
		
		

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

FRIDAY	SATURDAY	SUNDAY	NOTES
2	3	4
9	10	11
16	17	18
23	24	25
30		
		

OCTOBER

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

FRIDAY	SATURDAY	SUNDAY	NOTES
	1	2	. .
7	8	9	. .
14	15	16	. .
21	22	23	. .
28	29	30	. .
			. .

NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	

FRIDAY	SATURDAY	SUNDAY	NOTES
4	5	6	. .
11	12	13	. .
18	19	20	. .
25	26	27	. .
			. .
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DECEMBER

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

FRIDAY	SATURDAY	SUNDAY	NOTES
2	3	4
9	10	11
16	17	18
23	24	25
30	31	
		

DECEMBER, 2021

Mo	Tu	We	Th	Fr	Sa	Su
		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		

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 27	TUESDAY 28	WEDNESDAY 29
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

THURSDAY 30 | FRIDAY 31 | SATURDAY 1 | SUNDAY 2

GOAL GOAL GOAL GOAL

PRIORITIES PRIORITIES PRIORITIES PRIORITIES

1 1 1 1
2 2 2 2
3 3 3 3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

NOTES

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JANUARY, 2022

Mo	Tu	We	Th	Fr	Sa	Su
					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						

THIS WEEK'S GOAL

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THIS WEEK PRIORITY

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MONDAY 3	TUESDAY 4	WEDNESDAY 5
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
.....
2	2	2
.....
3	3	3
.....
7:00	7:00	7:00
.....
8:00	8:00	8:00
.....
9:00	9:00	9:00
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10:00	10:00	10:00
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11:00	11:00	11:00
.....
12:00	12:00	12:00
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1:00	1:00	1:00
.....
2:00	2:00	2:00
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3:00	3:00	3:00
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4:00	4:00	4:00
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5:00	5:00	5:00
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6:00	6:00	6:00
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7:00	7:00	7:00
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8:00	8:00	8:00
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9:00	9:00	9:00
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PERSONAL TO-DO LIST

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HABIT TRACKER

	M	T	W	T	F	S	S
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THURSDAY 6 | FRIDAY 7 | SATURDAY 8 | SUNDAY 9

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

NOTES

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THURSDAY 3 | FRIDAY 4 | SATURDAY 5 | SUNDAY 6

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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THURSDAY 10 | FRIDAY 11 | SATURDAY 12 | SUNDAY 13

GOAL	GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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FEBRUARY, 2022

Mo	Tu	We	Th	Fr	Sa	Su
	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						

THIS WEEK'S GOAL

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THIS WEEK PRIORITY

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MONDAY 14	TUESDAY 15	WEDNESDAY 16
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
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2	2	2
.....
3	3	3
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7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

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HABIT TRACKER

	M	T	W	T	F	S	S
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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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THURSDAY 24 | FRIDAY 25 | SATURDAY 26 | SUNDAY 27

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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THURSDAY 3 | FRIDAY 4 | SATURDAY 5 | SUNDAY 6

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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THURSDAY 10 | FRIDAY 11 | SATURDAY 12 | SUNDAY 13

GOAL | GOAL | GOAL | GOAL

PRIORITIES | PRIORITIES | PRIORITIES | PRIORITIES

1 | 1 | 1 | 1
.....
2 | 2 | 2 | 2
.....
3 | 3 | 3 | 3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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MARCH, 2022

Mo	Tu	We	Th	Fr	Sa	Su
	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			

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY	14	TUESDAY	15	WEDNESDAY	16
GOAL		GOAL		GOAL	
PRIORITIES		PRIORITIES		PRIORITIES	
1		1		1	
2		2		2	
3		3		3	
7:00		7:00		7:00	
8:00		8:00		8:00	
9:00		9:00		9:00	
10:00		10:00		10:00	
11:00		11:00		11:00	
12:00		12:00		12:00	
1:00		1:00		1:00	
2:00		2:00		2:00	
3:00		3:00		3:00	
4:00		4:00		4:00	
5:00		5:00		5:00	
6:00		6:00		6:00	
7:00		7:00		7:00	
8:00		8:00		8:00	
9:00		9:00		9:00	

PERSONAL TO-DO LIST

HABIT TRACKER

<input type="checkbox"/>		M	T	W	T	F	S	S
<input type="checkbox"/>								
<input type="checkbox"/>								
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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
.....
2	2	2	2
.....
3	3	3	3

7:00	7:00	7:00	7:00
.....
8:00	8:00	8:00	8:00
.....
9:00	9:00	9:00	9:00
.....
10:00	10:00	10:00	10:00
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11:00	11:00	11:00	11:00
.....
12:00	12:00	12:00	12:00
.....
1:00	1:00	1:00	1:00
.....
2:00	2:00	2:00	2:00
.....
3:00	3:00	3:00	3:00
.....
4:00	4:00	4:00	4:00
.....
5:00	5:00	5:00	5:00
.....
6:00	6:00	6:00	6:00
.....
7:00	7:00	7:00	7:00
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8:00	8:00	8:00	8:00
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9:00	9:00	9:00	9:00

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THURSDAY 31 | FRIDAY 1 | SATURDAY 2 | SUNDAY 3

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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APRIL, 2022

Mo	Tu	We	Th	Fr	Sa	Su
				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	

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 4	TUESDAY 5	WEDNESDAY 6
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

THURSDAY 7 | FRIDAY 8 | SATURDAY 9 | SUNDAY 10

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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APRIL, 2022

Mo	Tu	We	Th	Fr	Sa	Su
				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	

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 11	TUESDAY 12	WEDNESDAY 13
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

THURSDAY 14 | FRIDAY 15 | SATURDAY 16 | SUNDAY 17

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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THURSDAY 21 | FRIDAY 22 | SATURDAY 23 | SUNDAY 24

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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APRIL, 2022

Mo	Tu	We	Th	Fr	Sa	Su
				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	

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 25	TUESDAY 26	WEDNESDAY 27
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

GOAL	GOAL	GOAL	GOAL
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PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
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1	1	1	1
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2	2	2	2
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3	3	3	3

7:00	7:00	7:00	7:00
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8:00	8:00	8:00	8:00
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9:00	9:00	9:00	9:00
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10:00	10:00	10:00	10:00
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11:00	11:00	11:00	11:00
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12:00	12:00	12:00	12:00
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1:00	1:00	1:00	1:00
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2:00	2:00	2:00	2:00
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3:00	3:00	3:00	3:00
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4:00	4:00	4:00	4:00
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5:00	5:00	5:00	5:00
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6:00	6:00	6:00	6:00
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7:00	7:00	7:00	7:00
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8:00	8:00	8:00	8:00
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9:00	9:00	9:00	9:00

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MAY, 2022

Mo	Tu	We	Th	Fr	Sa	Su
						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					

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 2	TUESDAY 3	WEDNESDAY 4
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
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2	2	2	2
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3	3	3	3

7:00	7:00	7:00	7:00
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8:00	8:00	8:00	8:00
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9:00	9:00	9:00	9:00
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10:00	10:00	10:00	10:00
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11:00	11:00	11:00	11:00
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12:00	12:00	12:00	12:00
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1:00	1:00	1:00	1:00
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2:00	2:00	2:00	2:00
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3:00	3:00	3:00	3:00
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4:00	4:00	4:00	4:00
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5:00	5:00	5:00	5:00
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6:00	6:00	6:00	6:00
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7:00	7:00	7:00	7:00
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8:00	8:00	8:00	8:00
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9:00	9:00	9:00	9:00

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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

NOTES

THURSDAY 2 | FRIDAY 3 | SATURDAY 4 | SUNDAY 5

GOAL GOAL GOAL GOAL

Empty space for goal descriptions.

