

IF FOUND, PLEASE RETURN TO:

EMAIL:	
REWARD:	

COPYRIGHT NOTICE:

THIS DOCUMENT IS PROTECTED UNDER UNITED STATES INTERNATIONAL COPYRIGHT LAWS.

THIS DOCUMENT MAY NOT BE SHARED, MANIPULATED, COPIED, REPRODUCED, USED OR ALTERED IN ANY FORM OR BY ANY MEANS, INCLUDING MECHANICAL, ELECTRICAL, PHOTOCOPYING, OR OTHERWISE WITHOUT THE PERMISSION OF THE AUTHOR.

UNAUTHORIZED USE OF THIS DOCUMENT IS VIOLATION OF COPYRIGHT AND PUNISHABLE BY LAW.



© 2015-2016 ANGELIA TRINIDAD PRINTED ON 100% RECYCLED PAPER

HOW WILL YOU BENEFIT FROM PASSION PLANNER? ----

CUSTOMIZE IT TO YOUR NEEDS. whether you are a recent grad who feels a little lost, or a professional looking to balance work, family, and your passions, this planner is structured to be tailored to your needs



STAY POSITIVE.

inspirational guotes and "good things that happened" sections keep you motivated and focused on your progress

CREATE A KEEPSAKE.

high quality materials ensure planner, ideas, memories, and reflections for years to come

that you can enjoy your

MANAGE YOUR TIME.

a daily appointment calendar allows you to visually keep track of how you spend your time

LOOK AT THE BIG PICTURE.

complete annual and monthly calendars allow you to get a bird's eye view of your year and months so you can plan ahead and stay organized

WHAT IS THE BIGGEST GOAL YOU WOULD LIKE

KEEP IT ALL TOGETHER.

one place to store everything. tasks,

appointments, schedules, notes,

doodles, journal entries, goals. you name it, we've got a space for it







PUT YOURSELF FIRST. separated and prioritized

to-do lists for personal and work tasks because all too often we put our personal needs on the back burner

DFCI UTTFR.

FOLLOW YOUR PASSIONS.

on the bigger picture

short and long-term goal setting

activities, weekly to-do lists, and

monthly check-ins keep you focused

GET FOCUSED.

weekly and daily focus

sections allow you to

what is most important

target and focus on

a physical notebook allows you to empty your thoughts onto paper and declutter your mind, enabling you to visualize your goals and focus more on the present

CHALLENGE YOURSELF.

weekly challenges give you the opportunity to challenge yourself to positively influence your life

A FRESH START

WHO OR WHAT MOTIVATES YOU MOST?

WRITE SOME WORDS OF ENCOURAGEMENT FOR YOURSELE TO READ DURING HARD TIMES:



- WELCOME! -

Welcome to Passion Planner — the one place for all your thoughts. Passion Planner is more than just a planner — it is a tool that helps you break down your short and long-term goals and incorporate them into your daily life. It has been designed to encourage you to plan for the future, reflect on the past, but most importantly, act on the present. Think of it as a 24/7 life coach that fits in your backpack — always ready to challenge you to focus on what is most important, accept your thoughts and ideas without judgment, and prompt you to reflect on your everyday life. We hope that it becomes a place where you can unclutter your mind, allowing you to focus on the present moment.

-OUR STORY —

While being caught in a period of directionless floating, I felt overwhelmed by nostalgia of the past and fear of the future. I realized that enough was enough. I needed to take a step back and define what direction I wanted my life to go in. I took out a piece of paper, asked myself, "What do I want with my life?" I concluded that one of the most important things to me was creating things that helped people.

I thought about the times I felt most fulfilled and productive and I realized that during those moments a trusty sidekick, my planner, is what helped me the most. I searched far and wide for the perfect planner, but with each planner, I felt like something was missing. They were all very practical, but not personal, and I wanted to change that.

I wanted to make a planner that could be the place for all your thoughts by having the structure of an appointment calendar, the potential for creativity of a sketchbook, and the reflection space of a journal. I wanted a planner that not only got people thinking about where they wanted to go, but also help them get there. I wanted to create the planner I wish someone had given me when I was feeling lost, so I decided to make it myself. That's how Passion Planner was born.

–HOW THIS PLANNER IS SET UP —

Each part of Passion Planner provides enough structure to act as a solid starting point, while still allowing plenty of room for customization. Its layout balances structure and flexibility to allow people from all different lifestyles to incorporate it into their everyday lives. Passion Planner takes lifelong goals and breaks them down into smaller monthly, weekly, and daily steps.

- Passion Roadmap: Helps you create a roadmap and step-by-step game plan to reach your goals. Once your roadmap is set up and steps are created, they can be used as checkpoints and deadlines in the monthly and weekly layouts.
- Monthly Layouts: Helps you check in with your previous month, define your most important Passion GameChanger, break down your goals into actionable steps, and set deadlines.
- Weekly Layouts: Incorporates your goals and passions into the context of your daily responsibilities. Each week has sections for you to write in the week's focus and the day's focus, schedule appointments, list both personal and work tasks by priority, jot down the good things that happened, and a blank space to customize each week to your needs.
- Reflection Pages: At the end of each month, there are questions to reflect on the past month and progress you've made.
- Blank and Grid Pages: At the very end of the planner, there are extra pages to use as creative space the possibilities are endless!

-ONE LAST THING...

Whether you were one of our very first Kickstarter supporters or someone who's holding a Passion Planner for the very first time, we thank you for giving us the privilege to be a part of your life. With time, consistency, and persistence, you will soon understand the potential this planner has to create change and inspire action in your life. If it seems a little overwhelming at first, take it slow and make it a point to use it for a short amount of time every day until you get comfortable. Passion Planner is intended to be a guiding tool, not an obligation; a gift you give yourself.

Wishing you excitement, love, a clear mind, and so much more in this year and beyond,

STAY CONNECTED

ANGELIA TRINIDAD PASSION PLANNER FOUNDER AND DESIGNER















ANGELIATRINIDAD.COM ARTRINIDAD.COM

M @ANGELIATRINIDAD

PASSIONPLANNER.COM

@PASSIONPLANNER |

FB.COM/PASSIONPLANNER

@PASSION_PLANNER

YOUR PASSION ROADMAP

A STEP-BY-STEP GUIDE TO MAPPING OUT YOUR GOALS

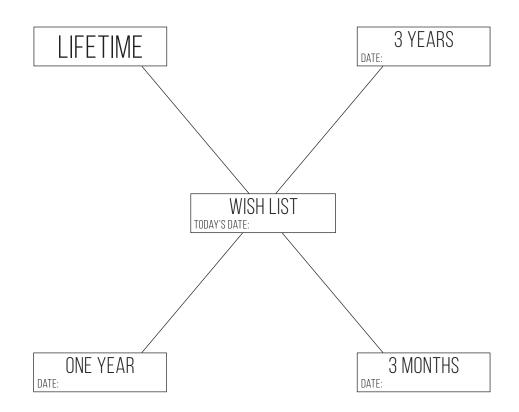
1. MAKE A WISH LIST

Set a timer for five minutes. For the next five minutes, imagine that this piece of paper is magical; whatever you write in it will come true within the designated time frame. Think of it as a wish list describing your ideal life. Ask yourself,

"IF I COULD HAVE ANYTHING, BE ANYTHING, OR DO ANYTHING, WHAT WOULD IT BE?"

Write every single thing that comes to mind and be as specific as possible. Lastly, do not feel the need to be realistic or justify your dreams. Just write.

READY. SET. GO.



2. PRIORITIZE

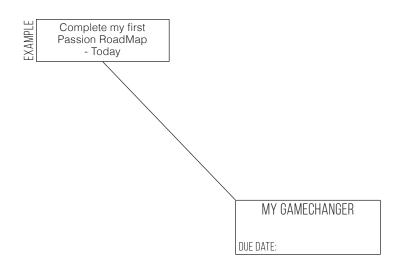
Time's up! Now set the timer for 1 minute. Go back and for each of the four sections, circle one goal that would have the MOST positive impact on your life.

READY. SET. GO.

These are the four goals that you are going to prioritize. Think of them as the most important destinations in your life right now. Now we are going to create a Passion Plan to map out how to get there. A Passion Plan is a mind map that visually breaks down your goals into steps that are specific, actionable, measurable, and time sensitive.

3. CREATE YOUR FIRST PASSION PLAN

Your Passion GameChanger is the goal that would have the most positive impact on your life right now. Write this goal down in the blank box below. If you are unsure of what to write, simply write the goal circled under your three month section. Set your timer for five minutes. Write down as many necessary steps you must take or tasks you must complete to get you to your goal; the more detailed the better. Connect each step to the middle box with a line (see example).



4. ADD SPECIFICS

Assign due dates for each of these tasks by estimating the amount of time needed to complete them. Be specific and be sure to indicate how much, how many, or by when.

5. CREATE A TIMELINE

Look over each task and write the number "1" next to the one that must be completed first. Add a number "2" next to the second task, and so on until all tasks are numbered.

6. MAKE A DATE

Now write these tasks in the corresponding due dates in your weekly layout. Throughout the year, use these as checkpoints to keep you on track.

7. WORK AT IT!

For this goal, strive to do at least one productive thing every day before 10 AM to get you closer to your goal. Consistency is key: if you skip a day, be sure to make up for it the next day.

8. REPEAT

Repeat this process for as many goals as you'd like.

EXTRA CREDIT

Find a follow-up buddy to check in with you and help you stay accountable for your goals. Cross out "Lifetime", "3 Years", "1 Year" and "3 months" and replace them with "5 YEARS", "3 YEARS", "3 MONTHS" and "1 MONTH" respectively. Now challenge yourself to meet those deadlines.

HOW THIS PLANNER IS SET UP-

Imagine you are about to start your first solo trip. Your car is packed up and ready to take on the journey from Los Angeles to New York. You start the engine and you're off! First stop: the Grand Canyon.

About two hours into the trip, you realize you're lost. You fumble around for your map and freak out for a moment realizing you've forgotten it. You shrug it off and keep driving Northeast, the general direction of your destination, telling yourself you will get there eventually.

Before long, you get distracted by another place and never actually make it to the Grand Canyon.

Many of us treat goal setting this way; we dream and think about where we want to go, but don't have a map to help us get there.

Passion Planning is a process that helps you create that map.

It takes your abstract goals, breaks them down into more manageable steps on paper, and gives you a way to integrate those steps into your daily life.

-WHY WRITING WORKS-

.



Think of your mind as a juggler and the thoughts that occupy your mind as balls.

The more balls your mind must juggle at one time, the more strain you put on it and the more susceptible you are to becoming overwhelmed and dropping everything. When you write your thoughts, things to-do, goals, anxieties, etc., onto paper you effectively place that "ball" down.

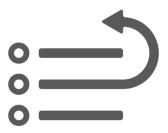
After putting down all of the balls, you can then pick and choose which one you want to focus on.

Lastly, writing these things down in one place also assures you that no matter when you want to revisit that thought, you will know exactly where it is.

- WHY PRIORITIZING WORKS

Working off the last metaphor, imagine that each of the balls were assigned a dollar value. One ball is worth \$1000, three are worth \$100, and five are worth \$1.

You are told that if you are able to juggle as many balls in the air for one minute, you will win the assigned value of the balls. The only catch is if any of the balls touch the floor at any given point, you will win nothing. Which balls would you choose to juggle?



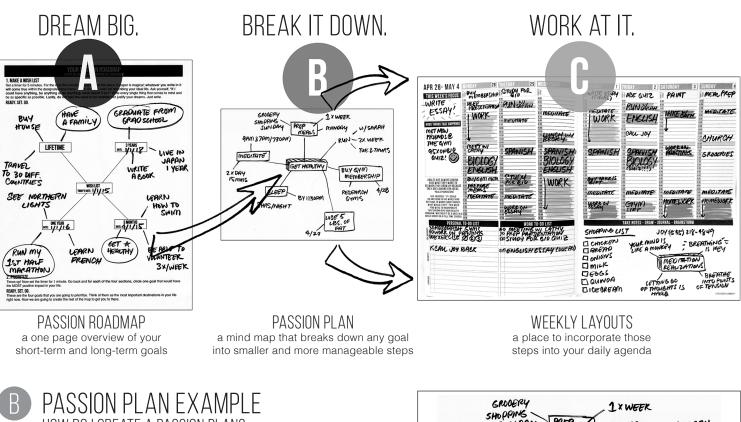
Obviously the \$1000 ball, and if you're a seasoned juggler, maybe a couple of the \$100 ones. But why not play it safe and just hold the most valued \$1000 ball for one minute? The smartest strategy seems pretty obvious, but most people do exactly the opposite when it comes to their tasks and priorities. They pick up all of the balls, toss them up in the air, and scramble to keep them from dropping, splitting their attention by treating the important and trivial tasks as equals.

When faced with the decision to complete a task, ask yourself, "Is this action getting me closer to my goals?" If not, have the self-control to choose NOT to do it. Prioritizing takes a little extra thought and effort, but if done right, this extra step will pay dividends.

It may be hard to hone in and focus on what's important, so I've designed this planner to give you a space every week and every day to determine what you should be focusing on during that time period. Each day, ask yourself: "If I could only do one thing today, and still feel like my day was successful, what would it be?" and write it in your "Today's Focus" box. Aim to get your "Today's Focus" task done every day and you will find yourself living a happier and more fulfilling life.



PASSION PLANNING: TYING IT ALL TOGETHER-



PASSION PLAN EXAMPLE HOW DO LCBEATE A PASSION PLAN?

STEP 1: Write down any goal in the middle of the page.

STEP 2: Write down as many necessary steps you must take or tasks you must complete to get you to your goal.

STEP 3: Go back to each step and add details to make them more:

- Specific: With whom, where, when?
- Actionable: Ask yourself, can you assign this to someone else? If not, what details can you add to make that possible?
- Measurable: How many, how often, or how much? - Time Sensitive: Assign a deadline to each.

STEP 4: Now write these tasks and the corresponding due dates in your weekly layout. Throughout the year, use these as checkpoints to keep you on track.

WEEKLY LAYOUT EXAMPLE

APB 28- MAY 4 MONDAY 28 TUESDAY 29 WEDNESDAY 30	THURSDAY 1 FRIDAY 2 SATURDAY 3 SUNDAY 4
THIS WEEKS FOOLS	WRITE ESSAY ACE QUIZ PAINT I MEAN PREP
WRITE HESENNAMON RUN SAKAH	130 131 131 131 131 131 131 131 131 131
ESSAY	WORK ENGLISH HIKE ShITH MEDITATE
GOOD THINGS THAT HAPPENED 100 100 100 100 100 100 100 100 100 10	BRI BRI BRI BRI 100 100 100 100
TRIBNOS C 100 100 100 100 100 100 100 100 100 1	ALD POLY
THE GYM) 1200 1200 1200 1200 1200 1200	1245 1248 1248
eviz:	SPANISH SPANISH WORLDN GRODERIES
BIOLOGY	
REWHEN THEY DAILY WANT TO BOD DOC DOC SIDE STORE	10 Buy Mick 15 12 12 12 12 12 12 12 12 12 12 12 12 12
THEY ARE LORNING FOR IDEAS. FMI FMI<	meditate meditate meditate meditate
DO ANY HIVE IN THE WORLD AND BOD BOD BOD BOD BOD BOD BOD BOD BOD BO	WORKON GYN HOMEWORK HOMEWORK
THAT OREAN INTO YOUR REALITY ESE ESSAY ESE ESSAY ESE ESSAY ESE ESSAY	
PERSONAL TO-DO LIST	TAKE NOTES - DRAW - JOURNAL - BRAINSTORM
BORGEREIREH GYMS 60 METING WICHTHU BOWAR ON PAINTINGS 30 PREP PRESENTATION WEXERCISE (DEC) 19 STUDY FOR GIO QUIZ	SHOAPING LIST JOY (555) 218-4849
	CHICKEN YOUR MINDIS - BREATHING -
KCAN JOY BALK WO ENGLISH ESSAY (DUE FU)	DIRICETTIC LINE HIMAN
	DONIONS MEDITATION REALZATIONS
	DELC REALIZATIONS DEGGS BREATHE
	MOUNDA ITTONG 60 INTO POINTS
	DICE OREAN OF THOUGHTS IS OF TENSION

WEEKLY PASSION PREP ROUTINE:

SUNDAY

SLEEP

8HRS/NIGHT

9AM & 7PM/730PM

MEDITATE

2× DAY

15mms

PREF

MEA

GET HEALTHY

BY 1130PW

4/29

monony

LOSE 5 LBS. OF

FAT

PUN

BUYGYM

RESEARCH

GYMS

MEMBERSHIP

w/sarah

- 2X WEEK

THE & THURS

4/28

Pick one day out of the week (preferably Sunday or Monday) where you set aside 30 minutes to 1 hour preparing for the week ahead.