PRIORITIES PRIORITIES PRIORITIES PRIORITIES

Priority lists for each day, numbered 1 to 3.

Hourly time slots from 7:00 to 9:00 for each day.

NOTES

Dotted lines for taking notes.

THURSDAY 9 | FRIDAY 10 | SATURDAY 11 | SUNDAY 12

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

NOTES

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THURSDAY 16 | FRIDAY 17 | SATURDAY 18 | SUNDAY 19

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

NOTES

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JUNE, 2022

Mo	Tu	We	Th	Fr	Sa	Su
		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			

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 20	TUESDAY 21	WEDNESDAY 22
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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	M	T	W	T	F	S	S
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GOAL GOAL GOAL GOAL

Empty space for goal descriptions.

PRIORITIES PRIORITIES PRIORITIES PRIORITIES

- 1 2 3 1 2 3 1 2 3 1 2 3

Hourly time slots from 7:00 to 9:00 for each day.

NOTES

Dotted lines for taking notes.

THURSDAY 30 | FRIDAY 1 | SATURDAY 2 | SUNDAY 3

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

NOTES

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JULY, 2022

Mo	Tu	We	Th	Fr	Sa	Su
				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

THIS WEEK'S GOAL

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THIS WEEK PRIORITY

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MONDAY	4	TUESDAY	5	WEDNESDAY	6
GOAL		GOAL		GOAL	
PRIORITIES		PRIORITIES		PRIORITIES	
1		1		1	
2		2		2	
3		3		3	
7:00		7:00		7:00	
8:00		8:00		8:00	
9:00		9:00		9:00	
10:00		10:00		10:00	
11:00		11:00		11:00	
12:00		12:00		12:00	
1:00		1:00		1:00	
2:00		2:00		2:00	
3:00		3:00		3:00	
4:00		4:00		4:00	
5:00		5:00		5:00	
6:00		6:00		6:00	
7:00		7:00		7:00	
8:00		8:00		8:00	
9:00		9:00		9:00	

PERSONAL TO-DO LIST

HABIT TRACKER

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THURSDAY 7 | FRIDAY 8 | SATURDAY 9 | SUNDAY 10

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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THURSDAY 14 | FRIDAY 15 | SATURDAY 16 | SUNDAY 17

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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THURSDAY 21 | FRIDAY 22 | SATURDAY 23 | SUNDAY 24

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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JULY, 2022

Mo	Tu	We	Th	Fr	Sa	Su
				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

THIS WEEK'S GOAL

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THIS WEEK PRIORITY

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MONDAY	25	TUESDAY	26	WEDNESDAY	27
GOAL		GOAL		GOAL	
PRIORITIES		PRIORITIES		PRIORITIES	
1		1		1	
2		2		2	
3		3		3	
7:00		7:00		7:00	
8:00		8:00		8:00	
9:00		9:00		9:00	
10:00		10:00		10:00	
11:00		11:00		11:00	
12:00		12:00		12:00	
1:00		1:00		1:00	
2:00		2:00		2:00	
3:00		3:00		3:00	
4:00		4:00		4:00	
5:00		5:00		5:00	
6:00		6:00		6:00	
7:00		7:00		7:00	
8:00		8:00		8:00	
9:00		9:00		9:00	

PERSONAL TO-DO LIST

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HABIT TRACKER

	M	T	W	T	F	S	S
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THURSDAY 28 | FRIDAY 29 | SATURDAY 30 | SUNDAY 31

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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AUGUST, 2022

Mo	Tu	We	Th	Fr	Sa	Su
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				

THIS WEEK'S GOAL

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THIS WEEK PRIORITY

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MONDAY 1	TUESDAY 2	WEDNESDAY 3
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
.....
2	2	2
.....
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

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HABIT TRACKER

	M	T	W	T	F	S	S
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THURSDAY 4 | FRIDAY 5 | SATURDAY 6 | SUNDAY 7

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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AUGUST, 2022

Mo	Tu	We	Th	Fr	Sa	Su
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				

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 8	TUESDAY 9	WEDNESDAY 10
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

THURSDAY	11	FRIDAY	12	SATURDAY	13	SUNDAY	14
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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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THURSDAY 18 | FRIDAY 19 | SATURDAY 20 | SUNDAY 21

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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AUGUST, 2022

Mo	Tu	We	Th	Fr	Sa	Su
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				

MONDAY 22	TUESDAY 23	WEDNESDAY 24
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

THIS WEEK'S GOAL

THIS WEEK PRIORITY

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

NOTES

THURSDAY 1 | FRIDAY 2 | SATURDAY 3 | SUNDAY 4

GOAL GOAL GOAL GOAL

Empty space for goal descriptions.

PRIORITIES PRIORITIES PRIORITIES PRIORITIES

1 1 1 1
2 2 2 2
3 3 3 3

Time slots from 7:00 to 9:00 for each day.

NOTES

Dotted lines for notes.

SEPTEMBER, 2022

Mo	Tu	We	Th	Fr	Sa	Su
			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		

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 5	TUESDAY 6	WEDNESDAY 7
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

THURSDAY 8 | FRIDAY 9 | SATURDAY 10 | SUNDAY 11

GOAL GOAL GOAL GOAL

Empty space for goal descriptions.

PRIORITIES PRIORITIES PRIORITIES PRIORITIES

Priority lists for each day, numbered 1, 2, 3.

Hourly time slots from 7:00 to 9:00 for each day.

NOTES

Dotted lines for taking notes.

SEPTEMBER, 2022

Mo	Tu	We	Th	Fr	Sa	Su
			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		

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 12	TUESDAY 13	WEDNESDAY 14
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

NOTES

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THURSDAY 29 | FRIDAY 30 | SATURDAY 1 | SUNDAY 2

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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OCTOBER, 2022

Mo	Tu	We	Th	Fr	Sa	Su
					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						

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 3	TUESDAY 4	WEDNESDAY 5
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

THURSDAY 6 | FRIDAY 7 | SATURDAY 8 | SUNDAY 9

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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OCTOBER, 2022

Mo	Tu	We	Th	Fr	Sa	Su
					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						

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 10	TUESDAY 11	WEDNESDAY 12
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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OCTOBER, 2022

Mo	Tu	We	Th	Fr	Sa	Su
					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						

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 24	TUESDAY 25	WEDNESDAY 26
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

NOTES

THURSDAY 3 | FRIDAY 4 | SATURDAY 5 | SUNDAY 6

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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NOVEMBER, 2022

Mo	Tu	We	Th	Fr	Sa	Su
	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				

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 7	TUESDAY 8	WEDNESDAY 9
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

THURSDAY 10 | FRIDAY 11 | SATURDAY 12 | SUNDAY 13

GOAL GOAL GOAL GOAL

PRIORITIES PRIORITIES PRIORITIES PRIORITIES

1 1 1 1
2 2 2 2
3 3 3 3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

NOTES

THURSDAY 17 | FRIDAY 18 | SATURDAY 19 | SUNDAY 20

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
.....
2	2	2	2
.....
3	3	3	3

7:00	7:00	7:00	7:00
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8:00	8:00	8:00	8:00
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9:00	9:00	9:00	9:00
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10:00	10:00	10:00	10:00
.....
11:00	11:00	11:00	11:00
.....
12:00	12:00	12:00	12:00
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1:00	1:00	1:00	1:00
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2:00	2:00	2:00	2:00
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3:00	3:00	3:00	3:00
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4:00	4:00	4:00	4:00
.....
5:00	5:00	5:00	5:00
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6:00	6:00	6:00	6:00
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7:00	7:00	7:00	7:00
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8:00	8:00	8:00	8:00
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9:00	9:00	9:00	9:00

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THURSDAY 1 | FRIDAY 2 | SATURDAY 3 | SUNDAY 4

GOAL | GOAL | GOAL | GOAL

PRIORITIES | PRIORITIES | PRIORITIES | PRIORITIES

1 | 1 | 1 | 1
.....
2 | 2 | 2 | 2
.....
3 | 3 | 3 | 3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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DECEMBER, 2022

Mo	Tu	We	Th	Fr	Sa	Su
			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	

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY	5	TUESDAY	6	WEDNESDAY	7
GOAL		GOAL		GOAL	
PRIORITIES		PRIORITIES		PRIORITIES	
1		1		1	
2		2		2	
3		3		3	
7:00		7:00		7:00	
8:00		8:00		8:00	
9:00		9:00		9:00	
10:00		10:00		10:00	
11:00		11:00		11:00	
12:00		12:00		12:00	
1:00		1:00		1:00	
2:00		2:00		2:00	
3:00		3:00		3:00	
4:00		4:00		4:00	
5:00		5:00		5:00	
6:00		6:00		6:00	
7:00		7:00		7:00	
8:00		8:00		8:00	
9:00		9:00		9:00	

PERSONAL TO-DO LIST

HABIT TRACKER

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	M	T	W	T	F	S	S

THURSDAY 8 | FRIDAY 9 | SATURDAY 10 | SUNDAY 11

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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DECEMBER, 2022

Mo	Tu	We	Th	Fr	Sa	Su
			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	

THIS WEEK'S GOAL

THIS WEEK PRIORITY

MONDAY 26	TUESDAY 27	WEDNESDAY 28
GOAL	GOAL	GOAL
PRIORITIES	PRIORITIES	PRIORITIES
1	1	1
2	2	2
3	3	3
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00
10:00	10:00	10:00
11:00	11:00	11:00
12:00	12:00	12:00
1:00	1:00	1:00
2:00	2:00	2:00
3:00	3:00	3:00
4:00	4:00	4:00
5:00	5:00	5:00
6:00	6:00	6:00
7:00	7:00	7:00
8:00	8:00	8:00
9:00	9:00	9:00

PERSONAL TO-DO LIST

HABIT TRACKER

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M	T	W	T	F	S	S

THURSDAY 29 | FRIDAY 30 | SATURDAY 31 | SUNDAY 1

GOAL	GOAL	GOAL	GOAL

PRIORITIES	PRIORITIES	PRIORITIES	PRIORITIES
1	1	1	1
2	2	2	2
3	3	3	3

7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
1:00	1:00	1:00	1:00
2:00	2:00	2:00	2:00
3:00	3:00	3:00	3:00
4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00
7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00

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EXPENSE TRACKER

JANUARY, 2022

DATE	DESCRIPTION	INCOME	OUTGOING

TOTAL INCOME

TOTAL OUTGOINGS

BALANCE

EXPENSE TRACKER

FEBRUARY, 2022

DATE	DESCRIPTION	INCOME	OUTGOING

TOTAL INCOME

TOTAL OUTGOINGS

BALANCE

EXPENSE TRACKER

MARCH, 2022

DATE	DESCRIPTION	INCOME	OUTGOING

TOTAL INCOME

TOTAL OUTGOINGS

BALANCE

EXPENSE TRACKER

APRIL, 2022

DATE	DESCRIPTION	INCOME	OUTGOING

TOTAL INCOME

TOTAL OUTGOINGS

BALANCE

EXPENSE TRACKER

MAY, 2022

DATE	DESCRIPTION	INCOME	OUTGOING

TOTAL INCOME

TOTAL OUTGOINGS

BALANCE

EXPENSE TRACKER

JUNE, 2022

DATE	DESCRIPTION	INCOME	OUTGOING

TOTAL INCOME

TOTAL OUTGOINGS

BALANCE

EXPENSE TRACKER

JULY, 2022

DATE	DESCRIPTION	INCOME	OUTGOING

TOTAL INCOME
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TOTAL OUTGOINGS
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BALANCE
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EXPENSE TRACKER