STEP 1: Input all of your mandatory appointments in your appointment calendar including classes, work, doctor's appointments, etc.

STEP 2: List all of the to-do's of the week in order of priority, including steps from your Passion Plan.

STEP 3: In the box to the left of the task, write how many minutes it should take to complete the task.

STEP 4: Starting with the highest priority, write the tasks in appropriate time slots into your agenda.

STEP 5: Fill in each day's focus and decide what the one thing that needs to get done this week is and write it in your "This week's focus" section.

EXTRA CREDIT: To best prepare for the next day's activities, spend 5-10 minutes the night before reviewing what is on tomorrow's agenda, making changes as needed.

														υı	U													
		JA	NUA	RY					FEE	BRUA	ARY						N	IARC	CH					ļ	APRI	L		
S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S		S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S
					1	2		1	2	3	4	5	6				1	2	3	4	5						1	2
3	4	5	6	7	8	9	7	8	9	10	11	12	13		6	7	8	9	10	11	12	3	4	5	6	7	8	9
10	11	12	13	14	15	16	14	15	16	17	18	19	20		13	14	15	16	17	18	19	10	11	12	13	14	15	16
17	18	19	20	21	22	23	21	22	23	24	25	26	27		20	21	22	23	24	25	26	17	18	19	20	21	22	23
24	25	26	27	28	29	30	28	29							27	28	29	30	31			24	25	26	27	28	29	30
31																												
			MAY	/						JUNE	-							JULY	/					А	JGUS	ST		
S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S		S	М	Т	W	Τ	F	S	S	М	Т	W	Т	F	S
1	2	3	4	5	6	7				1	2	3	4							1	2		1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	11		3	4	5	6	7	8	9	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18		10	11	12	13	14	15	16	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25		17	18	19	20	21	22	23	21	22	23	24	25	26	27
29	30	31					26	27	28	29	30				24	25	26	27	28	29	30	28	29	30	31			
															31													
		SEP	TEM	BER					OC	TOB	ER						NO۱	/EM	BER					DEC	CEME	BER		
S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S		S	М	Т	W	T	F	S	S	М	Т	W	Т	F	S
				1	2	3							1				1	2	3	4	5					1	2	3
4	5	6	7	8	9	10	2	3	4	5	6	7	8		6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15		13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22		20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30		23	24	25	26	27	28	29		27	28	29	30				25	26	27	28	29	30	31

2016

U.S. HOLIDAYS -

Jan 18: Martin Luther King Jr. Day Feb 14: Valentine's Day Feb 15: Presidents' Day Mar 17: St. Patrick's Day Mar 27: Easter Sunday 30 31

May 08: Mother's Day May 30: Memorial Day Jun 19: Father's Day Jul 04: Independence Day Sep 05: Labor Day Oct 10: Discoverers' Day Oct 31: Halloween Nov 11: Veterans Day Nov 24: Thanksgiving Day Dec 25: Christmas Day

														017													
		JA	NUA	RY					FEE	3RU/	ARY					Ν	IARC	CH					ļ	4 PRI	L		
S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S
1	2	3	4	5	6	7				1	2	3	4				1	2	3	4							1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31					26	27	28					26	27	28	29	30	31		23	24	25	26	27	28	29
																					30						
			MAY	/						JUNE	-						JULY	/					А	JGU	ST		
S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S
	1	2	3	4	5	6					1	2	3							1			1	2	3	4	5
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30	31		
														30	31												
		SEP	TEN	IBER					00	TOB	ER					NO	VEM	BER					DE(CEM	BER		
S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Τ	F	S
					1	2	1	2	3	4	5	6	7				1	2	3	4						1	2
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			24	25	26	27	28	29	30

2

U.S. HOLIDAYS

Jan 16: Martin Luther King Jr. Day Feb 14: Valentine's Day Feb 20: Presidents' Day Mar 17: St. Patrick's Day Apr 16: Easter Sunday

May 14: Mother's Day May 29: Memorial Day Jun 18: Father's Day Jul 04: Independence Day Sep 04: Labor Day Oct 9: Discoverers' Day Oct 31: Halloween Nov 11: Veterans Day Nov 23: Thanksgiving Day Dec 25: Christmas Day

31

JANUARY	
THIS MONTH'S FOCUS SUNDAY MONDAY	TUESDAY
27 28	29
NOR	
PEOPLE TO SEE	
3 4	5
10 11	12
PLACES TO GO	
17 18	19
MARTIN LUTHER KING JR	
24 25	26
NOT TO-DO LIST	
31 1	2
PERSONAL PROJECTS WC TOP PRIORITY PROJECT: TOP PRIORITY PROJECT:	ORK PROJECTS
DUE DATES	
PROJECT: PROJECT:	
DUE DATES	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2
6	7	NEW YEAR'S DAY	9
		0	Ŭ
13	14	15	16
20	21	22	23
27	28	29	30
		20	
3	4	5	6
BREAK	T T DOWN: CREATE A MIND MA	AP OF THIS MONTH'S GAMECH	ANGER

	SUNDAY 27	MONDAY 28	TUESDAY 29
DEC 27 - JAN 2 This week's focus	FOCUS	FOCUS	FOCUS
	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4.30
	5:00	5:00	5:00
EVERY NEW BEGINNING	5:30	5:30	5:30
	6:00	6:00	6:00
COMES FROM SOME OTHER	6:30	6:30	6:30
BEGINNING'S END.	7:00	7:00	7:00
- SENECA -	7:30	7:30	7:30
	8:00	8:00	8:00
SET ASIDE 30 MINUTES TO WRITE DOWN ALL THE PROJECTS THAT YOU'VE COMPLETED IN 2015. FOR EACH PROJECT, WRITE ONE THING	8:30 9:00	8:30 9:00	8:30 9:00
YOU'VE LEARNED FROM THAT EXPERIENCE. READY. SET. GO.	9:30 10:00	9:30 10:00	9:30 10:00
PERSONAL	10:30	10:30	<u>10:30</u>
	. TO-DO LIST	WORK TO	N-NA LIST
S			
ERRANDS			

WEDNESDAY 30	THURSDAY 31	FRIDAY 1	SATURDAY 2
FOCUS	FOCUS	REW YEAR'S DAY	FOCUS
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	<u>11:30</u>	<u>11:30</u>	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 1	SUNDAY 3	MONDAY 4	TUESDAY 5
JAN 3 - JAN 9			
	FOCUS	FOCUS	FOCUS
THIS WEEK'S FOCUS			
	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
	5:00	5:00	5:00
THE SECRET OF GETTING	5:30	5:30	5:30
AHEAD IS GETTING STARTED.	6:00	6:00	6:00
- MARK TWAIN -	6:30	6:30	6:30
	7:00	7:00	7:00
LOOK AT YOUR PASSION GAMECHANGER THAT YOU DEFINED AT THE BEGINNING OF	7:30	7:30	7:30
THE PLANNER. THINK OF THREE CONCRETE	8:00	8:00	8:00
TASKS YOU CAN DO THIS WEEK TO HELP	8:30	8:30	8:30
YOU ACHIEVE THAT GOAL. NOW ASSIGN	9:00	9:00	9:00
THOSE TASKS TO YOUR "TODAY'S FOCUS" FOR THREE DIFFERENT DAYS OF THIS WEEK.		9:30	9:30
NOW IT'S UP TO YOU TO EXECUTE.	10:00	10:00	10:00
YOU GOT THIS!	10:30	10:30	10:30
PERSUNAL	_ TO-DO LIST	WURK II)-DO LIST
>			
S S			
ERRANDS			
		· · ·	

WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9
FOCUS	FOCUS FOCUS	FOCUS	FOCUS
F00	FOO	FOOD	FOO
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 2	SUNDAY 10	MONDAY 11	TUESDAY 12
JAN 10 - JAN 16	FOCUS	FICUDAY'S	FOCINS
THIS WEEK'S FOCUS	<u> </u> 6:00	6:00	6:00
	6:30 7:00	6:30 7:00	6:30 7:00
	7:30	7:30	7:30
	<u>8:00</u> 8:30	<u>8:00</u> 8:30	<u>8:00</u> 8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30 10:00	<u>9:30</u> 10:00	<u>9:30</u> 10:00
	10:30	10:30 11:00	10:30
	<u>11:00</u> 11:30	11:30	<u>11:00</u> 11:30
	<u>12:00</u> 12:30	12:00 12:30	12:00 12:30
	1:00	1:00	1:00
	<u>1:30</u> 2:00	<u>1:30</u> 2:00	<u>1:30</u> 2:00
	2:30	2:30	2:30
	<u>3:00</u> 3:30	3:00 3:30	3:00 3:30
	4:00	4:00	4:00
	<u>4:30</u> 5:00	<u>4:30</u> 5:00	<u>4:30</u> 5:00
BETTER THREE	5:30 6:00	5:30 6:00	5:30 6:00
HOURS TOO SOON THAN A MINUTE TOO LATE.	6:30	6:30	6:30
- WILLIAM SHAKESPEARE -	<u>7:00</u> 7:30	7:00 7:30	<u>7:00</u> 7:30
CHALLENGE YOURSELF TO BE 15 MINUTES	8:00	8:00	8:00
EARLY TO ALL COMMITMENTS YOU HAVE SET THIS WEEK. MARK EACH TIME YOU	8:30 9:00	8:30 9:00	8:30 9:00
SUCCEED IN YOUR PLANNER WITH A SMILEY FACE TO CELEBRATE EVERY SMALL VICTORY.	9:30 10:00	9:30 10:00	9:30 10:00
SMALL VIGTURY.	10:30	10:30	10:30
PERSONAL	_ TO-DO LIST	WORK TO)-DO LIST
≥			
10D			
2			
ERANDS			

WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16
FOCUS	F0CUS	FOCUS	FOCUS
F00	F000	FOOD	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

	SUNDAY 17	MONDAY 18	TUESDAY 19
JAN 17 - JAN 23	SUU SUU	NN'S SU	SUN SUN
THIS WEEK'S FOCUS	FOCUS	S. S. MARTIN LUTHER KING JR. DAY	FOCUS FOCUS
	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30 8:00	7:30 8:00	7:30 8:00
	8:30	8:30	8:30
	9:00	9:00	9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	<u>11:30</u> 12:00	<u>11:30</u> 12:00	<u>11:30</u> 12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00 4:30	<u>4:00</u> <u>4:30</u>	<u>4:00</u> 4:30
	5:00	5:00	5:00
BY FAILING TO PREPARE,	5:30	5:30	5:30
YOU ARE PREPARING TO FAIL.	6:00	6:00	6:00
- BENJAMIN FRANKLIN -	6:30	6:30	6:30
- DENJAMIIN FRANKLIN -	7:00	7:00	7:00
PREPARATION IS THE KEY TO SUCCESS.	7:30	7:30	7:30
THIS WEEK, SPEND 30 MINUTES EVERY NIGHT PREPARING FOR THE FOLLOWING	8:00 8:30	<u>8:00</u> 8:30	8:00 8:30
DAY IN YOUR PLANNER. DEFINE WHAT YOUR	9:00	9:00	9:00
"TODAY'S FOCUS" IS, AND BLOCK OUT TIME FOR YOUR CRITICAL APPOINTMENTS	9:30	9:30	9:30
(DON'T FORGET TIME FOR YOURSELF!).	10:00	10:00	10:00
	10:30	10:30	10:30
DERSUNVI	_ TO-DO LIST)-DO LIST
T LHOUNAL		WONK TO	
×			
· · · · ·		· · · ·	

WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23
FOCUS	FOCUS	FOCUS	FOCUS
1001	F00/	F007	1007
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 4	SUNDAY 24	MONDAY 25	TUESDAY 26
JAN 24 - JAN 30	FODAY'S	FODAY'S	FODAY'S
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30 7:00	6:30 7:00	6:30 7:00
	7:30 8:00	7:30 8:00	7:30 8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	<u>10:00</u> 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
	<u>11:00</u> 11:30	<u>11:00</u> 11:30	<u>11:00</u> 11:30
	12:00	12:00	12:00
	12:30 1:00	12:30 1:00	12:30 1:00
	1:30 2:00	1:30 2:00	1:30 2:00
	2:30	2:30	2:30
	3:00 3:30	3:00 3:30	3:00 3:30
	<u>4:00</u> 4:30	<u>4:00</u> <u>4:30</u>	<u>4:00</u> <u>4:30</u>
	5:00 5:30	5:00 5:30	5:00 5:30
EITHER I WILL FIND A WAY, OR I WILL MAKE ONE.	6:00	6:00	6:00
- PHILIP SIDNEY -	<u>6:30</u> 7:00	<u>6:30</u> 7:00	<u>6:30</u> 7:00
WHENEVER YOU FIND YOURSELF STUCK AT WHAT FEELS LIKE A DEAD END, ASK	7:30 8:00	7:30 8:00	7:30 8:00
SOMEONE WHO HAS BEEN ABLE TO PUSH PAST THAT PROBLEM FOR ADVICE AND	8:30	8:30	8:30
GUIDANCE. IT DOESN'T HAVE TO BE IN PERSON. EMAIL AND PHONE CALLS	9:00 9:30	9:00 9:30	9:00 9:30
WORK JUST AS WELL.	<u>10:00</u> 10:30	<u>10:00</u> 10:30	10:00 10:30
PERSONAL	_ TO-DO LIST)-DO LIST
ERRANDS			
EK			

WEDNESDAY 27	THURSDAY 28		SATURDAY 30
FOCUS	FOCUS	FOCUS	FOCUS
F00	FOO	FOO	100 F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 5			
JAN 31 - FEB 6	SUNDAY 31	MONDAY 1	TUESDAY 2
	FOCUS	FOCUS	F0CUS F0CUS
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30 8:00	7:30 8:00	7:30 8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
UUUD THINUS THAT HAFFLINLD	9:30	9:30	9:30
	<u>10:00</u> 10:30	10:00 10:30	<u>10:00</u> 10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	<u>12:30</u> 1:00	<u>12:30</u> 1:00	12:30 1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	<u>3:00</u> 3:30	3:00 3:30	<u>3:00</u> 3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
THE MAN WHO MOVES A	5:00	5:00	5:00
MOUNTAIN BEGINS BY	5:30 6:00	5:30 6:00	5:30 6:00
CARRYING AWAY	6:30	6:30	6:30
SMALL STONES.	7:00	7:00	7:00
- CHINESE PROVERB -	7:30	7:30	7:30
THINK OF A PROJECT YOU HAVE BEEN	<u>8:00</u> 8:30	8:00 8:30	8:00 8:30
PUTTING OFF BECAUSE OF ITS MAGNITUDE. BREAK IT DOWN INTO AS MANY STEPS AS	9:00	9:00	9:00
POSSIBLE TO MAKE IT LESS INTIMIDATING.	9:30	9:30	9:30
COMPLETE THEM AND CROSS THEM OFF. USE THAT MOMENTUM TO KEEP YOU GOING.	10:00	10:00	10:00
	10:30	10:30	10:30
PERSONAL	. TO-DO LIST	WORK TO)-DO LIST
>			
407 08/08/17 7 7			
ERRANDS			
<u> </u>			

WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6
FOCUS	FOCUS	TODAY'S FOCUS	FOCUS
FOO	F00	FOO	FOO
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

MONTHLY REFLECTION

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

MONTHLY REFLECTION

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST			
HIGHLIGHT YOUR ACCOMPLISHMENTS: GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.			
REFORM: CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.			
SET CHECKPOINTS: MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.			

FEBRUARY			
THIS MONTH'S FOCUS	SUNDAY	MONDAY	TUESDAY
PERSONAL	31	1	2
WORK			
PEOPLE TO SEE			
	7	8	9
	14	15	16
PLACES TO GO			
	VALENTINE'S DAY	PRESIDENTS' DAY	
	21	22	23
NOT TO-DO LIST			
	28	29	1
PERSONAL	PRNIECTS	WUBK F	PROJECTS
TOP PRIORITY PROJECT:	THOLETS	TOP PRIORITY PROJECT:	
<u>م</u>		<u>م</u>	
DUE DATES		DUE DATES	
PROJECT:		PROJECT:	
DUE DATES		DUE DATES	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
0		4	
2	3	4	5
BREAK	IT DOWN: CREATE A MIND MA	AP OF THIS MONTH S GAMEGH	ANGER

WEEK 6			
FEB 7 - FEB 13	SUNDAY 7	MONDAY 8	TUESDAY 9
THIS WEEK'S FOCUS	FOGUS	F0CUS F0CUS	FOCUS
THIS WEEKSTUUUS	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00 7:30	7:00 7:30	7:00 7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30 10:00	<u>9:30</u> 10:00	<u>9:30</u> 10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00 12:30	<u>12:00</u> 12:30	<u>12:00</u> 12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	<u>2:30</u> 3:00	<u>2:30</u> 3:00	2:30 3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
THERE IS NO GREATER HARM	<u>5:00</u> 5:30	5:00 5:30	5:00 5:30
THAN THAT OF TIME WASTED.	6:00	6:00	6:00
- MICHELANGELO -	6:30	6:30	6:30
	7:00	7:00	7:00
THIS WEEK, TRY TO FILL AS MANY TIME SLOTS AS POSSIBLE. SCHEDULE OUT	7:30 8:00	7:30 8:00	7:30 8:00
EVERYTHING: FROM SLEEP, TO MEALS, TO TIME FOR YOURSELF. BY DOING SO, YOU	8:30	8:30	8:30
CREATE A VISUAL REPRESENTATION OF	9:00	9:00	9:00
WHERE YOUR TIME IS GOING, ALLOWING YOU TO ASSESS YOUR PRODUCTIVITY AND TRULY	9:30	9:30	9:30
BE PRESENT DURING EACH MOMENT.	<u>10:00</u> 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
ΠΕΠΟΟΝΙΛΙ			
PEROUNAL	. TO-DO LIST	WURK II)-DO LIST
≥			
ERANDS			
ERR			

WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13
TODAY'S FOCUS	F0CUS	FOCUS	FOCUS
F00	F000	FOOD	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

	SUNDAY 14	MONDAY 15	TUESDAY 16
FEB 14 - FEB 20 THIS WEEK'S FOCUS	LODDAY'S AND A COLORY STATEMENT STAT	S. S	FOCUS
	6:00 6:30 7:00	6:00 6:30 7:00	6:00 6:30 7:00
	7:30 8:00	7:30 8:00	7:30 8:00
GOOD THINGS THAT HAPPENED	8:30 9:00	8:30 9:00	8:30 9:00
	9:30 10:00 10:30	9:30 10:00 10:30	9:30 10:00 10:30
	11:00 11:30	11:00 11:30	11:00 11:30
	12:00 12:30 1:00	12:00 12:30 1:00	12:00 12:30 1:00
	1:30 2:00	1:30 2:00	1:30
	2:30 3:00	2:30 3:00	2:30 3:00
	3:30 4:00 4:30	3:30 4:00 4:30	3:30 4:00 4:30
A FRIEND IS SOMEONE	5:00 5:30	5:00 5:30	5:00 5:30
WHO KNOWS ALL ABOUT YOU AND STILL LOVES YOU.	6:00 6:30 7:00	6:00 6:30 7:00	6:00 6:30 7:00
- ELBERT HUBBARD - THIS WEEK, THINK ABOUT A FRIEND OR	7:30 8:00	7:30 8:00	7:30 8:00
LOVED ONE WHO HAS ALWAYS BEEN BY YOUR SIDE. GO OUT OF YOUR WAY TO LET THEM KNOW HOW MUCH YOU CHERISH THEM. REMEMBER, IT'S THE THOUGHT	8:30 9:00 9:30	8:30 9:00 9:30	8:30 9:00 9:30
THEM. REMEMBER, IT'S THE THOUGHT THAT COUNTS.	10:00 10:30	10:00 10:30	10:00 10:30
	. TO-DO LIST	WORK TO)-DO LIST
DRN 0			
RANDS			
ERRANDS			

WEDNESDAY 17	THURSDAY 18	FRIDAY 19	SATURDAY 20
FOCUS	FOCUS	F0CUS F0CUS	FOCUS
F00	FOUC	FOU	FOUC
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

week 8 FEB 21 - FEB 27	SUNDAY 21		TUESDAY 23
THIS WEEK'S FOCUS	FDCUS	FOCUS	FOCUS
THIS WEEKST0005	6:00 6:30	6:00 6:30	6:00 6:30
	7:00 7:30	7:00 7:30	7:00 7:30
	8:00	8:00	8:00
GOOD THINGS THAT HAPPENED	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30 10:00	<u>9:30</u> 10:00	<u>9:30</u> 10:00
	10:30 11:00	10:30 11:00	10:30 11:00
	11:30	11:30	11:30
	12:00 12:30	12:00 12:30	12:00 12:30
	<u>1:00</u> <u>1:30</u>	<u>1:00</u> 1:30	1:00 1:30
	2:00 2:30	2:00 2:30	2:00 2:30
	3:00 3:30	3:00 3:30	3:00 3:30
	4:00	4:00	4:00
	4:30 5:00	4:30 5:00	4:30 5:00
WHO QUESTIONS MUCH,	5:30 6:00	5:30 6:00	5:30 6:00
SHALL LEARN MUCH,	6:30 7:00	6:30 7:00	6:30 7:00
AND RETAIN MUCH. - FRANCIS BACON -	7:30	7:30	7:30
DON'T BE AFRAID TO ASK QUESTIONS,	8:00 8:30	8:00 8:30	8:00 8:30
ESPECIALLY THE DIFFICULT ONES. ASKING IS ALWAYS BETTER THAN ASSUMING.	<u>9:00</u> 9:30	<u>9:00</u> 9:30	9:00 9:30
	10:00	<u>10:00</u> 10:30	<u>10:00</u> 10:30
PERSONAL	. TO-DO LIST	WORK TO	
<u>۲</u>			
~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~			
ERRANDS			

WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27
FOCUS	FOCUS	FOCUS	FOCUS
1001	F00/	F007	1007
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 9			
	SUNDAY 28	MONDAY 29	TUESDAY 1
FEB 28 - MAR 5	FOCUS	FOCUS	FOCUS
THIS WEEK'S FOCUS			
	6:00	6:00	6:00
	<u>6:30</u> 7:00	<u>6:30</u> 7:00	6:30 7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30 10:00	<u>9:30</u> 10:00	<u>9:30</u> 10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	<u>1:00</u> <u>1:30</u>	<u>1:00</u> <u>1:30</u>	<u>1:00</u> <u>1:30</u>
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	<u>4:30</u> 5:00	4:30 5:00	4:30 5:00
APPRECIATION IS A	5:30	5:30	5:30
WONDERFUL THING: IT MAKES	6:00	6:00	6:00
WHAT IS EXCELLENT IN	6:30	6:30	6:30
OTHERS BELONG TO US	7:00	7:00	7:00
AS WELL.	7:30 8:00	7:30 8:00	7:30 8:00
- VOLTAIRE -	8:30	8:30	8:30
WRITE A SMALL NOTE OF APPRECIATION TO	9:00	9:00	9:00
SOMEONE THAT HELPED YOU THROUGH THE	9:30	9:30	9:30
MONTH AND HAND DELIVER IT TO THEM BY THE END OF THE WEEK.	10:00	10:00	10:00
	10:30	10:30	10:30
PERSONAL	TO-DO LIST	WORK TO	)-DO LIST
~			
ERRANDS			
ERR/			

WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5
FOCUS	FOCUS	FOCUS	FOCUS
F000	F00	F00	FOO
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST
HIGHLIGHT YOUR ACCOMPLISHMENTS: GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
<b>REFORM:</b> CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
SET CHECKPOINTS: MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

MARCH			
THIS MONTH'S FOCUS	SUNDAY	MONDAY	TUESDAY
PERSONAL	28	29	1
WORK			
PEOPLE TO SEE			
		7	0
	6	7	8
PLACES TO GO	13	14	15
PLAGES TO GO			
	DAYLIGHT SAVING BEGINS	01	00
	20	21	22
NOT TO-DO LIST			
	27	28	29
	EASTER SUNDAY		
PERSONAL TOP PRIORITY PROJECT:	PRUJECIS	WURK F TOP PRIORITY PROJECT:	PROJECTS
		DUE DATES	
PROJECT:		PROJECT:	
		DUE DATES	
<u>ة ا</u>			

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5
9	10	11	12
16	17	18	19
	ST. PATRICK'S DAY		
23	24	25	26
30	31	1	2
BREAK	IT DOWN: CREATE A MIND MA	AP OF THIS MONTH'S GAMECH	ANGER

	SUNDAY 6	MONDAY 7	TUESDAY 8
MAR 6 - MAR 12			
THIS WEEK'S FOCUS	FOCUS'S	FOGUS	F0CUS F0CUS
THIS WEEKSTOODS	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00 2:30	<u>2:00</u> 2:30	<u>2:00</u> 2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
	5:00	5:00	5:00
YOU MUST LIVE IN THE	5:30	5:30	5:30
PRESENT, LAUNCH YOURSELF	6:00	6:00	6:00
ON EVERY WAVE, FIND YOUR	6:30	6:30	6:30
ETERNITY IN EACH MOMENT.	7:00	7:00 7:30	7:00 7:30
- HENRY DAVID THOREAU -	7:30 8:00	8:00	8:00
THIS WEEK, CHALLENGE YOURSELF TO BE	8:30	8:30	8:30
COMPLETELY PRESENT IN EVERY MOMENT. PUT AWAY YOUR SMARTPHONE, BE MORE	9:00	9:00	9:00
ATTENTIVE TO YOUR SURROUNDINGS, AND	9:30	9:30	9:30
IMMERSE YOURSELF IN THE COMPANY OF	10:00	10:00	10:00
THOSE AROUND YOU.	10:30	10:30	10:30
PERSONAL	_ TO-DO LIST	WORK TO	)-DO LIST
TENOONAL			
S S S S S S S S S S S S S S S S S S S			
		LI	

WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12
FOCUS	FOCUS	FOCUS	FOCUS
100 F00	100 F00	100 F00	100 F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

	SUNDAY	13 MONDAY	/ 14	TUESDAY 15
MAR 13 - MAR 19	N.V.S N	S S S S S S S S S S S S S S S S S S S		S S S
THIS WEEK'S FOCUS	LODAY'S TODAY'S TODAY'	SAVING BEGINS		FOCUS
	6:00	6:00		0:00
	6:30	6:30		<u>):30</u>
	7:00 7:30	7:00 7:30		7:00
	8:00	8:00		3:00
	8:30	8:30		3:30
GOOD THINGS THAT HAPPENED	9:00	9:00		):00
	9:30	9:30		):30
	10:00 10:30	<u>10:00</u> 10:30		<u>):00</u> ]:30
	11:00	11:00		1:00
	11:30	11:30		1:30
	12:00	12:00		2:00
	12:30	12:30		2:30
	1:00	1:00		1:00
	1:30 2:00	<u>1:30</u> 2:00		l:30 2:00
	2:30	2:30		2:30
	3:00	3:00		3:00
	3:30	3:30	3	3:30
	4:00	4:00		1:00
	4:30 5:00	<u>4:30</u> 5:00		1:30 5:00
	5:30	5:30		5:30
A PERSON WHO NEVER	6:00	6:00		<u>):00</u>
MADE A MISTAKE NEVER	6:30	6:30		):30
TRIED ANYTHING NEW.	7:00	7:00		7:00
- ALBERT EINSTEIN -	7:30	7:30		7:30
	8:00 8:30	8:00 8:30		3:00
MISTAKES ARE OFTEN THE BEST TEACHERS. THIS WEEK, REFLECT ON A MISTAKE YOU'VE	9:00	9:00		3:30 3:00
MADE IN THE PAST. WHAT LESSONS DID YOU LEARN FROM THAT EXPERIENCE?	9:30	9:30		):30
	10:00	10:00	10	0:00
	10:30	10:30	10	0:30
PFRSONAL	TO-DO LIST		WORK TO-	DO LIST
>				
ERRANDS				
L I				

WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19
FOCUS	S. S. PATRICK'S DAY	FOCUS	FOCUS
FOO	ST. PATRICK'S DAY	F00	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 12			
	SUNDAY 20	MONDAY 21	TUESDAY 22
MAR 20 - MAR 26	FOCUS	FOCUS	F0CUS F0CUS
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	<u>9:00</u> 9:30	9:00	9:00
	10:00	<u>9:30</u> 10:00	<u>9:30</u> 10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	<u>2:30</u> 3:00	<u>2:30</u> 3:00	2:30 3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
IT HAD LONG SINCE COME TO	5:00	5:00	5:00
MY ATTENTION THAT PEOPLE OF	5:30	5:30	5:30
ACCOMPLISHMENT RARELY SAT	6:00	6:00	6:00
BACK AND LET THINGS HAPPEN	6:30	6:30	6:30
TO THEM. THEY WENT OUT AND	7:00	7:00	7:00
HAPPENED TO THINGS.	7:30 8:00	7:30 8:00	7:30 8:00
- LEONARDO DA VINCI -	8:30	8:30	8:30
GET OUT OF YOUR COMFORT ZONE AS MUCH AS	9:00	9:00	9:00
POSSIBLE THIS WEEK. TRY TO LEAVE THE HOUSE EVERYDAY, MEET NEW PEOPLE, AND EXPLORE	9:30	9:30	9:30
NEW PLACES. GO OUT AND EXPERIENCE WHAT	10:00	10:00	10:00
THE WORLD HAS TO OFFER.	10:30	10:30	10:30
PERSONAL	_ TO-DO LIST	WORK TO	)-DO LIST
ERRANDS			

WEDNESDAY 23	THURSDAY 24		SATURDAY 26
FOCUS	FOCUS	S. S. GOOD FRIDAY	FOCUS
<u>6:00</u> 6:30	<u>6:00</u> 6:30	<u>6:00</u> 6:30	<u>6:00</u> 6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00 12:30	12:00 12:30	12:00 12:30	12:00 12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00 9:30	9:00 9:30	9:00 9:30	9:00 9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
10.00	10:00	10.00	10.00

	SUNDAY 27	MONDAY 28	TUESDAY 29
MAR 27 - APR 2 This week's focus	S. S CODY CODY EASTER SUNDAY	FOCUS	FOCUS FOCUS
THIS WEEKST0000	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
	5:00	5:00	5:00
TO BE YOURSELF IN A WORLD	5:30	5:30	5:30
THAT IS CONSTANTLY TRYING TO	6:00	6:00	6:00
MAKE YOU SOMETHING ELSE IS	6:30	6:30	6:30
THE GREATEST ACCOMPLISHMENT.	7:00	7:00	7:00
- RALPH WALDO EMERSON -	7:30	7:30	7:30
	8:00	8:00	8:00
WITH GREAT SUCCESS COMES GREAT POTENTIAL	8:30	8:30	8:30
FOR CRITICISM. NO MATTER WHAT PEOPLE SAY,	9:00	9:00	9:00
BE YOURSELF, STAY TRUE TO YOUR INTUITION, AND KEEP DOING YOUR BEST. EVERYTHING WILL FALL INTO PLACE.	9:30 10:00	9:30 10:00	9:30 10:00
	10:30	10:30	10:30
	. TO-DO LIST	WORK TO	)-DA FI2 I
ERRANDS			

WEDNESDAY 30	THURSDAY 31	FRIDAY 1	SATURDAY 2
FOCUS	TODAY'S FOCUS	FOCUS	FOCUS
F001	FOC	F007	F007
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST
HIGHLIGHT YOUR ACCOMPLISHMENTS: GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
<b>REFORM:</b> CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
SET CHECKPOINTS: MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