AUGUST, 2022

DATE	DESCRIPTION	INCOME	OUTGOING

TOTAL INCOME

TOTAL OUTGOINGS

BALANCE

EXPENSE TRACKER

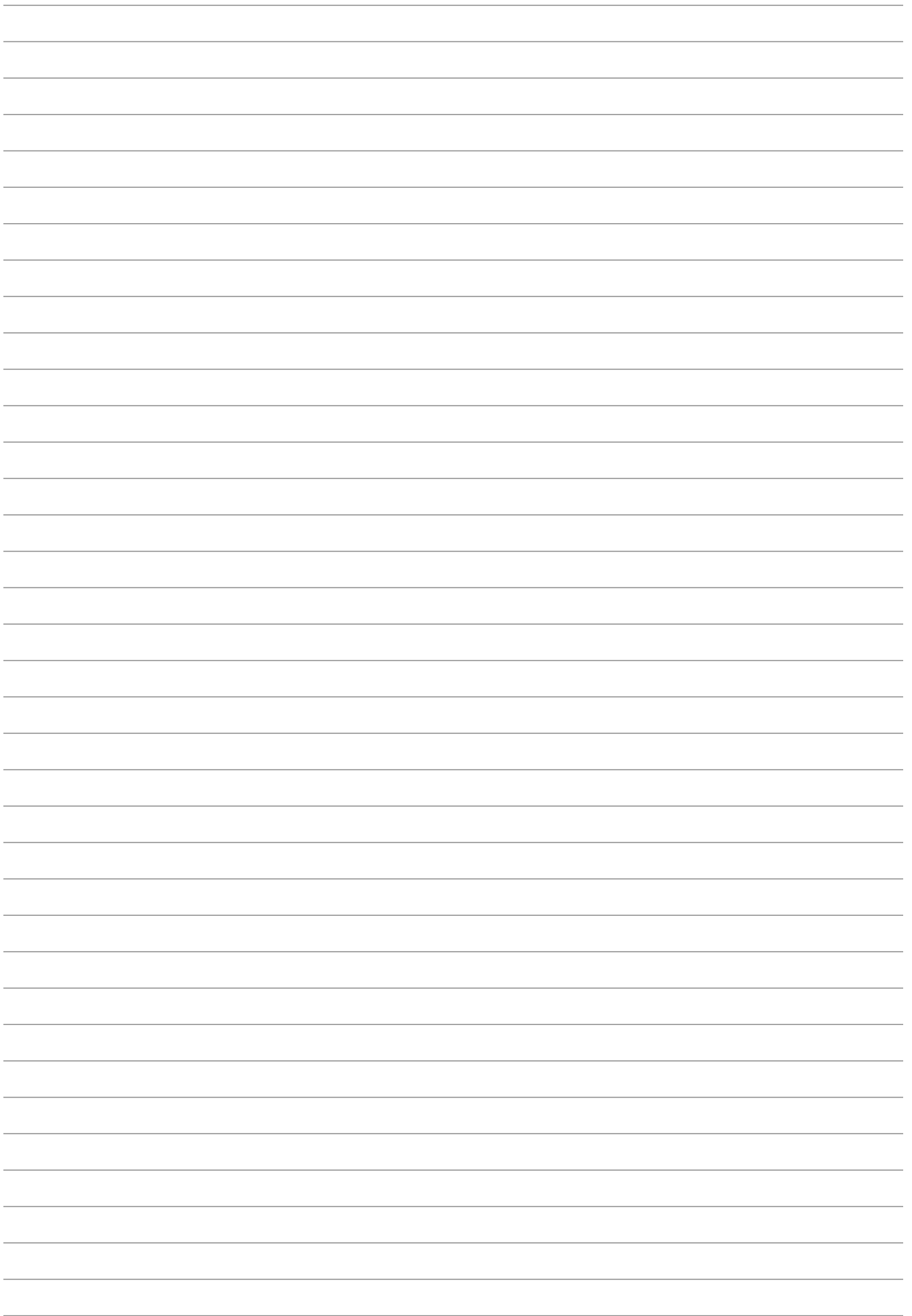
SEPTEMBER, 2022

DATE	DESCRIPTION	INCOME	OUTGOING

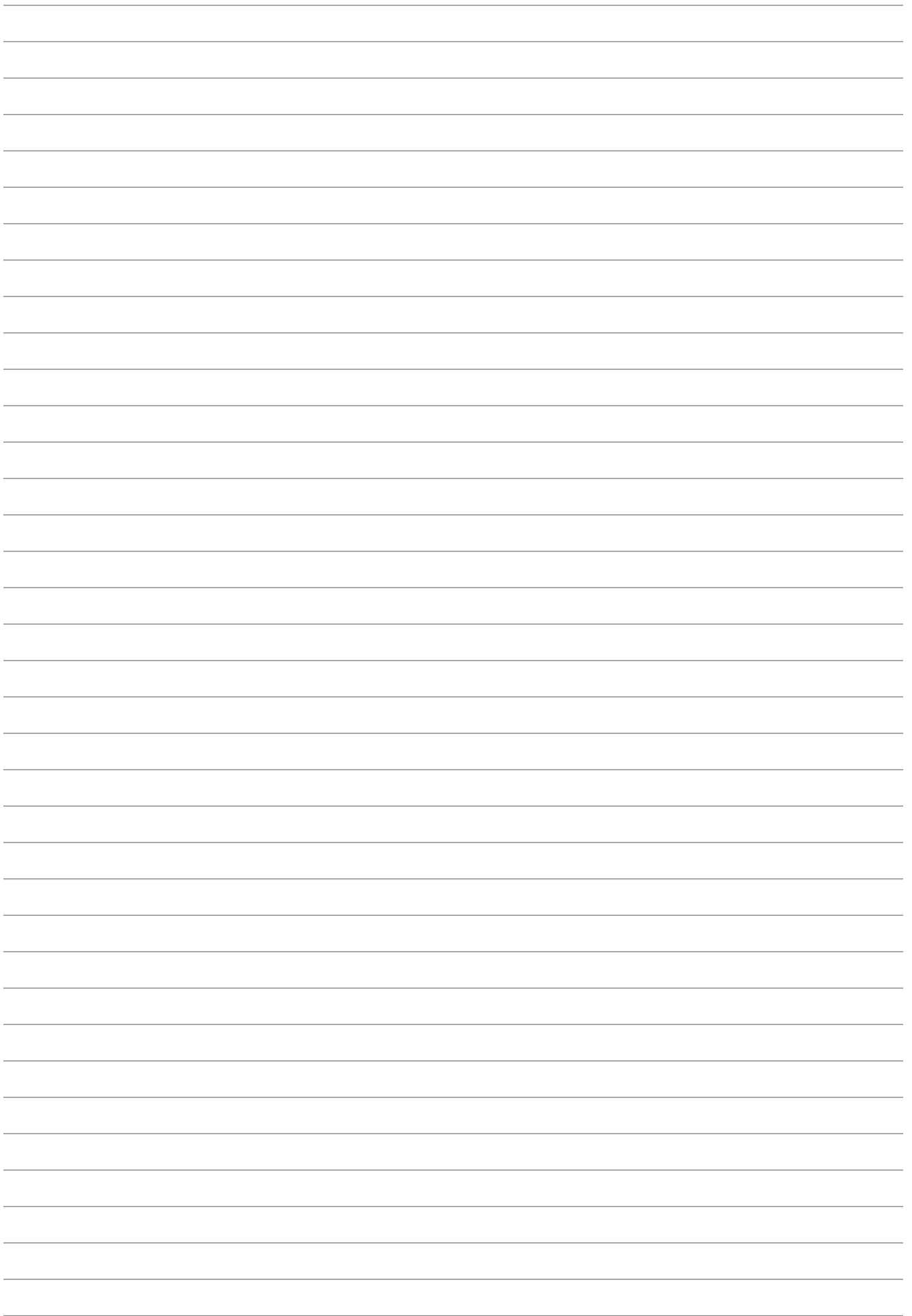
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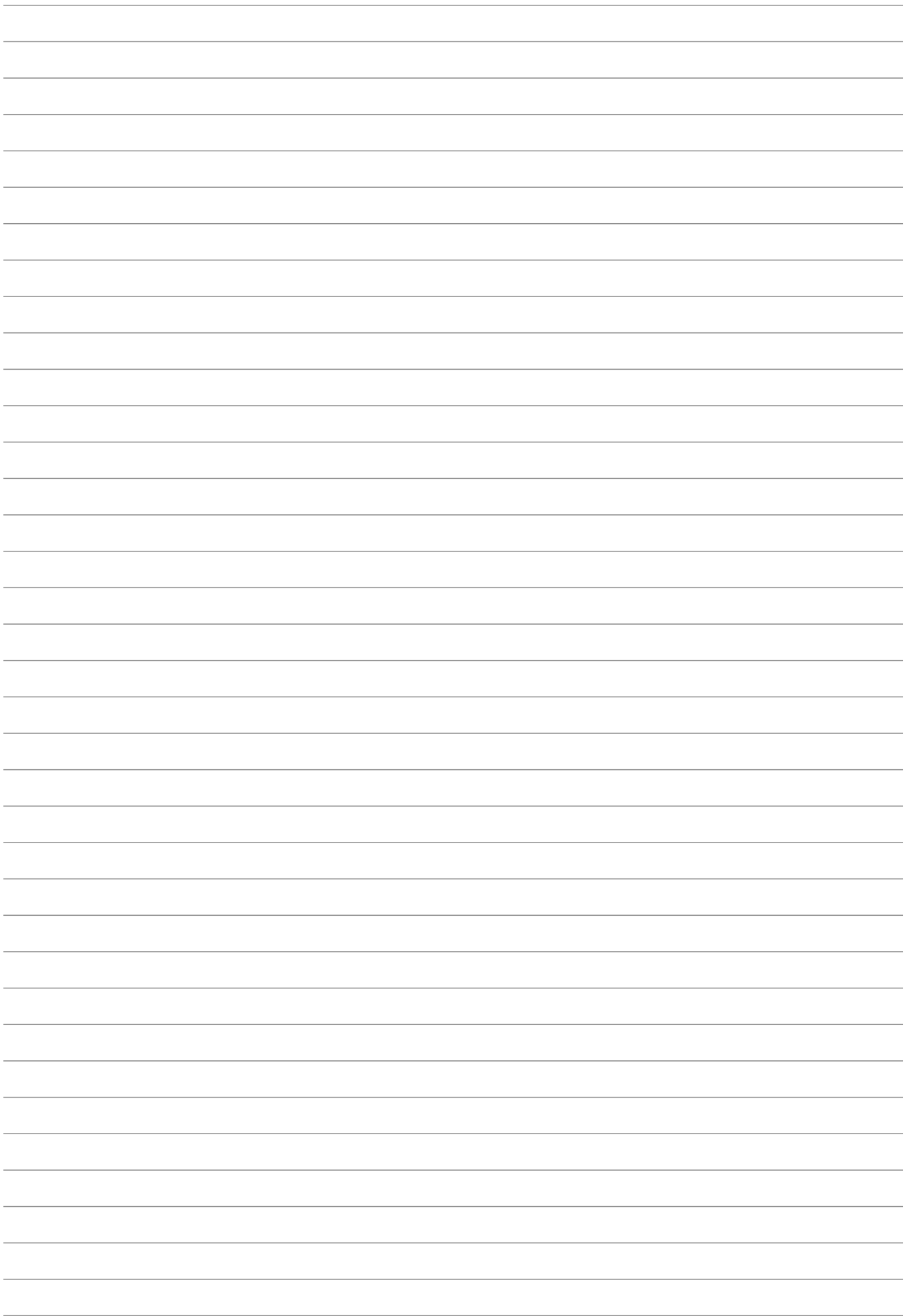
TOTAL OUTGOINGS