APRIL					
THIS MONTH'S FOCUS	SUNDAY			MONDAY	TUESDAY
PERSONAL	27		28		29
WORK					
PEOPLE TO SEE					
	3	T	4		5
	40	+			40
PLACES TO GO	10		11		12
	17		18		19
NOT TO-DO LIST					
	24		25		26
PERSONAL	PROJECTS				PROJECTS
TOP PRIORITY PROJECT:			TOF	P PRIORITY PROJECT:	
LIES		VTES			
DUE DATES		DUE DATES			
PROJECT:			PR	DJECT:	
DUE DATES		DUE DATES			
DUC		DUEI			

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2
6	7	8	9
13	14	15	16
20	21	22	23
		EARTH DAY	
27	28	29	30
BREAK	IT DOWN: CREATE A MIND MA	AP OF THIS MONTH'S GAMECH	ANGER

NEEK 14			
	SUNDAY 3	MONDAY 4	TUESDAY 5
APR 3 - APR 9	FOCUS	FOCUS	FOCUS
THIS WEEK'S FOCUS			
	6:00	6:00	6:00
	6:30 7:00	6:30 7:00	6:30 7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00 9:30	<u>9:00</u> 9:30	9:00 9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	<u>12:00</u> 12:30	<u>12:00</u> 12:30	<u>12:00</u> 12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	<u>3:30</u> 4:00	3:30 4:00	<u>3:30</u> 4:00
	4:30	4:30	4:30
	5:00	5:00	5:00
IT IS THE TASK OF A	5:30	5:30	5:30
GOOD MAN TO HELP	6:00	6:00	6:00
THOSE IN MISFORTUNE.	<u>6:30</u> 7:00	<u>6:30</u> 7:00	6:30 7:00
- SOPHOCLES -	7:30	7:30	7:30
	8:00	8:00	8:00
THIS WEEK, HELP SOMEONE THAT IS GOING THROUGH A TOUGH TIME. LET THEM KNOW	0.30	8:30	8:30
THEY CAN COUNT ON YOU FOR ADVICE AND SUPPORT. YOUR COMPASSION WILL BE	9:00	9:00	9:00
GREATLY APPRECIATED.	<u>9:30</u> 10:00	9:30 10:00	9:30 10:00
	10:30	10:30	10:30
	. TO-DO LIST		D-DO LIST
PENOUNAL	- 10-D0 FI91		
×			
-			
£			
		<u> </u>	

WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9
FOCUS	FOCUS FOCUS	FOCUS	FOCUS
F00	FOO	FOOD	FOO
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

	SUNDAY 10	MONDAY 11	TUESDAY 12
APR 10 - APR 16	FOCUS	FOCUS	FOCUS
THIS WEEK'S FOCUS	<u>6:00</u> 6:30	<u>6:00</u> 6:30	<u>6:00</u> 6:30
	7:00	7:00	7:00
	7:30 8:00	7:30 8:00	7:30 8:00
GOOD THINGS THAT HAPPENED	8:30 9:00	8:30 9:00	8:30 9:00
0000 MINUS MAI HAFFLINED	9:30 10:00	<u>9:30</u> 10:00	<u>9:30</u> 10:00
	10:30 11:00	10:30 11:00	10:30 11:00
	11:30 12:00	11:30 12:00	11:30 12:00
	12:30	12:30	12:30
	1:00 1:30	1:00 1:30	1:00 1:30
	2:00 2:30	<u>2:00</u> 2:30	<u>2:00</u> 2:30
	3:00 3:30	3:00 3:30	3:00 3:30
	4:00 4:30	4:00 4:30	4:00 4:30
OUR GREATEST WEAKNESS	5:00 5:30	5:00 5:30	5:00 5:30
LIES IN GIVING UP. THE MOST CERTAIN WAY TO SUCCEED IS	6:00 6:30	6:00 6:30	6:00 6:30
ALWAYS TO TRY JUST	7:00	7:00	7:00
ONE MORE TIME. - THOMAS EDISON -	7:30 8:00	7:30 8:00	7:30 8:00
THINK OF SOMETHING YOU HAVE FAILED AT BEFORE. THIS WEEK, TRY IT	8:30 9:00	8:30 9:00	8:30 9:00
AGAIN WITH THE INSIGHT AND WISDOM YOU HAVE GAINED FROM HAVING	9:30 10:00	9:30 10:00	9:30 10:00
		10:30 MODIZ TC	
	_ TO-DO LIST	WORK TO	J-DO FI21
ERRANDS			

WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16
FOCUS	F0CUS	FOCUS	FOCUS
F00	F000	FOOD	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 16	SUNDAY 17	MONDAY 18	TUESDAY 19
APR 17 - APR 23	FOCAY'S	FODAY'S	FOCUS
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00 7:30	7:00 7:30	7:00 7:30
	8:00	8:00	8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	<u>10:00</u> 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
	11:00	11:00	11:00
	<u>11:30</u> 12:00	<u>11:30</u> 12:00	<u>11:30</u> 12:00
	12:30	12:30	12:30
	<u>1:00</u> 1:30	<u>1:00</u> <u>1:30</u>	<u>1:00</u> <u>1:30</u>
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00 3:30	3:00 3:30	3:00 3:30
	4:00	4:00	4:00
	4:30 5:00	<u>4:30</u> 5:00	<u>4:30</u> 5:00
HE WHO KNOWS WHEN HE	5:30	5:30	5:30
CAN FIGHT AND WHEN HE	6:00 6:30	<u>6:00</u> <u>6:30</u>	<u>6:00</u> 6:30
CANNOT, WILL BE VICTORIOUS.	7:00	7:00	7:00
- SUN TZU -	7:30 8:00	7:30 8:00	7:30 8:00
LEARN HOW TO SAY NO; IT IS IMPOSSIBLE TO PLEASE EVERYONE. EVALUATE YOUR	8:30	8:30	8:30
PRIORITIES AND ELIMINATE TASKS THAT ARE NOT IMPACTFUL FROM YOUR	9:00	<u>9:00</u> 9:30	9:00
SCHEDULE THIS WEEK.	<u>9:30</u> 10:00	10:00	9:30 10:00
	10:30	10:30	10:30
PERSONAL	. TO-DO LIST	Work to	)-DO LIST
2			
×			
ERRANDS			

WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23
FOCUS	FOCUS	LODAY FOULDAY EVENT	FOCUS
<u>6:00</u>	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30 3:00	2:30 3:00	2:30 3:00	2:30 3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 17	SUNDAY 24	MONDAY 25	TUESDAY 26
<u> APR 24 - APR 30</u>	LTDDAY'S FOCUS	FOUDAT FOUDAUSS	FOCIDAT
THIS WEEK'S FOCUS			
	<u>6:00</u> 6:30	<u>6:00</u> 6:30	<u>6:00</u> <u>6:30</u>
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	<u>11:00</u> 11:30	<u>11:00</u> 11:30	<u>11:00</u> 11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	<u>1:30</u> 2:00	<u>1:30</u> 2:00	1:30 2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	<u>4:00</u> 4:30	<u>4:00</u> <u>4:30</u>	<u>4:00</u> <u>4:30</u>
	5:00	5:00	5:00
THE GREATER DANGER FOR MOST OF US LIVES NOT IN	5:30	5:30	5:30
SETTING OUR AIM TOO HIGH	6:00	6:00	6:00
AND FALLING SHORT; BUT IN	<u>6:30</u> 7:00	<u>6:30</u> 7:00	<u>6:30</u> 7:00
SETTING OUR AIM TOO LOW,	7:30	7:30	7:30
AND ACHIEVING OUR MARK.	8:00	8:00	8:00
- MICHELANGELO -	8:30	8:30	8:30
THINK ABOUT ONE LIMITATION YOU HAVE SET	<u>9:00</u> 9:30	<u>9:00</u> 9:30	<u>9:00</u> 9:30
FOR YOURSELF THIS WEEK. APPROACH THE PROBLEM FROM A DIFFERENT ANGLE AND	<u>9.50</u> 10:00	10:00	10:00
PROBLEM FROM A DIFFERENT ANGLE AND PUSH YOURSELF TO GO PAST IT.	10:30	10:30	10:30
DERSONAL	_ TO-DO LIST	WORK TO	
T LITUUNAL			
S			
ERRANDS			
ш Ш			
		LI	

WEDNESDAY 27	THURSDAY 28		SATURDAY 30
FOCUS	FOCUS	FOCUS	FOCUS
F00	FOO	FOO	100 F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST
HIGHLIGHT YOUR ACCOMPLISHMENTS: GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
<b>REFORM:</b> CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
SET CHECKPOINTS: MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

MAY				
THIS MONTH'S FOCUS	SUNDAY		MONDAY	TUESDAY
PERSONAL	1		2	3
WORK				
PEOPLE TO SEE				
	8		9	10
	MOTHER'S DAY	,		
	15	-	16	17
PLACES TO GO				17
	22		23	24
NOT TO-DO LIST				
	29		30	31
			MEMORIAL DAY	
PERSONAL				
TOP PRIORITY PROJECT:			TOP PRIORITY PROJECT:	PROJECTS
		S		
DUE DATES		DUE DATES		
		D		
PROJECT:			PROJECT:	
DUE DATES		DUE DATES		
		DUE		

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
1	2	3	4
BREAK	IT DOWN: CREATE A MIND MA	AP OF THIS MUNTH'S GAMECH	ANGER

© 2016 ANGELIA TRINIDAD

WEEK 18			
	SUNDAY 1	MONDAY 2	TUESDAY 3
MAY 1 - MAY 7	FOCUS	FOCUS	FOCUS FOCUS
THIS WEEK'S FOCUS			
	<u>6:00</u> 6:30	<u>6:00</u> 6:30	<u>6:00</u> 6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
0000 MINUS MATHATTENED	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	<u>11:30</u> 12:00	11:30 12:00	<u>11:30</u> 12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
	5:00	5:00	5:00
WHAT SEEMS TO US AS	5:30 6:00	5:30 6:00	5:30 6:00
BITTER TRIALS ARE OFTEN	6:30	6:30	6:30
BLESSINGS IN DISGUISE.	7:00	7:00	7:00
- OSCAR WILDE -	7:30	7:30	7:30
THERE IS A LESSON TO BE LEARNED FROM	8:00	8:00	8:00
EVERY EXPERIENCE. FOR EVERY NEGATIVE	8:30	8:30	8:30
EVENT THAT HAPPENS THIS WEEK, WRITE DOWN A LESSON LEARNED THAT CAME	9:00	9:00	9:00
FROM IT. TOUGH SITUATIONS MAKE US	9:30	9:30	9:30
STRONGER INDIVIDUALS.	10:00	10:00	10:00
	10:30	10:30	10:30
PERSONAL	_ TO-DO LIST	WORK TO	)-DO LIST
<u>_</u>			
ERRANDS			
LI		L	

WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7
FOCUS	FOCUS FOCUS	TODAY'S FOCUS	FOCUS
F00	F00	FOU	FOO
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 19			
MAY 8 - MAY 14	SUNDAY 8	MONDAY 9	TUESDAY 10
	LODAY STORAGE RELEASED AND LED	TODAY'S FOCUS	FOCUS FOCUS
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00 8:30	<u>8:00</u> 8:30	8:00 8:30
	9:00	9:00	9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	<u>10:30</u> 11:00	<u>10:30</u> 11:00	<u>10:30</u> 11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	<u>1:00</u> 1:30	1:00 1:30	<u>1:00</u> 1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	<u>3:30</u> 4:00	3:30 4:00	3:30 4:00
	4:30	4:30	4:30
	5:00	5:00	5:00
IT'S NOT WHAT YOU	5:30	5:30	5:30
LOOK AT THAT MATTERS,	6:00 6:30	<u>6:00</u> 6:30	6:00 6:30
IT'S WHAT YOU SEE.	7:00	7:00	7:00
- AUTHOR UNKNOWN -	7:30	7:30	7:30
CHALLENGE YOURSELF TO BE MORE	8:00	8:00	8:00
OPEN-MINDED THIS WEEK. PUT YOURSELF	8:30 9:00	8:30 9:00	8:30 9:00
IN ANOTHER PERSON'S SHOES AND TRY THINKING OUTSIDE OF THE BOX AND LOOKING		9:30	9:30
AT IT FROM A DIFFERENT PERSPECTIVE.	10:00	10:00	10:00
	10:30	10:30	10:30
PERSONAL	. TO-DO LIST	WORK TO	)-DO LIST
40P PRIORI 			
S			
ERRANDS			

WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14
FOCUS	FOCUS	FOCUS	FOCUS
F00	FOUC	FOUC	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 20			
MAY 15 - MAY 21	SUNDAY 15	MONDAY 16	
	FOCUS	FOGUS	FOCUS
THIS WEEK'S FOCUS			
	<u>6:00</u> 6:30	<u>6:00</u> 6:30	<u>6:00</u> 6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	<u>11:00</u> 11:30	<u>11:00</u> 11:30	<u>11:00</u> 11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	<u>2:00</u> 2:30	<u>2:00</u> 2:30	<u>2:00</u> 2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	<u>4:30</u> 5:00	<u>4:30</u> 5:00	<u>4:30</u> 5:00
YOU CANNOT ESCAPE	5:30	5:30	5:30
THE RESPONSIBILITY	6:00	6:00	6:00
OF TOMORROW BY	6:30	6:30	6:30
EVADING TODAY.	7:00 7:30	<u>7:00</u> 7:30	7:00 7:30
- ABRAHAM LINCOLN -	8:00	8:00	8:00
AVOID THE UNNECESSARY STRESS	8:30	8:30	8:30
THAT COMES WITH PROCRASTINATION. ASSIGN TIME FRAMES FOR EACH OF YOUR	9:00	9:00	9:00
TASKS. FOCUS ON ONE AT A TIME AND	9:30	9:30	9:30
ELIMINATE DISTRACTIONS.	<u>10:00</u> 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
ΠΕΠΟΟΝΙΛΙ			
PERSUNAL	. TO-DO LIST	WURK II	)-DO LIST
>			
E			
SON			
ERRANDS			
		1 1	

WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21
FOCUS	FOCUS	FOCUS	FOCUS
1007	F00/	F007	1007
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

week 21 MAY 22 - MAY 28	SUNDAY 22	MONDAY 23	TUESDAY 24
THIS WEEK'S FOCUS	FOCUS	FOCUS	FOCUS
THIS WELLY STUDUS	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00 7:30	7:00 7:30	7:00 7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
000D THIN05 THAT HALL ENED	9:30	9:30	9:30
	10:00	10:00	10:00
	<u>10:30</u> 11:00	<u>10:30</u> 11:00	<u>10:30</u> 11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	<u>2:30</u> <u>3:00</u>	<u>2:30</u> 3:00	2:30 3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
	5:00	5:00	5:00
	5:30	5:30	5:30
NO PRESSURE, NO DIAMONDS.	6:00	6:00	6:00
- THOMAS CARLYLE -	<u>6:30</u> 7:00	6:30 7:00	6:30 7:00
THE VARIOUS EXPERIENCES WE FACE	7:30	7:30	7:30
THROUGHOUT OUR LIVES MAKE US UNIQUE	8:00	8:00	8:00
AND VALUABLE. THINK ABOUT A TIME WHEN YOU FACED DIFFICULT CIRCUMSTANCES AND	8:30	8:30	8:30
REFLECT ON HOW THAT MADE YOU GROW	9:00	9:00	9:00
AS A PERSON.	9:30	9:30	9:30
	<u>10:00</u> 10:30	<u>10:00</u> 10:30	10:00 10:30
PERSUNAL	TO-DO LIST	WUKK II	)-DO LIST
>			
8			
S C C C C C C C C C C C C C C C C C C C			
ERRANDS			
L L			

WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28
FOCUS	TODAY'S FOCUS	FOCUS	FOCUS
F00	F00	FOOD	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 22			
MAY 29 - JUNE 4	SUNDAY 29	MONDAY 30	
	FOCUS	SUDDAY SU	FOGUS
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00 8:30	<u>8:00</u> 8:30	8:00 8:30
	9:00	9:00	9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	<u>10:30</u> 11:00	<u>10:30</u> 11:00	<u>10:30</u> 11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	<u>1:30</u> 2:00	1:30	1:30
	2:30	<u>2:00</u> 2:30	2:00 2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
	5:00 5:30	5:00 5:30	5:00 5:30
DOING NOTHING FOR	6:00	6:00	6:00
OTHERS IS THE UNDOING	6:30	6:30	6:30
OF OURSELVES.	7:00	7:00	7:00
- HORACE MANN -	7:30 8:00	7:30 8:00	7:30 8:00
PERFORM A RANDOM ACT OF KINDNESS	8:30	8:30	8:30
EVERY DAY OF THIS WEEK. GIVE SOMEONE A GENUINE COMPLIMENT, PAY FOR THEIR	9:00	9:00	9:00
MEAL, OR DONATE SOME OF YOUR TIME TO A NONPROFIT ORGANIZATION.	9:30	9:30	9:30
A NUNPRUFTI UNDANIZATIUN.	10:00	10:00	10:00
	10:30	10:30	10:30
PERSONAL	. TO-DO LIST	WORK TO	)-DO LIST
×			
ERRANDS			

WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4
FOCUS	F0CUS F0CUS	F0CUS	F0CUS F0CUS
F00	FOO	FOOD	FOO
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST
HIGHLIGHT YOUR ACCOMPLISHMENTS: GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
<b>REFORM:</b> CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
SET CHECKPOINTS: MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

JUNE					
THIS MONTH'S FOCUS	SUNDAY			MONDAY	TUESDAY
PERSONAL	29		30		31
WORK					
PEOPLE TO SEE					
	5		6		7
PLACES TO GO	12		13		14
TLAOLO TO OU					
		_			
	19		20		21
NOT TO-DO LIST					
		,			
	FATHER'S DAY				
	26		27		28
	. PROJECTS				PROJECTS
TOP PRIORITY PROJECT:			TOI	P PRIORITY PROJECT:	
		(0)			
DUE DATES		DUE DATES	$\left  - \right $		
		JO	$\left  - \right $		
PROJECT:			יתח	OJECT:	
			ΓΉ	UJEU I.	
DUE DATES		DUE DATES			
DUL		DUE			

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	1	2
BREAK	IT DOWN: CREATE A MIND MA	AP OF THIS MONTH'S GAMECH	IANGER

WEEK 23			
JUNE 5 - JUNE 11	SUNDAY 5	MONDAY 6	TUESDAY 7
THIS WEEK'S FOCUS	FOCUS	FOCUS	FOCUS
THIS WEEK S FUGUS	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00 7:30	7:00 7:30	7:00 7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	<u>9:00</u> 9:30	<u>9:00</u> 9:30	<u>9:00</u> 9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	<u>11:30</u> 12:00	<u>11:30</u> 12:00	<u>11:30</u> 12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	<u>2:00</u> 2:30	<u>2:00</u> 2:30	<u>2:00</u> 2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	<u>4:30</u> 5:00	<u>4:30</u> 5:00	<u>4:30</u> 5:00
EACH PLAYER MUST ACCEPT THE	5:30	5:30	5:30
CARDS LIFE DEALS HIM OR HER:	6:00	6:00	6:00
BUT ONCE THEY ARE IN HAND, HE OR SHE ALONE MUST DECIDE HOW	6:30	6:30	6:30
TO PLAY THE CARDS IN ORDER	<u>7:00</u> 7:30	7:00 7:30	7:00 7:30
TO WIN THE GAME.	8:00	8:00	8:00
- VOLTAIRE -	8:30	8:30	8:30
WRITE DOWN YOUR FIVE GREATEST STRENGTHS.	9:00	<u>9:00</u> 9:30	9:00
FOCUS ON USING THESE STRENGTHS TO YOUR ADVANTAGE THIS WEEK TO COMPLETE	<u>9:30</u> 10:00	10:00	9:30 10:00
YOUR TASKS.	10:30	10:30	10:30
PERSONAL	_ TO-DO LIST	WORK TO	)-DO LIST
SC			
ERRANDS			

WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11
FOCUS	TODAY'S FOCUS	FOCUS	FOCUS
F00	FOO	FOO	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

	SUNDAY 12	MONDAY 13	TUESDAY 14
JUNE 12 - JUNE 18			
THIS WEEK'S FOCUS	FOCUS	FOCUS	FOCUS
THIS WEEKST0003	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	<u>8:00</u> 8:30	8:00
	8:30 9:00	9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	<u>12:30</u> 1:00	12:30
	<u>1:00</u> 1:30	1:30	1:00 1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
YOU HAVE YOUR WAY. I HAVE	5:00	5:00	5:00
MY WAY. AS FOR THE RIGHT	5:30	5:30	5:30
WAY, THE CORRECT WAY, AND	6:00 6:30	<u>6:00</u> 6:30	<u>6:00</u> <u>6:30</u>
THE ONLY WAY, IT DOES	7:00	7:00	7:00
NOT EXIST.	7:30	7:30	7:30
- FRIEDRICH NIETZSCHE -	8:00	8:00	8:00
	8:30	8:30	8:30
ASK FOR SOMEONE'S ADVICE ON HOW TO SOLVE A PROBLEM AND TRY SOLVING IT	9:00	9:00	9:00
THEIR WAY. YOU MAY LEARN SOMETHING	9:30	9:30	9:30
VALUABLE BY APPROACHING THE SITUATION FROM A NEW PERSPECTIVE.	10:00	10:00	10:00
	10:30	10:30	10:30
PERSONAL	. TO-DO LIST	WORK TO	)-DO LIST
<u>_</u>			
ERANDS			

WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18
FOCUS	FOCUS	FOCUS	FOCUS
F00	F000	F000	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 25	SUNDAY 19	MONDAY 20	TUESDAY 21
JUNE 19 - JUNE 25	S.S.ROOL FATHER'S DAY	FODAY'S	FODAY'S
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30 7:00	<u>6:30</u> 7:00	<u>6:30</u> 7:00
	7:30 8:00	7:30 8:00	7:30 8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00 9:30	<u>9:00</u> 9:30	<u>9:00</u> 9:30
	10:00 10:30	10:00 10:30	10:00 10:30
	11:00	11:00	11:00
	11:30 12:00	<u>11:30</u> 12:00	<u>11:30</u> 12:00
	12:30 1:00	<u>12:30</u> 1:00	<u>12:30</u> 1:00
	1:30	1:30	1:30
	2:00 2:30	2:00 2:30	2:00 2:30
	<u>3:00</u> <u>3:30</u>	<u>3:00</u> 3:30	<u>3:00</u> 3:30
	4:00 4:30	4:00 4:30	4:00 4:30
TWENTY YEARS FROM NOW YOU	5:00	5:00	5:00
WILL BE MORE DISAPPOINTED BY THE THINGS THAT YOU DIDN'T DO	5:30 6:00	5:30 6:00	5:30 6:00
THAN BY THE ONES YOU DID DO, SO THROW OFF THE BOWLINES, SAIL	6:30 7:00	6:30 7:00	6:30 7:00
AWAY FROM SAFE HARBOR, CATCH THE TRADE WINDS IN YOUR SAILS.	7:30	7:30	7:30
EXPLORE, DREAM, DISCOVER. - MARK TWAIN -	8:00 8:30	8:00 8:30	8:00 8:30
START THAT ONE PROJECT THAT YOU'VE BEEN PUTTING OFF BECAUSE OTHERS HAVE SAID "IT'S	<u>9:00</u> 9:30	<u>9:00</u> 9:30	<u>9:00</u> 9:30
IMPOSSIBLE" OR "IT WILL NEVER WORK." KICKSTART YOUR PROJECT AND SEE HOW QUICKLY THOSE WHO	10:00 10:30	10:00 10:30	10:00 10:30
DOUBTED YOU START TO BELIEVE.	_ TO-DO LIST	WORK TO	
100 1			
>			
PRIORITY			
ERRANDS			

WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25
FOCUS	FOCUS	FOCUS	FOCUS
F00	FOUC	FOUC	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 26	SUNDAY 26	MONDAY 27	TUESDAY 28
JUNE 26 - JULY 2	FODAY'S	LIODAY'S	FODAY'S
THIS WEEK'S FOCUS			
	<u>6:00</u> 6:30	<u>6:00</u> 6:30	<u>6:00</u> 6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	<u>11:00</u> 11:30	<u>11:00</u> 11:30	<u>11:00</u> 11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	<u>1:30</u> 2:00	1:30	1:30
	2:30	<u>2:00</u> 2:30	<u>2:00</u> 2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	<u>4:30</u> 5:00	<u>4:30</u> 5:00	4:30 5:00
	5:30	5:30	5:30
HINDSIGHT IS 20/20.	6:00	6:00	6:00
- CHELSEA WONG -	6:30	6:30	6:30
MID-YEAR CHECK-IN: REFLECT ON THE PROGRESS YOU'VE MADE IN THE PAST SIX	<u>7:00</u> 7:30	<u>7:00</u> 7:30	7:00 7:30
MONTHS. FILL OUT THE PASSION ROADMAP	8:00	8:00	8:00
ON THE FOLLOWING PAGES TO REDEFINE YOUR NEW GOALS. CHALLENGE YOURSELF	8:30	8:30	8:30
TO SET A HIGHER STANDARD AND APPLY	9:00	9:00	9:00
THE LESSONS YOU HAVE LEARNED SO FAR TOWARDS YOUR FUTURE GOALS.	9:30 10:00	<u>9:30</u> 10:00	<u>9:30</u> 10:00
	10:30	10:30	10:30
	_ TO-DO LIST		)-DO LIST
PERSUNAL	- 10-D0 FI21	WURK II	7 <u>-</u> DA FI91
<u>&gt;</u>			
ERRANDS			

WEDNESDAY 29	THURSDAY 30	FRIDAY 1	SATURDAY 2
FOCUS	FOCUS	FOCUS	FOCUS
F00	FOUC	FOO	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST
HIGHLIGHT YOUR ACCOMPLISHMENTS: GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
<b>REFORM:</b> CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
SET CHECKPOINTS: MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

# YOUR MID-YEAR PASSION ROADMAP-

A STEP-BY-STEP GUIDE TO MAPPING OUT YOUR GOALS

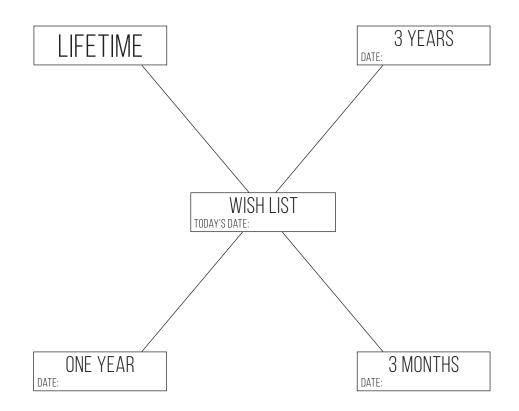
# 1. MAKE A WISH LIST

Set a timer for five minutes. For the next five minutes, imagine that this piece of paper is magical; whatever you write in it will come true within the designated time frame. Think of it as a wish list describing your ideal life. Ask yourself,

## "IF I COULD HAVE ANYTHING, BE ANYTHING, OR DO ANYTHING, WHAT WOULD IT BE?"

Write every single thing that comes to mind and be as specific as possible. Lastly, do not feel the need to be realistic or justify your dreams. Just write.

READY. SET. GO.



## 2. PRIORITIZE

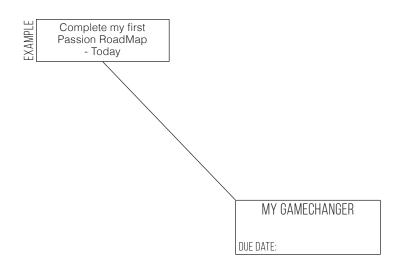
Time's up! Now set the timer for 1 minute. Go back and for each of the four sections, circle one goal that would have the MOST positive impact on your life.

## READY. SET. GO.

These are the four goals that you are going to prioritize. Think of them as the most important destinations in your life right now. Now we are going to create a Passion Plan to map out how to get there. A Passion Plan is a mind map that visually breaks down your goals into steps that are specific, actionable, measurable, and time sensitive.

## 3. CREATE YOUR FIRST PASSION PLAN

Your Passion GameChanger is the goal that would have the most positive impact on your life right now. Write this goal down in the blank box below. If you are unsure of what to write, simply write the goal circled under your three month section. Set your timer for five minutes. Write down as many necessary steps you must take or tasks you must complete to get you to your goal; the more detailed the better. Connect each step to the middle box with a line (see example).



## 4. ADD SPECIFICS

Assign due dates for each of these tasks by estimating the amount of time needed to complete them. Be specific and be sure to indicate how much, how many, or by when.

## 5. CREATE A TIMELINE

Look over each task and write the number "1" next to the one that must be completed first. Add a number "2" next to the second task, and so on until all tasks are numbered.

## 6. MAKE A DATE

Now write these tasks in the corresponding due dates in your weekly layout. Throughout the year, use these as checkpoints to keep you on track.

## 7. WORK AT IT!

For this goal, strive to do at least one productive thing every day before 10 AM to get you closer to your goal. Consistency is key: if you skip a day, be sure to make up for it the next day.

#### 8. REPEAT

Repeat this process for as many goals as you'd like.

## EXTRA CREDIT

Find a follow-up buddy to check in with you and help you stay accountable for your goals. Cross out "Lifetime", "3 Years", "1 Year" and "3 months" and replace them with "5 YEARS", "3 YEARS", "3 MONTHS" and "1 MONTH" respectively. Now challenge yourself to meet those deadlines.

J	ULY					
	THIS MONTH'S FOCUS	SUNDAY			MONDAY	TUESDAY
DERSONAL		26		27		28
MURK						
UW						
	PEOPLE TO SEE					_
		3		4		5
					INDEPENDENCE DAY	
		10	+	11		12
						IL.
	PLACES TO GO					
	TEADED TO OU					
		17		18		19
		24		25		26
	NOT TO-DO LIST					
			_	4		0
		31		I		2
	PERSONAL	PROJECTS				PROJECTS
T	OP PRIORITY PROJECT:			TOF	P PRIORITY PROJECT:	
TES			TES			
DUE DATES			DUE DATES			
F	PROJECT:			PR	DJECT:	
TES			TES			
DUE DATES			DUE DATES			

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30
3	4	5	6
BREAK	IT DOWN: CREATE A MIND MA	AP OF THIS MONTH'S GAMECH	ANGER

WEEK 27	SUNDAY 3	MONDAY 4	TUESDAY 5
JULY 3 - JULY 9			
	FOCUS	INDEPENDENCE DAY	FOCUS
THIS WEEK'S FOCUS			
	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
	5:00	5:00	5:00
	5:30	5:30	5:30
BEWARE THE BARRENNESS	6:00	6:00	6:00
OF A BUSY LIFE.	6:30	6:30	6:30
- SOCRATES -	7:00	7:00	7:00
	7:30	7:30	7:30
TAKE SOME TIME TO RELAX THIS WEEK.	8:00	8:00	8:00
WE OFTEN GET CAUGHT UP IN THE BUSYNESS OF LIFE AND FORGET TO TREAT	8:30	8:30	8:30
OURSELVES. REWARD YOURSELF FOR YOUR	9:00	9:00	9:00
HARD WORK. YOU'VE EARNED IT.	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
PERSONAL	. TO-DO LIST	WORK TO	)-DO LIST
709 P081			
	اــــــــــــــــــــــــــــــــــــ		
>			
22			
AN			
ERRANDS			

WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9
FOCUS	FOCUS FOCUS	FOCUS	FOCUS
F00	FOO	FOOD	FOO
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 28	SUNDAY 10	MONDAY 11	TUESDAY 12
JULY 10 - JULY 16			
THIS WEEK'S FOCUS	FOCUS	FOCUS'	FOCUS FOCUS
	<u>6:00</u> 6:30	<u>6:00</u> 6:30	<u>6:00</u> 6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00 8:30	8:00 8:30	8:00 8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30	9:30	9:30
	<u>10:00</u> 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	<u>12:00</u> 12:30	<u>12:00</u> 12:30	<u>12:00</u> 12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	<u>2:00</u> 2:30	<u>2:00</u> 2:30	<u>2:00</u> 2:30
	3:00	3:00	3:00
	3:30	<u>3:30</u> 4:00	3:30
	<u>4:00</u> <u>4:30</u>	4:30	4:00 4:30
	5:00	5:00	5:00
	5:30	5:30	5:30
EVERYTHING HAS BEAUTY BUT NOT EVERYONE SEES IT.	<u>6:00</u> <u>6:30</u>	<u>6:00</u> <u>6:30</u>	<u>6:00</u> <u>6:30</u>
- CONFUCIUS -	7:00	7:00	7:00
	7:30	7:30	7:30
MAKE A CONSCIOUS EFFORT TO WRITE DOWN AND REFLECT ON ALL OF THE GOOD	8:00 8:30	8:00 8:30	8:00 8:30
THINGS THAT HAVE HAPPENED THIS WEEK, SEE HOW MUCH OF AN IMPACT POSITIVE	9:00	9:00	9:00
REFLECTION HAS ON YOUR LIFE.	9:30 10:00	9:30 10:00	<u>9:30</u> 10:00
	10:30	10:30	10:30
DEBSUNNI	_ TO-DO LIST		)-DO LIST
ERRANDS			

WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16
FOCUS	F0CUS	FOCUS	FOCUS
F00	F000	FOOD	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

	SUNDAY 17	MONDAY 18	TUESDAY 19
JULY 17 - JULY 23	FOCUS	FOCUS	FOCUS
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30 7:00	6:30 7:00	6:30 7:00
	7:30 8:00	7:30 8:00	7:30 8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
	<u>11:00</u> 11:30	11:00 11:30	11:00 11:30
	12:00	12:00	12:00
	12:30 1:00	12:30 1:00	12:30 1:00
	<u>1:30</u> 2:00	1:30 2:00	1:30 2:00
	2:30 3:00	2:30 3:00	2:30 3:00
	3:30	3:30	3:30
	<u>4:00</u> <u>4:30</u>	<u>4:00</u> <u>4:30</u>	<u>4:00</u> <u>4:30</u>
	5:00 5:30	5:00 5:30	5:00 5:30
	6:00	6:00	6:00
FATE LOVES THE FEARLESS. - JAMES RUSSEL LOWELL -	6:30 7:00	6:30 7:00	6:30 7:00
THIS WEEK, PUSH YOURSELF OUT OF YOUR	7:30 8:00	7:30 8:00	7:30 8:00
COMFORT ZONE. DO NOT LET FEAR HOLD YOU BACK FROM ACHIEVING YOUR GOALS.	8:30 9:00	8:30 9:00	8:30 9:00
	9:30	9:30	9:30
	10:00 10:30	10:00 10:30	10:00 10:30
PERSONAL	_ TO-DO LIST	WORK TO	)-DO LIST
>			
ERRANDS			

WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23
FOCUS	FOCUS	FOCUS	FOCUS
1001	F00/	F007	1007
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 30	SUNDAY 24	MONDAY 25	TUESDAY 26
JULY 24 - JULY 30	FODAY'S	FOCHAY'S	FODAY'S
THIS WEEK'S FOCUS	<u>百日</u> 6:00	EE 6:00	E       6:00
	6:30	6:30	6:30
	7:00 7:30	7:00 7:30	7:00 7:30
	8:00 8:30	8:00 8:30	8:00 8:30
	9:00	9:00	9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	<u>10:00</u> 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
	11:00	11:00	11:00
	<u>11:30</u> 12:00	<u>11:30</u> 12:00	<u>11:30</u> 12:00
	12:30	12:30	12:30
	<u>1:00</u> 1:30	1:00 1:30	1:00 1:30
	2:00	2:00	2:00
	2:30 3:00	2:30 3:00	2:30 3:00
	3:30	3:30	3:30
	4:00 4:30	<u>4:00</u> <u>4:30</u>	<u>4:00</u> <u>4:30</u>
	5:00	5:00	5:00
	5:30 6:00	5:30 6:00	5:30 6:00
LOST TIME IS NEVER	6:30	6:30	6:30
FOUND AGAIN. - BENJAMIN FRANKLIN -	<u>7:00</u> 7:30	7:00 7:30	<u>7:00</u> 7:30
	8:00	8:00	8:00
CHALLENGE YOURSELF TO STOP MULTI-TASKING, FOCUS YOUR TIME AND	8:30 9:00	8:30 9:00	8:30 9:00
ENERGY ON DOING ONE THING AT A TIME.	9:30	9:30	9:30
	<u>10:00</u> 10:30	<u>10:00</u> 10:30	10:00 10:30
	_ TO-DO LIST	WORK TO	
		WONK TC	
ERRANDS			

WEDNESDAY 27	THURSDAY 28		SATURDAY 30
FOCUS	FOCUS	FOCUS	FOCUS
FOC	FOUC	FOO	FOO
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 31			
JULY 31 - AUG 6	SUNDAY 31	MONDAY 1	TUESDAY 2
	FOCUS FOCUS	FOCUS	FOGUS
THIS WEEK'S FOCUS	<u>6:00</u>	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00 8:30	<u>8:00</u> 8:30	<u>8:00</u> 8:30
	9:00	9:00	9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	<u>11:00</u> 11:30	<u>11:00</u> 11:30	<u>11:00</u> 11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30 2:00	1:30 2:00	1:30 2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30 5:00	<u>4:30</u> 5:00	<u>4:30</u> 5:00
	5:30	5:30	5:30
TO LOVE ONESELF IS	6:00	6:00	6:00
THE BEGINNING OF A	6:30	6:30	6:30
LIFELONG ROMANCE.	7:00 7:30	7:00 7:30	<u>7:00</u> 7:30
- OSCAR WILDE -	8:00	8:00	8:00
MAKE A LIST OR MIND MAP OF AT	8:30	8:30	8:30
LEAST FIVE REASONS WHY YOU LOVE YOURSELF. POST IT IN A PLACE THAT YOU	9:00	9:00	9:00
SEE EVERYDAY.	9:30	9:30	9:30
	10:00 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
PERSUNAI	_ TO-DO LIST	WUKK II	)-DO LIST
8			
ERRANDS			
		LI	

WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6
FOCUS	FOCUS FOCUS	FOCUS	FOCUS
FOO	FOO	FOOD	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST
HIGHLIGHT YOUR ACCOMPLISHMENTS: GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
<b>REFORM:</b> CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
SET CHECKPOINTS: MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

AUGUST				
THIS MONTH'S FOCUS	SUNDAY 31		MONDAY 1	TUESDAY 2
WORK				
PEOPLE TO SEE			0	0
	7		8	9
PLACES TO GO	14		15	16
	21		22	23
NOT TO-DO LIST				
	28		29	30
PERSONAL TOP PRIORITY PROJECT:	PRUJECTS		TOP PRIORITY PROJECT:	PROJECTS
DUE DATES		DUE DATES		
PROJECT:			PROJECT:	
DUE DATES		DUE DATES		

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
01	1	0	0
31		2	3
	IT DOWN' CREATE A MIND MA		

BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER

NEEK 32	SUNDAY 7	MONDAY 8	TUESDAY 9
AUG 7 - AUG 13			
AUU / AUU IJ	FOCUS	TODAV'S FOCUS	F00AY'S
THIS WEEK'S FOCUS	F001	100/ F0C	1007
	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
	9:00	9:00	9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
	5:00	5:00	5:00
KEEP YOUR FACE ALWAYS	5:30	5:30	5:30
TOWARD THE SUNSHINE	6:00	6:00	6:00
AND THE SHADOWS WILL	6:30	6:30	6:30
FALL BEHIND YOU.	7:00	7:00	7:00
- WALT WHITMAN -	7:30	7:30	7:30
- WALL WHILMAN -	8:00	8:00	8:00
CHALLENGE YOURSELF TO BE POSITIVE	8:30	8:30	8:30
AND OPTIMISTIC WHEN YOU ARE FACED	9:00	9:00	9:00
WITH NEGATIVITY. BRUSH OFF ALL NEGATIVE ENCOUNTERS THIS WEEK AND	9:30	9:30	9:30
TRY TO POSITIVELY IMPACT AT LEAST	10:00	10:00	10:00
ONE PERSON EVERY DAY.	10:30	10:30	10:30
PERSUNAI	L TO-DO LIST	WURK II	)-DO LIST
-			
· · · · · · · · · · · · · · · · ·			
-			
<u> </u>			

WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13
FOCUS	F0CUS	FOCUS	FOCUS
F00	F000	FOOD	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 33	SUNDAY 14	MONDAY 15	TUESDAY 16
AUG 14 - AUG 20			
THIS WEEK'S FOCUS	LODAY'S	FOCUS	FOCUS
	<u>6:00</u> 6:30	6:00 6:30	<u>6:00</u> <u>6:30</u>
	7:00 7:30	7:00 7:30	7:00 7:30
	8:00	8:00	8:00
GOOD THINGS THAT HAPPENED	8:30 9:00	8:30 9:00	8:30 9:00
	9:30 10:00	9:30 10:00	9:30 10:00
	10:30	10:30	10:30
	<u>11:00</u> 11:30	<u>11:00</u> 11:30	<u>11:00</u> 11:30
	12:00	12:00	12:00
	12:30 1:00	12:30 1:00	12:30 1:00
	1:30 2:00	1:30 2:00	1:30 2:00
	2:30	2:30	2:30
	3:00 3:30	3:00 3:30	<u>3:00</u> <u>3:30</u>
	4:00	4:00	4:00
	4:30 5:00	4:30 5:00	4:30 5:00
MAGIC IS BELIEVING IN	<u>5:30</u> 6:00	5:30 6:00	5:30 6:00
YOURSELF, IF YOU CAN DO	6:30	6:30	6:30
THAT, YOU CAN MAKE ANYTHING HAPPEN.	7:00 7:30	<u>7:00</u> 7:30	7:00 7:30
- JOHANN WOLFGANG VON GOETHE -	8:00	8:00	8:00
DO SOMETHING YOU HAVE ALWAYS	8:30 9:00	8:30 9:00	8:30 9:00
WANTED TO DO, BUT DID NOT HAVE THE COURAGE TO TAKE THE FIRST STEP.	9:30 10:00	<u>9:30</u> 10:00	<u>9:30</u> 10:00
	10:30	10:30	10:30
PERSONAL	_ TO-DO LIST	WORK TO	)-DO LIST
10b			
>			

WEDNESDAY 17	THURSDAY 18	FRIDAY 19	SATURDAY 20
FOCUS	FOCUS	F0CUS F0CUS	FOCUS
F00	FOUC	FOU	FOUC
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

	SUNDAY 21	MONDAY 22	TUESDAY 23
AUG 21 - AUG 27 This week's focus	FOCUS	FOCUS	FOCUS
THIS WEEKSTOODS	<u>6:00</u>	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30	9:30	9:30
	10:00	10:00	<u>10:00</u>
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
PURSUE SOME PATH,	4:30	4:30	4:30
	5:00	5:00	5:00
HOWEVER NARROW AND	5:30	5:30	5:30
	6:00	6:00	6:00
CROOKED, IN WHICH YOU	<u>6:30</u>	6:30	6:30
CAN WALK WITH LOVE	7:00	7:00	7:00
AND REVERENCE.	7:30	7:30	7:30 8:00
- HENRY DAVID THOREAU -	8:00	8:00	
ASK YOURSELF IF THE PATH YOU ARE ON	8:30	8:30	8:30
	9:00	9:00	9:00
IS ONE YOU TRULY LOVE. TRUST YOUR INSTINCTS AND FOLLOW YOUR OWN UNIQUE JOURNEY.	9:30 10:00	9:30 10:00	9:30 10:00
PERSONAL	<u>10:30</u>	10:30	<u>10:30</u>
	_ TO-DO LIST	WORK TO	N-NN I IST
~			
ERRANDS			

WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27
FOCUS	FOCUS	FOCUS	FOCUS
1001	F00/	F007	1007
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

	SUNDAY 28	MONDAY 29	TUESDAY 30
AUG 28 - SEPT 3 THIS WEEK'S FOCUS	FOCUS	FOCUS	FOCUS
THIS WLLN S FUGUS	6:00 6:30	6:00 6:30	6:00 6:30
	7:00	7:00	7:00
	7:30 8:00	7:30 8:00	7:30 8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30 10:00	9:30 10:00	9:30 10:00
	10:30	10:30	10:30
	11:00 11:30	11:00 11:30	11:00 11:30
	<u>12:00</u> 12:30	<u>12:00</u> 12:30	<u>12:00</u> 12:30
	1:00 1:30	1:00 1:30	1:00 1:30
	2:00	2:00	2:00
	2:30 3:00	2:30 3:00	2:30 3:00
	3:30 4:00	3:30 4:00	<u>3:30</u> 4:00
	4:30 5:00	4:30 5:00	4:30 5:00
	5:30 6:00	5:30 6:00	5:30 6:00
WEALTH IS THE ABILITY TO FULLY EXPERIENCE LIFE.	6:30	6:30	6:30
- HENRY DAVID THOREAU -	7:00 7:30	7:00 7:30	7:00 7:30
PAY EXTRA ATTENTION TO YOUR EXPENSES. SPEND YOUR MONEY ON EXPERIENCES RATHER THAN MATERIAL OBJECTS.	8:00 8:30	8:00 8:30	8:00 8:30
POSESSIONS DON'T SHAPE WHO YOU ARE, BUT YOUR EXPERIENCES DO.	<u>9:00</u> 9:30	<u>9:00</u> 9:30	<u>9:00</u> 9:30
	10:00	10:00	10:00
PFRSONAL	. TO-DO LIST		)-DO LIST
~			
ERRANDS			

WEDNESDAY 31	THURSDAY 1	FRIDAY 2	SATURDAY 3
FOCUS	TODAY'S FOCUS	FOCUS FOCUS	FOCUS
F00/	F00/	F00/	F00/
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST			
HIGHLIGHT YOUR ACCOMPLISHMENTS: GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.			
<b>REFORM:</b> CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.			
SET CHECKPOINTS: MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.			



THIS MONTH'S FOCUS	SUNDAY		MONDAY	TUESDAY
PERSONAL	28		29	30
WORK				
PEOPLE TO SEE				
	4		5	6
			0	
			LABOR DAY	
PLACES TO GO	11		12	13
	18		19	20
				20
NOT TO-DO LIST				
	25		26	27
PERSONAL			W/\DK.	PROJECTS
TOP PRIORITY PROJECT:			TOP PRIORITY PROJECT:	
		DUF DATES		
		DUF		
PROJECT:			PROJECT:	
		ATES		
		DUF DATES		

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	1
BREAK	IT DOWN: CREATE A MIND MA	AP OF THIS MONTH'S GAMECH	IANGER

	SUNDAY 4	MONDAY 5	TUESDAY 6
SEPT 4 - SEPT 10	FOOUS FOOUS	S. SICODAY LABOR DAY	FOCUS
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30 7:00	6:30 7:00	6:30 7:00
	7:30 8:00	7:30 8:00	7:30 8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	<u>10:00</u> 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
	11:00 11:30	<u>11:00</u> 11:30	<u>11:00</u> 11:30
	12:00	12:00	12:00
	12:30 1:00	12:30 1:00	12:30 1:00
	1:30 2:00	1:30 2:00	1:30 2:00
	2:30	2:30	2:30
	3:00 3:30	3:00 3:30	3:00 3:30
	4:00 4:30	<u>4:00</u> <u>4:30</u>	<u>4:00</u> <u>4:30</u>
	5:00 5:30	5:00 5:30	5:00 5:30
BE NOT AFRAID OF GROWING	6:00	6:00	6:00
SLOWLY, BE AFRAID OF STANDING STILL.	6:30 7:00	<u>6:30</u> 7:00	<u>6:30</u> 7:00
- CHINESE PROVERB -	7:30 8:00	7:30 8:00	7:30 8:00
STRIVE TO IMPROVE AND GROW AT YOUR	8:30	8:30	8:30
OWN PACE. SLOW PROGRESS IS BETTER THAN NO PROGRESS.	9:00 9:30	9:00 9:30	9:00 9:30
	<u>10:00</u> 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
PFRSONAL	_ TO-DO LIST	WORK TO	
ERRANDS			

WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10
FOCUS	FOCUS	TODAY'S FOCUS	FOCUS
100 F0			
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 37	SUNDAY 11	MONDAY 12	TUESDAY 13
SEPT 11 - SEPT 17			
THIS WEEK'S FOCUS	FOCUS	FOCUS	FOCUS
	<u>6:00</u> 6:30	<u>6:00</u> 6:30	<u>6:00</u> 6:30
	7:00	7:00	7:00
	7:30 8:00	7:30 8:00	7:30 8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	<u>9:30</u> 10:00	<u>9:30</u> 10:00	<u>9:30</u> 10:00
	10:30	10:30	10:30
	<u>11:00</u> 11:30	<u>11:00</u> 11:30	<u>11:00</u> 11:30
	12:00	12:00	12:00
	<u>12:30</u> 1:00	<u>12:30</u> 1:00	<u>12:30</u> 1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	<u>2:30</u> 3:00	<u>2:30</u> 3:00	<u>2:30</u> 3:00
	3:30	3:30	3:30
	<u>4:00</u> 4:30	<u>4:00</u> <u>4:30</u>	<u>4:00</u> <u>4:30</u>
FRIENDSHIP IS THE SOURCE OF	5:00	5:00	5:00
THE GREATEST PLEASURES, AND WITHOUT FRIENDS EVEN THE	<u>5:30</u> 6:00	5:30 6:00	5:30 6:00
MOST AGREEABLE PURSUITS	6:30	6:30	6:30
BECOME TEDIOUS.	<u>7:00</u> 7:30	<u>7:00</u> 7:30	<u>7:00</u> 7:30
- ST. THOMAS AQUINAS -	8:00	8:00	8:00
SOMETIMES WE FORGET HOW FORTUNATE WE ARE TO HAVE FRIENDS OR FAMILY WE	8:30	8:30	8:30
CAN DEPEND ON. THIS WEEK, MEET WITH A LOVED ONE THAT HAS POSITIVELY IMPACTED	<u>9:00</u> 9:30	<u>9:00</u> 9:30	<u>9:00</u> 9:30
YOUR LIFE. LET THEM KNOW HOW MUCH THEY MEAN TO YOU AND HOW THANKFUL YOU ARE	10:00	10:00	10:00
		<u>10:30</u>	
PERSUNAL	₋ TO-DO LIST	WORK TO	J-DO FI2 I
>			
SQ			
ERRANDS			

WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17
FOCUS	FOCUS	FOCUS	FOCUS
F00	FOUC	FOUL	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 38			
SEPT 18 - SEPT 24	SUNDAY 18	MONDAY 19	TUESDAY 20
	FOCUS	FOGUS	FOCUS
THIS WEEK'S FOCUS	6:00	6:00	<u>6:00</u>
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	<u>8:00</u> 8:30	8:00 8:30	<u>8:00</u> 8:30
	9:00	9:00	9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	<u>11:00</u> 11:30	<u>11:00</u> 11:30	<u>11:00</u> 11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00 2:30	2:00 2:30	2:00 2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30 5:00	<u>4:30</u> 5:00	4:30 5:00
WE ARE WHAT WE	5:30	5:30	5:30
REPEATEDLY DO.	6:00	6:00	6:00
EXCELLENCE, THEREFORE, IS	6:30	6:30	6:30
NOT AN ACT, BUT A HABIT.	7:00	7:00	7:00
- ARISTOTLE -	7:30 8:00	7:30 8:00	7:30 8:00
MAKE IT A HABIT TO MAKE YOUR BED	8:30	8:30	8:30
EVERY MORNING. THIS EASY TASK ONLY TAKES A FEW MINUTES AND IS	9:00	9:00	9:00
SCIENTIFICALLY PROVEN TO INCREASE PRODUCTIVITY. DOING THIS WILL KICKSTART	9:30	9:30	9:30
YOUR DAYS WITH POSITIVE MOMENTUM.	<u>10:00</u> 10:30	<u>10:00</u> 10:30	10:00
PERSUNAL	_ TO-DO LIST	WORK TO	J-DU LIST
≥			
d d0			
S			
ERRANDS			
LI		LI	

WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24
FODAY'S	FOCUS	FOCUS	FOCUS
1001	F00/	1007	1007
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 39	SUNDAY 25	MONDAY 26	TUESDAY 27
SEPT 25 - OCT 1 THIS WEEK'S FOCUS	FOCUS	FOCUS	FOCUS
	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
	5:00	5:00	5:00
HONESTY PROSPERS IN	5:30	5:30	5:30
	6:00	6:00	6:00
EVERY CONDITION OF LIFE.	6:30	6:30	6:30
- FRIEDRICH SCHILLER -	7:00	7:00	7:00
MAKE IT A POINT TO BE HONEST WITH	7:30	7:30	7:30
YOURSELF THIS WEEK. RE-EVALUATE YOUR	8:00	8:00	8:00
GAMECHANGER AND ASK YOURSELF IF	8:30	8:30	8:30
THE GOALS YOU HAVE SET ARE TRULY	9:00	9:00	9:00
YOUR OWN.	9:30	9:30	9:30
TUUN UWN.	10:00	10:00	10:00
	10:30	10:30	10:30
PERSONAL	TO-DO LIST	WORK TO	
70P PRIORITY			
PRIORITY			
ERRANDS			
ERR			

WEDNESDAY 28	THURSDAY 29		SATURDAY 1
FODAY'S	FOCUS	FOCUS	FOCUS
F00	F00/	F00/	F000
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST
HIGHLIGHT YOUR ACCOMPLISHMENTS: GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
<b>REFORM:</b> CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
SET CHECKPOINTS: MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

OCTOBER			
THIS MONTH'S FOCUS	SUNDAY	MONDAY	TUESDAY
MORK DEBSONAL	25	26	27
	2	3	4
PLACES TO GO	9	10	11
		DISCOVERERS' DAY	
	16	17	18
NOT TO-DO LIST	23	24	25
	30	31	1
		HALLOWEEN	
PERSONAL TOP PRIORITY PROJECT:	PRUJEUTS	TOP PRIORITY PROJECT:	PROJECTS
PROJECT:		PROJECT:	
DUE DATES		DUE DATES	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29
2	3	4	5
DDE A V	IT DOWN' CREΔTE Δ MIND MA		

BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER

WEEK 40	SUNDAY 2	MONDAY 3	TUESDAY 4
OCT 2 - OCT 8			
	FOCUS	FOCUS	FOCUS
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	<u>11:30</u> 12:00	<u>11:30</u> 12:00	<u>11:30</u> 12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
	5:00	5:00	5:00
LIFE COMES FROM	5:30	5:30	5:30
THE EARTH AND LIFE	6:00	6:00	6:00
RETURNS TO THE EARTH.	6:30	6:30	6:30
- ZHUANGZI -	<u>7:00</u> 7:30	7:00 7:30	7:00 7:30
GO GREEN AND CHALLENGE YOURSELF		8:00	8:00
TO BE MORE ENVIRONMENTALLY CONSCIOUS	8.30	8:30	8:30
THIS WEEK. CARPOOL WITH A FRIEND, RIDE YOUR BIKE TO SCHOOL/WORK OR USE	9:00	9:00	9:00
REUSABLE GROCERY BAGS. TAKE	9:30	9:30	9:30
INITIATIVE AND DO YOUR PART IN	10:00	10:00	10:00
KEEPING OUR PLANET CLEAN.	10:30	10:30	10:30
	. TO-DO LIST		
PERSUNAL		WURK II	)-DO LIST
2			
>			
ERRANDS			

WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8
FOCUS	FOCUS	FOCUS	FOCUS
F00	F00	100 F00	FOU
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 41			
OCT 9 - OCT 15	SUNDAY 9		TUESDAY 11
	FOCUS	S S DISCOVERER'S DAY	FOCUS
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30 8:00	7:30 8:00	7:30 8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30	9:30	9:30
	10:00 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00 12:30	<u>12:00</u> 12:30	12:00 12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30 3:00	<u>2:30</u> 3:00	<u>2:30</u> 3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
	5:00 5:30	5:00 5:30	5:00 5:30
EVERY ARTIST WAS	6:00	6:00	6:00
FIRST AN AMATEUR.	6:30	6:30	6:30
- RALPH WALDO EMERSON -	7:00	7:00	7:00
THIS WEEK, FOCUS ON SOMETHING YOU	7:30 8:00	7:30 8:00	7:30 8:00
HAVE JUST BEGUN RECENTLY. INVEST AT	8:30	8:30	8:30
LEAST 30 MINUTES INTO IT EVERY DAY. AT THE END OF THE WEEK, REFLECT ON	9:00	9:00	9:00
WHAT YOU'VE LEARNED.	9:30 10:00	<u>9:30</u> 10:00	9:30 10:00
	10:30	10:30	10:30
	_ TO-DO LIST		)-DO LIST
FLNOUNAL			
10L			
S			
ERRANDS			

WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15
FOCUS	F0CUS	FOCUS	FOCUS
F00	100 F00	100 F00	FOU
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 42	SUNDAY 16	MONDAY 17	TUESDAY 18
OCT 16 - OCT 22	FOCUS	FODAY'S	FODAY'S
THIS WEEK'S FOCUS	<u>6:00</u>	6:00	<u>6:00</u>
	6:30 7:00	6:30 7:00	6:30 7:00
	7:30	7:30	7:30
	8:00 8:30	8:00 8:30	8:00 8:30
	9:00	9:00	9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
	11:00	11:00	11:00
	11:30 12:00	<u>11:30</u> 12:00	<u>11:30</u> 12:00
	12:30	12:30	12:30
	<u>1:00</u> 1:30	<u>1:00</u> 1:30	<u>1:00</u> <u>1:30</u>
	2:00	2:00	2:00
	2:30 3:00	2:30 3:00	2:30 3:00
	3:30	3:30	3:30
	4:00 4:30	<u>4:00</u> <u>4:30</u>	<u>4:00</u> <u>4:30</u>
	5:00	5:00	5:00
TRY TO LEARN SOMETHING	5:30 6:00	5:30 6:00	5:30 6:00
ABOUT EVERYTHING AND EVERYTHING	6:30	6:30	6:30
ABOUT SOMETHING.	7:00	7:00	7:00
- THOMAS HUXLEY -	7:30 8:00	7:30 8:00	7:30 8:00
LEARN SOMETHING NEW THIS WEEK	8:30	8:30	8:30
WHETHER IT BE READING A NEW BOOK OR LISTENING TO A PODCAST, FIND INTEREST	<u>9:00</u> 9:30	<u>9:00</u> 9:30	<u>9:00</u> 9:30
IN SOMETHING OUTSIDE OF YOUR NORMAL ROUTINE.	10:00	10:00	10:00
	<u>10:30</u>	<u>10:30</u>	
PERSUNAL	₋ TO-DO LIST	WORK TO	1-DA FI2 I
2			
SONA			
ERRANDS			

WEDNESDAY 19	THURSDAY 20	FRIDAY 21	SATURDAY 22
FOCUS	F0CUS	FOCUS	FOCUS
F001	F00/	F00/	F00/
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 43	SUNDAY 23	MONDAY 24	TUESDAY 25
OCT 23 - OCT 29	FOCUS	FOCUS 'S	FODAY'S
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30 7:00	6:30 7:00	6:30 7:00
	7:30 8:00	7:30 8:00	7:30 8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00 10:30	10:00 10:30	10:00 10:30
	<u>11:00</u> 11:30	<u>11:00</u> 11:30	<u>11:00</u> 11:30
	12:00 12:30	12:00 12:30	12:00 12:30
	1:00	1:00	1:00
	1:30 2:00	1:30 2:00	1:30 2:00
	<u>2:30</u> 3:00	2:30 3:00	2:30 3:00
	3:30 4:00	3:30 4:00	3:30 4:00
	4:30	4:30	4:30
FOR EVERY MINUTE	5.00 5:30	5:00 5:30	5:00 5:30
YOU REMAIN ANGRY, YOU	<u>6:00</u> <u>6:30</u>	<u>6:00</u> <u>6:30</u>	<u>6:00</u> <u>6:30</u>
GIVE UP SIXTY SECONDS OF PEACE OF MIND.	7:00 7:30	7:00 7:30	7:00 7:30
- RALPH WALDO EMERSON -	8:00	8:00	8:00
THIS WEEK, SET ASIDE 15 MINUTES EACH DAY TO MEDITATE. MEDITATION IS A	8:30 9:00	8:30 9:00	8:30 9:00
GREAT WAY FOR YOU TO RELAX, RELIEVE STRESS, AND PUT YOUR MIND AT EASE.	9:30 10:00	<u>9:30</u> 10:00	<u>9:30</u> 10:00
	10:30	10:30	10:30
PERSONAL	₋ TO-DO LIST	WORK IC	)-DO LIST
>			
LI		· · · ·	

WEDNESDAY 26	THURSDAY 27	FRIDAY 28	SATURDAY 29
FOCUS FOCUS	TODAY'S FOCUS	FOCUS	FOCUS
F00	FOU	FOUL	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 44	SUNDAY 30	MONDAY 31	TUESDAY 1
OCT 30 - NOV 5			
THIS WEEK'S FOCUS	FOCUS	RTTODAY RULE FOODAY STORAGE HATTOMEEN	FOCUS
11113 WLLK 310003	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30 10:00	9:30	9:30
	10:30	<u>10:00</u> 10:30	10:00 10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	<u>4:30</u> 5:00	<u>4:30</u> 5:00	4:30 5:00
DREAM NO SMALL DREAMS	5:30	5:30	5:30
FOR THEY HAVE NO POWER	6:00	6:00	6:00
TO MOVE THE HEARTS	6:30	6:30	6:30
OF MEN.	7:00	7:00	7:00
- JOHANN WOLFGANG VON GOETHE -	7:30	7:30	7:30
- JUHANN WULFUANU VUN UUETHE -	8:00	8:00	8:00
CHASE YOUR GOALS WITHOUT HESITATION.	8:30	8:30	8:30
FOCUS ON YOUR STRENGTHS AND UTILIZE THEM TO THEIR FULL POTENTIAL. BELIEVE IN	9:00	9:00	9:00
YOUR ABILITIES AND KNOW THAT YOU ARE	9:30	9:30	9:30
MORE CAPABLE THAN YOU THINK.	10:00	10:00	10:00
	10:30	10:30	10:30
PERSONAL	TO-DO LIST	WORK TO	)-DO LIST
ERRANDS			

WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5
FOCUS	FOCUS	FOCUS	FOCUS
F000	F00	F00/	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST			
HIGHLIGHT YOUR ACCOMPLISHMENTS: GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.			
<b>REFORM:</b> CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.			
SET CHECKPOINTS: MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.			