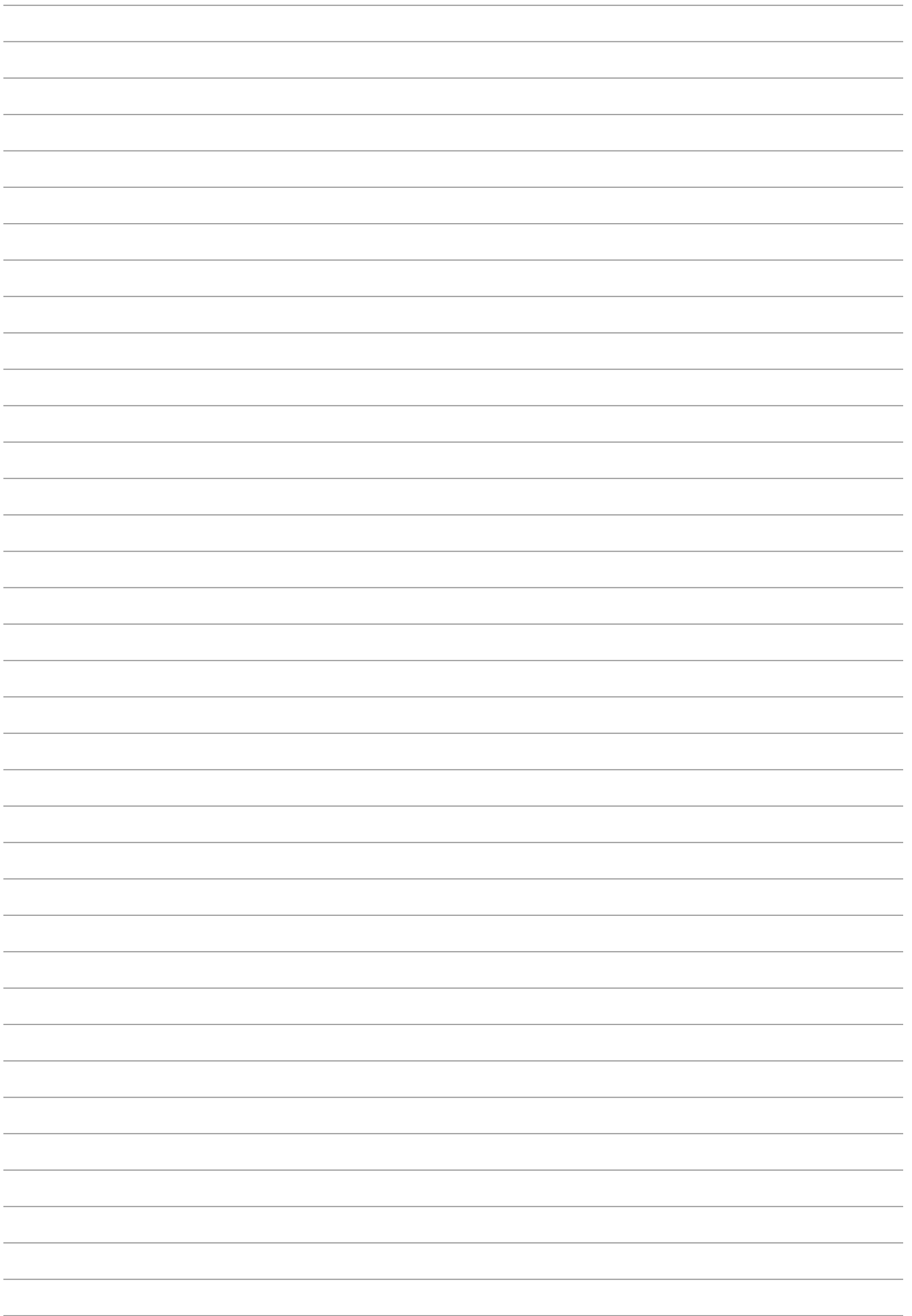
BALANCE



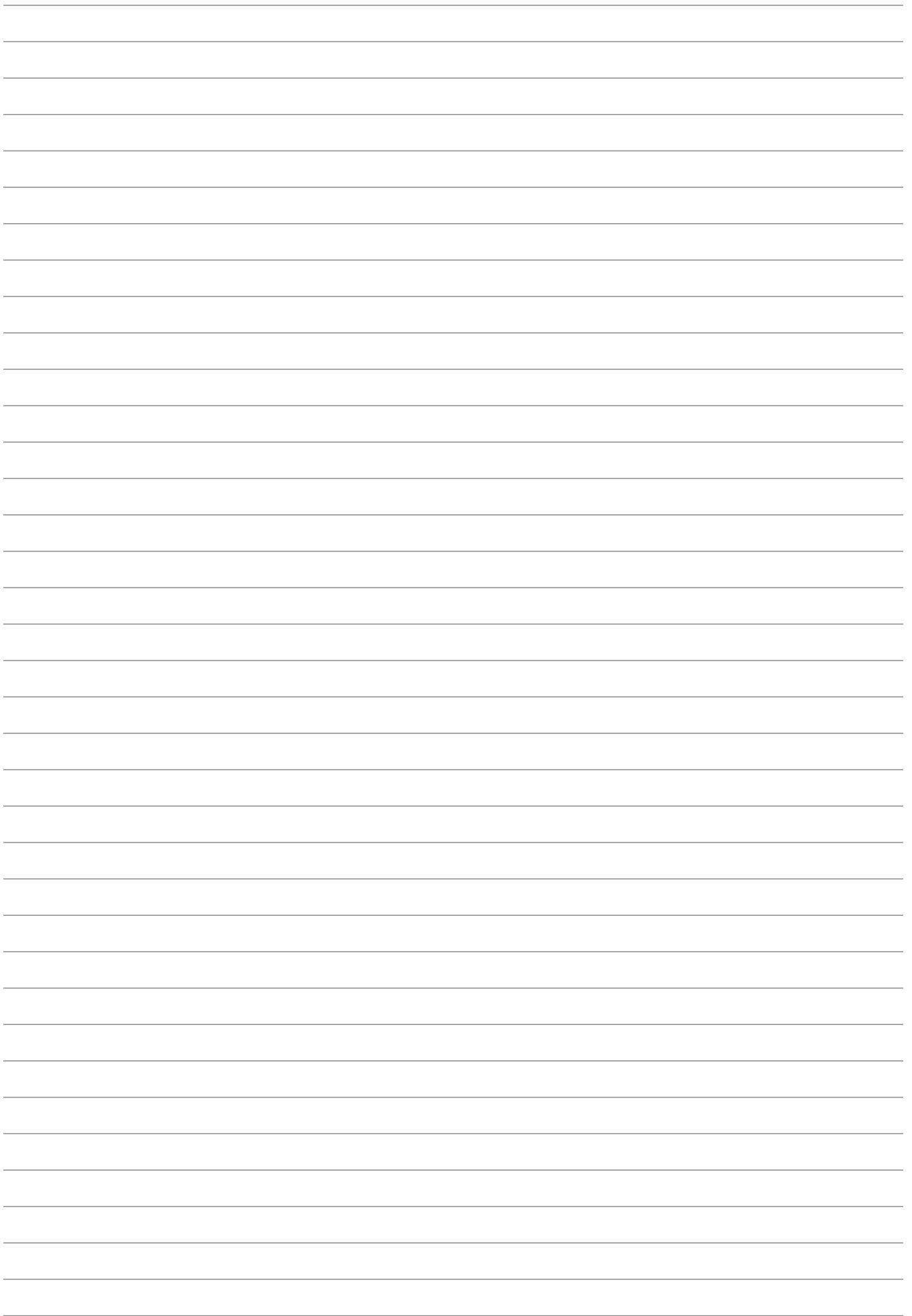


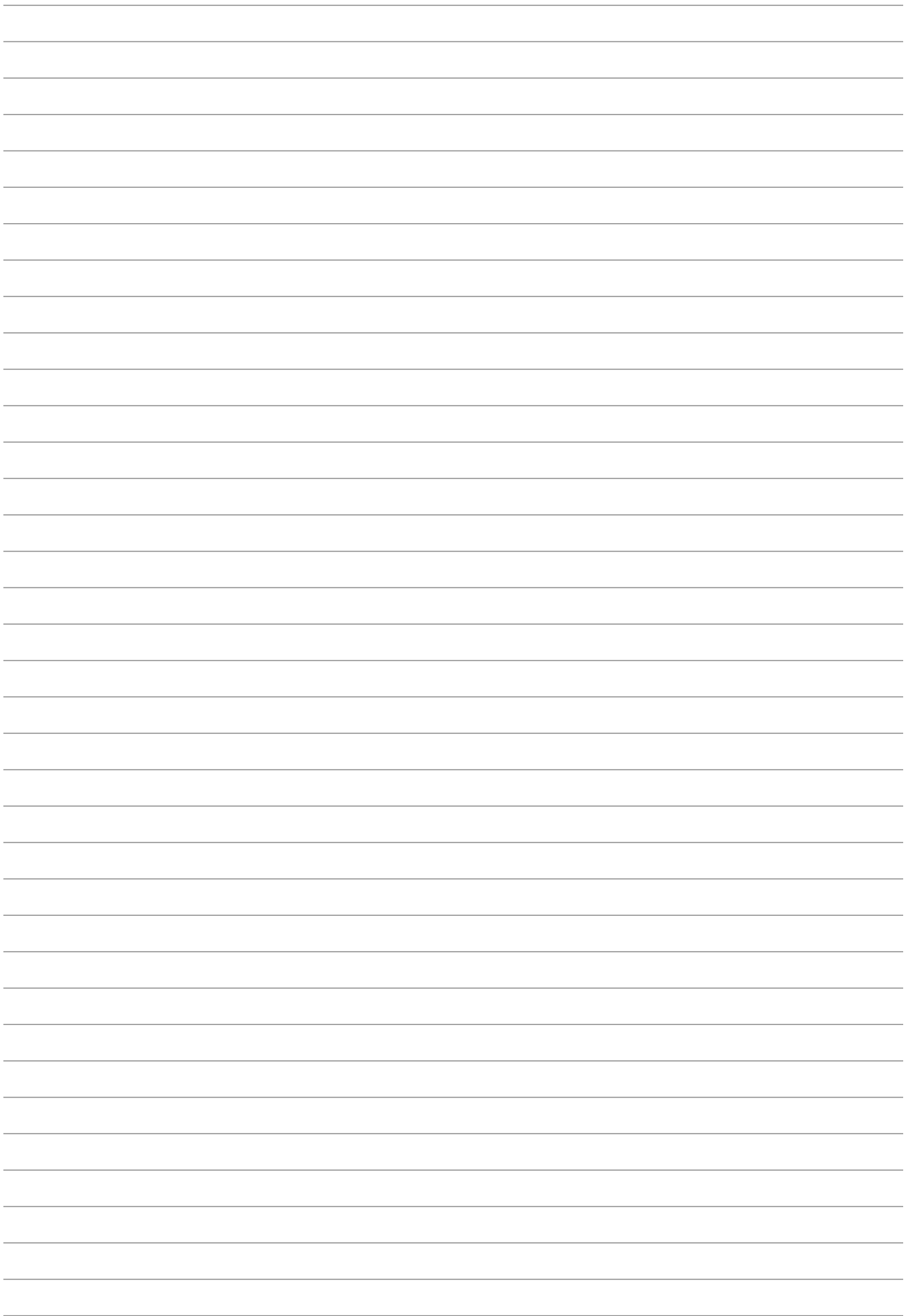


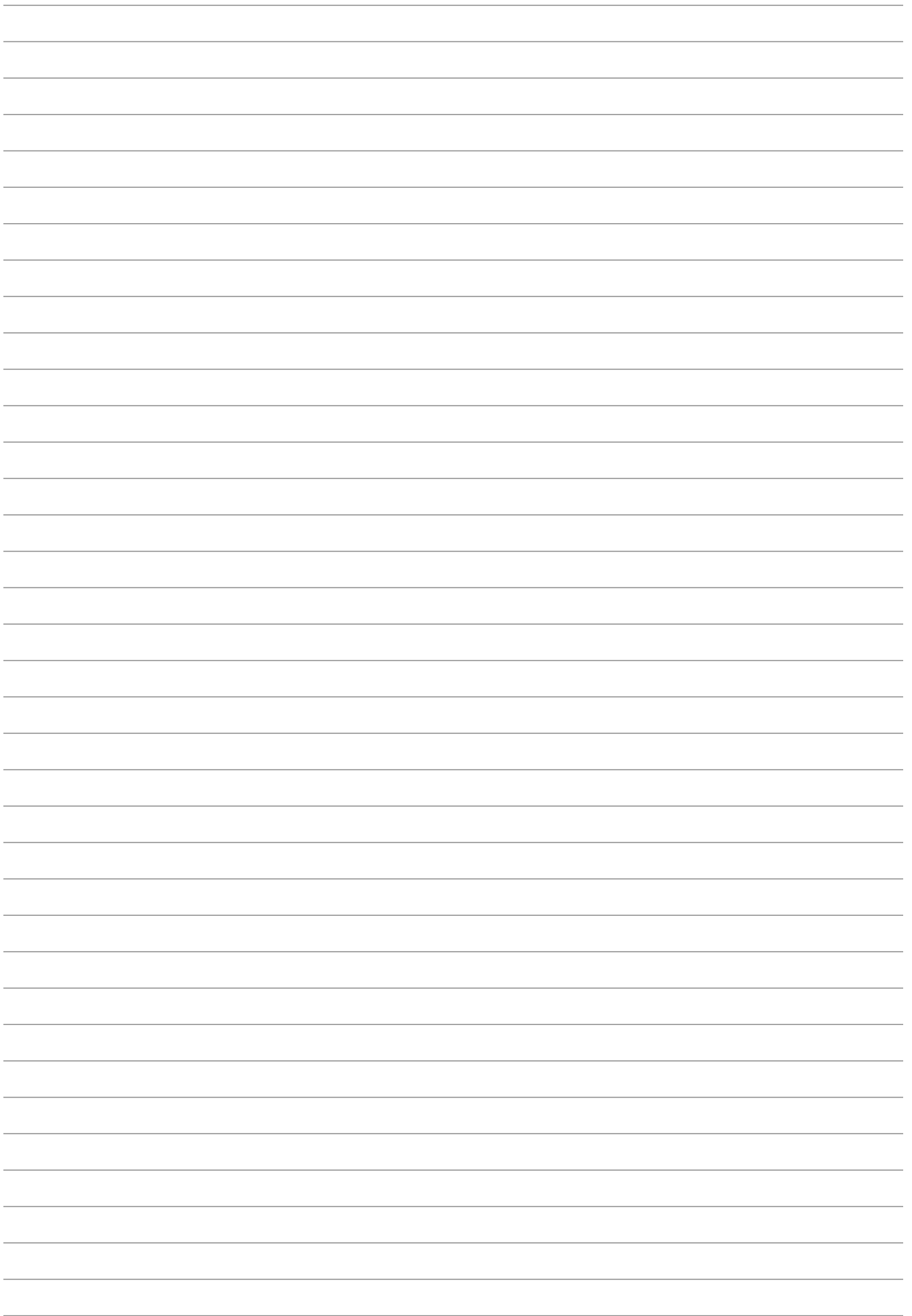








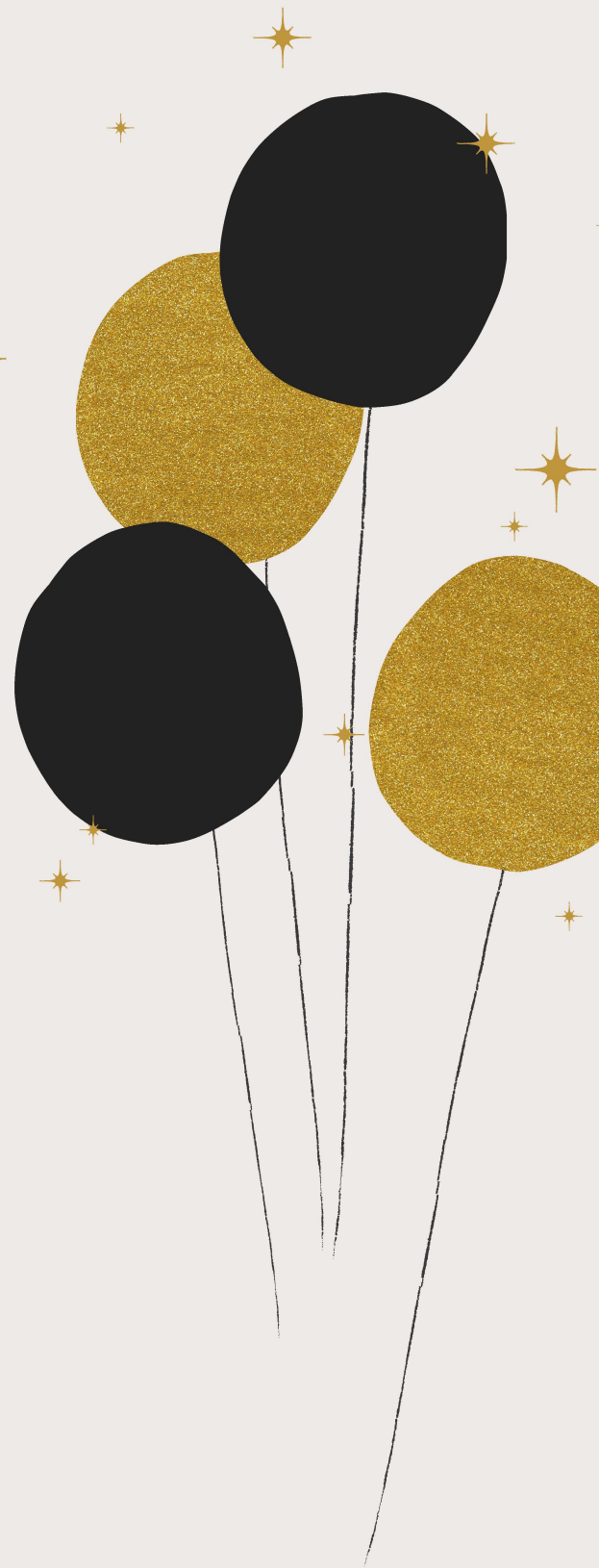






Birthday Calendar!

GOALSETTERSCLUB.COM



SHERÉA VÉJAUAN'S TIPS ON HOW TO SUCCESSFULLY ACHIEVE YOUR 2022 GOALS

On the following pages, you will find tips to help you stay focused and encouraged as you embark on your goal- setting journey and pursue your dreams.

Ask for help. If you have too much to do, and you are feeling overwhelmed, ask for help! Do not feel that you must do everything yourself, especially if you are working towards a big goal. Also, look at your weekly schedule and see what you can regulate, automate, delegate, or eliminate.

Be an early bird. Getting an early start can often help you feel more motivated, especially if you are used to sleeping in. Set an alarm to get up at least one hour before you normally do and get moving! Take a shower, get dressed, and immediately begin working on your tasks for the day. Not only does this wake your tired brain, but you also end up feeling like you have accomplished a lot more than you would in a typical day.