NOVEMBER			
THIS MONTH'S FOCUS	SUNDAY	MONDAY	TUESDAY
PERSONAL	30	31	1
MORK			
PEOPLE TO SEE			
	6	7	8
	DAYLIGHT SAVING ENDS		
	13	14	15
PLACES TO GO			
	20	21	22
NOT TO-DO LIST			
	27	28	29
PERSONAL TOP PRIORITY PROJECT:		TOP PRIORITY PROJECT:	PROJECTS
		ES	
		DUE DATES	
PROJECT:		PROJECT:	
		DIFE DATES	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5
9	10	11	12
		VETERANS DAY	
16	17	18	19
23	24	25	26
	THANKSGIVING DAY		
30	1	2	3
BREAK	IT DOWN: CREATE A MIND MA	AP OF THIS MONTH'S GAMECH	ANGER

WEEK 45	SUNDAY 6	MONDAY 7	TUESDAY 8
NOV 6 - NOV 12			
THIS WEEK'S FOCUS	LODAY DAYLIGHT SAVING ENDS	FOCUS	FOCUS
	<u>6:00</u> 6:30	<u>6:00</u> 6:30	<u>6:00</u> 6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	<u>8:00</u> 8:30	<u>8:00</u> 8:30	<u>8:00</u> 8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30 10:00	<u>9:30</u> 10:00	9:30 10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30 12:00	<u>11:30</u> 12:00	<u>11:30</u> 12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	<u>1:30</u> 2:00	1:30 2:00	1:30 2:00
	2:30	2:30	2:30
	3:00	3:00	3:00 3:30
	<u>3:30</u> 4:00	<u>3:30</u> 4:00	4:00
	4:30	4:30	4:30
	5:00 5:30	5:00 5:30	5:00 5:30
HE WHO HAS HEALTH, HAS	6:00	6:00	6:00
HOPE; AND HE WHO HAS	6:30	6:30	6:30
HOPE, HAS EVERYTHING. - THOMAS CARLYLE -	7:00 7:30	7:00 7:30	<u>7:00</u> 7:30
	8:00	8:00	8:00
TRY TO DO SOMETHING ACTIVE FOR AT LEAST 20 MINUTES EVERY DAY THIS WEEK.	8:30	8:30	8:30
EXERCISE BOOSTS ENERGY, IMPROVES MOOD, AND MOTIVATES YOU TO BE MORE	<u>9:00</u> 9:30	<u>9:00</u> 9:30	<u>9:00</u> 9:30
PRODUCTIVE THROUGHOUT THE DAY.	10:00	10:00	10:00
	10:30	10:30	10:30
PERSONAL	_ TO-DO LIST	WORK TO	)-DO LIST
≥			
>			
ERRANDS			

WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12
FOCUS	FOCUS	S. S. VETERANS DAY	FOCUS
	6:00	6:00	6:00
<u>6:00</u> 6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30 3:00
3:00 3:30	3:00 3:30	3:00 3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 46	SUNDAY 13	MONDAY 14	TUESDAY 15
NOV 13 - NOV 19			
THIS WEEK'S FOCUS	FOCUS	FOCUS	FODAY'S
	6:00	6:00	6:00
	6:30 7:00	6:30 7:00	6:30 7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	<u>10:30</u> 11:00	<u>10:30</u> 11:00	<u>10:30</u> 11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	<u>1:00</u> <u>1:30</u>	<u>1:00</u> <u>1:30</u>	<u>1:00</u> <u>1:30</u>
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	<u>3:30</u> <u>4:00</u>	<u>3:30</u> 4:00	<u>3:30</u> 4:00
	4:30	4:30	4:30
A GOOD TRAVELER HAS NO	5:00	5:00	5:00
FIXED PLANS, AND IS NOT	5:30 6:00	5:30 6:00	5:30 6:00
INTENT ON ARRIVING	6:30	6:30	6:30
- LAO TZU -	7:00	7:00	7:00
NO MATTER HOW LONG YOU HAVE LIVED IN	7:30	7:30	7:30
A PLACE, THERE ARE STILL MANY PLACES	8:00 8:30	8:00 8:30	8:00 8:30
YOU HAVE YET TO DISCOVER. SET ASIDE ONE DAY THIS WEEK TO EXPLORE YOUR CITY	9:00	9:00	9:00
THROUGH THE EYES OF A TOURIST. VISIT A PLACE THAT YOU'VE HEARD OF BUT HAVE	9:30	9:30	9:30
NEVER HAD THE CHANCE TO EXPLORE.	10:00 10:30	10:00	<u>10:00</u> 10:30
PERSUNAL	TO-DO LIST	WORK TO	1-DO FI2 I
≥			
N N			
ERRANDS			

WEDNESDAY 16	THURSDAY 17		SATURDAY 19
FODAY'S	FOCUS	FOCUS	FOCUS
F001	F00/	F002	F007
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 47	SUNDAY 20	MONDAY 21	TUESDAY 22
NOV 20 - NOV 26			
THIS WEEK'S FOCUS	FOCUS	FOCUS	FODAY'S
	6:00	6:00	6:00
	<u>6:30</u> 7:00	6:30 7:00	6:30 7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	<u>10:00</u> 10:30	10:00	10:00
	11:00	<u>10:30</u> 11:00	10:30 11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	<u>12:30</u> 1:00	12:30 1:00	<u>12:30</u> 1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	<u>2:30</u> 3:00	<u>2:30</u> 3:00	<u>2:30</u> 3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	<u>4:30</u> 5:00	<u>4:30</u> 5:00	4:30 5:00
	5:30	5:30	5:30
FRIENDSHIP MULTIPLIES THE GOOD OF LIFE AND	6:00	6:00	6:00
DIVIDES THE EVIL.	<u>6:30</u> 7:00	<u>6:30</u> 7:00	<u>6:30</u> 7:00
- BALTASAR GRACIAN -	7:30	7:30	7:30
HANDWRITE A NOTE TO A FRIEND WHO	8:00	8:00	8:00
HELPED YOU DURING A HARD TIME	8:30 9:00	8:30 9:00	8:30 9:00
AND DELIVER IT TO THEM BY THE END OF THE WEEK. LET THEM KNOW YOU ARE	9:30	9:30	9:30
THANKFUL TO HAVE THEM IN YOUR LIFE.	10:00	10:00	10:00
	10:30	10:30	10:30
PERSONAL	. TO-DO LIST	WORK TO	)-DO LIST
<u>&gt;</u>			
40P PRIORITY			
<u>&gt;</u>			
×			
ERRANDS			

WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26
FODAV'S	S. SICIORAL THANKSGIVING DAY	FOCUS	FOCUS
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

	SUNDAY 27	MONDAY 28	TUESDAY 29
NOV 27 - DEC 3	FOCUS	FOCUS S	FOCUS'S
THIS WEEK'S FOCUS	6:00	6:00	6:00
	<u>6:30</u> 7:00	<u>6:30</u> 7:00	<u>6:30</u> 7:00
	7:30	7:30	7:30
	8:00 8:30	8:00 8:30	8:00 8:30
GOOD THINGS THAT HAPPENED	<u>9:00</u> 9:30	<u>9:00</u> 9:30	<u>9:00</u> 9:30
	10:00	10:00	10:00
	<u>10:30</u> 11:00	<u>10:30</u> 11:00	<u>10:30</u> 11:00
	11:30 12:00	11:30 12:00	11:30 12:00
	12:30	12:30	12:30
	<u>1:00</u> 1:30	<u>1:00</u> <u>1:30</u>	<u>1:00</u> 1:30
	2:00	2:00	2:00
	2:30 3:00	<u>2:30</u> 3:00	<u>2:30</u> 3:00
	3:30 4:00	3:30 4:00	3:30 4:00
	4:30	4:30	4:30
	5:00 5:30	<u>5:00</u> 5:30	5:00 5:30
TO BE DOING GOOD DEEDS IS MAN'S MOST GLORIOUS TASK.	6:00	6:00	6:00
- SOPHOCLES -	6:30 7:00	<u>6:30</u> 7:00	6:30 7:00
THIS WEEK, GIVE BACK TO YOUR COMMUNITY. TAKE TIME OUT OF YOUR	7:30 8:00	7:30 8:00	7:30 8:00
SCHEDULE TO VOLUNTEER FOR AN ORGANIZATION THAT YOU ARE PASSIONATE	8:30	8:30	8:30
ABOUT. YOUR EFFORTS WILL BE GREATLY APPRECIATED AND POSITIVELY IMPACT	<u>9:00</u> 9:30	<u>9:00</u> 9:30	<u>9:00</u> 9:30
SOMEONE'S LIFE.	10:00	10:00	10:00
	10.30 . TO-DO LIST	10:30 \\/\DV T(	<u>10.30</u> )-DO LIST
		WUNK II	
P PRIORITY			
۴. – – – – – – – – – – – – – – – – – – –			
ERRANDS			

WEDNESDAY 30	THURSDAY 1	FRIDAY 2	SATURDAY 3
FOCUS	TODAY'S FOCUS	F0CUS F0CUS	FOCUS
F000	F00	F00	F00/
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST
HIGHLIGHT YOUR ACCOMPLISHMENTS: GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
<b>REFORM:</b> CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
SET CHECKPOINTS: MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

DECEMBER			
THIS MONTH'S FOCUS	SUNDAY	MONDAY	TUESDAY
PERSONAL	27	28	29
WORK			
PEOPLE TO SEE			
	4	5	6
			10
PLACES TO GO	11	12	13
	18	19	20
NOT TO-DO LIST			
	25	26	27
	CHRISTMAS DAY		
PERSONAL TOP PRIORITY PROJECT:	PRUJECTS	WURK F TOP PRIORITY PROJECT:	PROJECTS
		DUE DATES	
<u>ظارما</u>			
PROJECT:		PROJECT:	
		DUE DATES	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
			CHRISTMAS EVE
28	29	30	31
			NEW YEAR'S EVE
BREAK	IT DOWN: CREATE A MIND MA	AP OF THIS MONTH'S GAMECH	ANGER

WEEK 49	SUNDAY 4	MONDAY 5	TUESDAY 6
DEC 4 - DEC 10			
	FOCUS	FOCUS	FOCUS
THIS WEEK'S FOCUS			
	6:00	6:00	6:00
	6:30	<u>6:30</u> 7:00	6:30
	7:00 7:30		7:00 7:30
	8:00	7:30 8:00	8:00
	8:30	8:30	8:30
	9:00	9:00	9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
LIFE IS THICKLY SOWN WITH THORNS,	5:00	5:00	5:00
AND I KNOW NO OTHER REMEDY THAN TO PASS QUICKLY THROUGH THEM.	5:30	5:30	5:30
THE LONGER WE DWELL ON OUR	6:00	6:00	6:00
MISFORTUNES, THE GREATER IS	6:30	6:30	6:30
THEIR POWER TO HARM US.	7:00	7:00	7:00
- VOLTAIRE -	7:30	7:30	7:30
DO YOURSELF A FAVOR AND FORGIVE THOSE	8:00	8:00	8:00
THAT HAVE WRONGED YOU IN THE PAST.	8:30 9:00	8:30 9:00	8:30 9:00
IT IS NOT WORTH YOUR TIME AND ENERGY TO DWELL IN THE MEMORY OF	9:30	9:30	9:30
A NEGATIVE SITUATION. MOVING ON	10:00	10:00	10:00
IS A HEALTHY STEP TOWARDS A HAPPIER AND MORE FULFILLING LIFE.	10:30	10:30	10:30
PERSONAL	. TO-DO LIST	WORK TO	J-DO LIST
≥			
ERANDS			

WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10
TODAY'S FOCUS	FOCUS	TODAY'S FOCUS	FOCUS
100 F0			
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 50			
DEC 11 -DEC 17	SUNDAY 11	MONDAY 12	TUESDAY 13
	F00US F00US	FOCUS	FOCUS
THIS WEEK'S FOCUS	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30 8:00	7:30 8:00	7:30 8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
	9:30	9:30	9:30
	10:00 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30 1:00	<u>12:30</u> 1:00	<u>12:30</u> 1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00 3:30	3:00 3:30	<u>3:00</u> 3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
LOVE AND DESIRE	5:00	5:00	5:00
ARE THE SPIRIT'S WINGS	<u>5:30</u> 6:00	5:30 6:00	5:30 6:00
TO GREAT DEEDS.	6:30	6:30	6:30
- JOHANN WOLFGANG VON GOETHE -	7:00	7:00	7:00
THIS WEEK, LOOK THROUGH YOUR	7:30	7:30	7:30
BELONGINGS AND FIND AT LEAST THREE	8:00 8:30	8:00 8:30	<u>8:00</u> 8:30
ARTICLES OF CLOTHING THAT YOU NO LONGER WEAR. DONATE THEM TO YOUR	9:00	9:00	9:00
LOCAL HOMELESS SHELTER. THIS SMALL ACT OF KINDNESS WILL BRING JOY TO	9:30	9:30	9:30
ANOTHER PERSON'S LIFE.	<u>10:00</u> 10:30	<u>10:00</u> 10:30	<u>10:00</u> 10:30
PERSUNAL	₋ TO-DO LIST	Work to	J-DU LIST
>			
ERRANDS			
ERR			

WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17
FOCUS	FOCUS	FOCUS	FOCUS
F00	FOUC	FOUL	F00
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 51	SUNDAY 18	MONDAY 19	TUESDAY 20
DEC 18 - DEC 24			
THIS WEEK'S FOCUS	FOCUS	FOCUS	FOCUS
	6:00	6:00	6:00
	6:30 7:00	6:30 7:00	6:30 7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30 9:00	8:30 9:00	8:30 9:00
GOOD THINGS THAT HAPPENED	9:30	9:30	9:30
	10:00	10:00	10:00
	<u>10:30</u> 11:00	<u>10:30</u> 11:00	<u>10:30</u> 11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30 1:00	<u>12:30</u> 1:00	<u>12:30</u> 1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30 3:00	2:30 3:00	2:30 3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
WHAT YOU GET BY	5:00 5:30	5:00 5:30	5:00 5:30
ACHIEVING YOUR GOALS	6:00	6:00	6:00
IS NOT AS IMPORTANT AS	6:30	6:30	6:30
WHAT YOU BECOME BY	7:00 7:30	7:00 7:30	7:00 7:30
ACHIEVING YOUR GOALS.	8:00	8:00	8:00
- HENRY DAVID THOREAU -	8:30	8:30	8:30
REFLECT ON HOW MUCH YOU HAVE GROWN THIS YEAR. USE THIS POSITIVE ENERGY AS	9:00 9:30	<u>9:00</u> 9:30	<u>9:00</u> 9:30
MOMENTUM TO FINISH THE YEAR STRONG!	10:00	10:00	10:00
	10:30	10:30	10:30
PERSONAL	₋ TO-DO LIST	WORK TO	)-DO LIST
>			
ERANDS			

WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24
FOCUS	TODAY'S FOCUS	FOCUS	S. AVDOJ CHRISTMAS EVE
F00	F000	FOOD	CHRISTMAS EVE
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WEEK 52	SUNDAY 25	MONDAY 26	TUESDAY 27
DEC 25 - DEC 31			
	S. S CHRISTMAS DAY	FOCUS	F0CUS F0CUS
THIS WEEK'S FOCUS	CHRISTMAS DAY	10 10 10	101 F0
	6:00	6:00	6:00
	6:30	6:30	6:30
	7:00	7:00	7:00
	7:30	7:30	7:30
	8:00	8:00	8:00
	8:30	8:30	8:30
GOOD THINGS THAT HAPPENED	9:00	9:00	9:00
0000 THINOS THAT HAFFLINED	9:30	9:30	9:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	1:00	1:00	1:00
	1:30	1:30	1:30
	2:00	2:00	2:00
	2:30	2:30	2:30
	3:00	3:00	3:00
	3:30	3:30	3:30
	4:00	4:00	4:00
	4:30	4:30	4:30
	5:00	5:00	5:00
IN THE END, IT'S NOT THE YEARS	5:30	5:30	5:30
IN YOUR LIFE THAT COUNT.	6:00	6:00	6:00
IT'S THE LIFE IN YOUR YEARS.	6:30	6:30	6:30
- ABRAHAM LINCOLN -	7:00	7:00	7:00
	7:30	7:30	7:30
READ ALL THE "GOOD THINGS THAT HAPPENED" SECTIONS IN YOUR PASSION PLANNER. LOOK	8:00	8:00	8:00
BACK AT ALL OF THE AMAZING MEMORIES THAT	8:30	8:30	8:30
YOU'VE MADE THIS YEAR AND REFLECT ON ALL THAT YOU'VE ACCOMPLISHED. WRITE DOWN	9:00	9:00	9:00
THREE WAYS IN WHICH YOU'VE GROWN THIS	9:30	9:30	9:30
YEAR. USE THAT POSITIVE ENERGY TO HIT THE	10:00	10:00	10:00
GROUND RUNNING FOR THE COMING YEAR.	10:30	10:30	10:30
PERSUNAL	. TO-DO LIST	WUKK II	)-DO LIST
-			
~			
a			
YAN			
		· · · ·	

WEDNESDAY 28	THURSDAY 29		SATURDAY 31
FOCUS	FOCUS	FOCUS	S. S. NEW YEAR'S EVE
	100 F00	100 F00	NEW YEAR'S EVE
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST
HIGHLIGHT YOUR ACCOMPLISHMENTS: GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
<b>REFORM:</b> CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
SET CHECKPOINTS: MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

#### END OF THE YEAR REFLECTION

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST YEAR?

WHAT ADVICE WOULD YOU GIVE YOURSELF AT THE BEGINNING OF THE YEAR?

WHAT WERE THE THREE BIGGEST LESSONS YOU LEARNED THIS PAST YEAR? WHAT IS ONE WAY TO INCORPORATE THESE LESSONS INTO YOUR LIFE?

# REVIEW YOUR PLANNER FOR THE PAST YEAR AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT YEAR TO ADJUST THEM?

#### END OF THE YEAR REFLECTION

HOW ARE YOU DIFFERENT BETWEEN THIS YEAR AND THE LAST?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST YEAR?

NAME THREE THINGS YOU CAN IMPROVE ON NEXT YEAR. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?