Be clear on your sequence of actions. Start with writing the goal down, as if you have already achieved it. Complete it with a celebration date. Then, work the action steps backward, until you get to where you are now.

Brag on yourself. Before you get started on future goal setting, look at your past accomplishments. Having a mental picture of what you've already done well will help you build confidence as you focus on achieving your current goals.

Brainstorm. On a single sheet of paper, list all of the big and little steps you need to take to achieve your goal. Remember to include all of the resources you need as well.

Break your long-term goals down into weekly and monthly goals or projects. Checking off your progress will give you an ongoing sense of achievement.

Celebrate your small victories. Reward yourself each time you complete a project or solve a problem that brings you closer to your goal. Acknowledging and enjoying your success will make future goals easier to set and achieve.

Check if your goal is still relevant. Review the reasons why you wanted the goal in the first place. Maybe those reasons are no longer important to you. If they are not, let it go!

Count the cost. To reach your goals, there are some things you may have to give up. You may have to give up time with your family, hobbies, favorite foods, or whatever the specific case is for you. Are you willing to do that?

Create affirmations based on the goals you have set. Affirmations are great tools to help overcome fear, build confidence, inspire, motivate, and encourage. The purpose of an affirmation is to support your actions, shift your thoughts and emotions, and help keep you in a positive place. Think of an affirmation as being your cheerleader, a fan, and a voice of encouragement. They will inspire, motivate, and help you remain confident when you use them.

Create a vision board. A vision board is a collection of images, quotes, and symbols that have meaning to you. It is a great way to stay on track and will help make your goals achievable. You can create several vision boards for any type of goal or dream that you want to achieve.

Create a visual. Whether it is a big vision board, a photo collage on your desk, or just one photo that you take with you on the go, create a visual representation of your goals. Anything you can look at every day, that reminds you of what you are working for, is ideal.

Create daily, weekly, monthly, and yearly routines. If you want to change your life, you must change your habits. Goals should be broken down into small routines that are achievable—one step at a time, one day at a time—by adding them to your daily schedule. Perform at least one action a day towards your goal. Little steps soon add up to big results.

Discover your purpose. Before you even consider pursuing a goal, take some time to explore and identify your purpose. Finding your life's purpose can radically change your trajectory for the better. You'll feel more focused, motivated, and fulfilled.

Educate your partner, your family, and your friends about your goal. When they understand what you want to do and why, they may become a great source of support and encouragement.

Focus on one thing at a time. Closely related to overwhelming plans is the tendency to juggle multiple tasks or goals at once. While it is sometimes necessary to do so, make a habit of trying to focus on the least number of items at a time. You may need to come up with a strict schedule to fit everything in, but by focusing your energy in this way, each step of your journey should seem simple and easily attainable.

Forget perfection. If there is one sure way to feel overwhelmed and paralyzed by fear, it is by trying to achieve perfection right from the start. More often, you will gain in mastery the more you do something—and it can take months, or years, to become great at something. Accept that this is a process! Rather than striving for perfection the first time around, commit to continuously improving your skills and abilities.

Forgive yourself. Stop beating yourself up. There is no such thing as failure. No matter how much or little you achieve, all of your efforts lead to gains in feedback and learning. Before you go into a new year, forgive yourself and start over. Achieving your goals should be challenging, yet exciting. They should not be stressful. Spend less time beating yourself up and more time appreciating the journey.

Handle any psychological blocks that you think may stand in the way of you reaching your goal. Do not let the lack of confidence or the fear of public speaking stop you. Read a book, find a coach, or attend a seminar to help boost your confidence.

Have goals in all areas of your life - career, business, personal, family, leisure, health, and more (as in, all the areas listed earlier). While you may be working hard on a goal in one area, such as your career, it is vital to not lose sight of the importance of balance in a successful life.

Honor and reflect on what you value in life with your goals. Your values are the things that are important to you, such as freedom, security, fun, good health, adventure, creativity, and wealth. Goals that go against your values will bring you no joy and probably will not result in success.

Keep it Simple. If you are trying to take on too much at once, you may end up feeling burned out and uninspired. Instead, try breaking down large goals and eliminating redundancy. See if you can create some simple shortcuts and determine whether you might be making things more difficult than they should be. The less complex you can make your plans, the more likely you are to feel bold and confident as you attempt each phase of them.

Know your strengths. Make a list of the things you know you are already good at, that have supported you so far. If you do not know what your strengths are, ask your friends and colleagues.

List everything you have achieved or learned along the way to achieving a goal, even if you did not reach the goal itself. What are the wins you can celebrate and build upon? What have you learned that has made you stronger?

Never Stop Learning. Do not get caught in the trap of feeling like you do not know enough to act on your goals. Find out how to acquire any education or skills you may need, whether it is financial, marketing, computer skills, sales, communications, learning a new language, and so on. You can work on your goals and your skill-building at the same time.

Own your goal. Make sure it is something you really want. Be sure that you are not just going along with the goal to fulfill someone else's need or someone else's dream for you.

Pause. Work on your goals-but do not make your life about work only. Even the most inspired of us needs renewal time to regroup and regenerate. Take care of yourself. Get plenty of exercise, sleep, and eat healthy. You will feel better and have more energy for your goals.

Pray. If you are the spiritual type, spend a few minutes connecting to God before you set a new goal. Give thanks for the opportunities in your life, and ask for the inspiration, courage, and stamina to do a good job. This can help you feel that you have a powerful ally on your side and reduce any feelings of fear or loneliness.

Research. Based on the goals you have set, do a little research on any additional support you will need to achieve them. What books can you read? What magazines can you subscribe to? What organizations can you join? Do you need to hire a coach? This step will help you prepare and give you the tools needed for your journey.

Renegotiate the timeline you set for yourself to achieve your goal. Is it realistic, or is it putting so much pressure on you that you cannot move at all? Adjusting a deadline can give you space to think and act more clearly.

Review and refine your plans. Confusion and uncertainty can often cause you to resist acting, even when you really want to. If you feel nervous or overwhelmed about the tasks before you, take a few minutes to review your plans. Ask yourself if you have created an achievable plan, or if you can improve upon it in any way. Once you are sure your plans are effective, you should find yourself feeling much more confident and ready to move ahead.

Set S.M.A.R.T. goals. You should plan to set both short and long-term goals, and be sure that every goal you choose is "S.M.A.R.T.:" Specific, Measurable, Attainable, Realistic, and has a Time Limit.

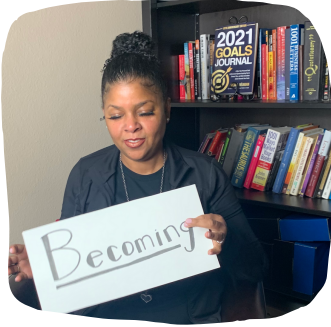
Stay up late. If you are an early riser and not used to burning the midnight oil, try saving a complex task for late in the evening. Switching your normal routine can often be enough to energize and inspire you.

Talk to a counselor. Consider talking to a counselor, or seeing a therapist to handle any beliefs or behaviors that you know deep down may be standing between you and your goals.

Write Your Goals Down. One of the key elements to goal setting is to write your goals down. Those who write their goals down are far more likely to achieve them, compared to those who do not. Your journey begins when you write down your vision. Also, keep copies in your wallet, purse, or car. When you have a spare moment, read them for inspiration.

Sheréa VéJauan's Virtual Coaching Schedule

Committed to Helping You Reach Your Goals



ShereaVeJauan.com

Sundays: SoundCloud Sundays w/ Sheréa VéJauan

Mondays: 52 Mondays with Sheréa VéJauan - 52 Goal-setting Strategies to Help you Master Mondays

Tuesdays: Goal Tip Tuesdays w/ Sheréa VéJauan

Wednesdays: Workshop Wednesdays w/ Sheréa VéJauan

Thursdays: Weekly Educational Email Series

Saturdays: Strategy Saturday with Sheréa VéJauan via Zoom

Every Day With Sheréa Audio Series Via Youtube and SoundCloud

Daily Blog Posts

ShereaVeJauan.com



Sheréa Véljauan

Coach Sheréa Véljauan (Pronounced shuh-RAY VAY-jahn) helps her clients create and achieve their dreams by inspiring them to live their best lives. Her lack of guidance and support as a child cost her time, effort, and struggle. She handled everything all on her own, from learning about financial planning and maintaining good credit scores to making important decisions about her future. Using her life experiences to elevate others, she acquired her coaching certification and began making a lasting impact on those around her.

With her coaching programs, Sheréa guides her clients through every step of the goal-setting process. She helps them identify what they want to achieve, set up helpful systems, and build practices into their day-to-day routine to ensure they continue moving forward towards their goals. Additionally, she's the co-founder of The Goal Setter's Club - a coaching organization that specializes in goal-setting exploration, plan implementation, and purpose attainment.

When she's not changing lives through coaching, Sheréa is a podcast host and Speaker with the John C. Maxwell Team. She's the author of eleven books and is a certified DISC Behavioral Analyst. She currently resides in Southern California with her husband of thirty years and is a loving mother to three adult children.