



# January

## PLANNER

#More than  
enough

# ♥ January x

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes

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

# Daily PLANNER

TODAY'S *focus*

3 MOST IMPORTANT THINGS

TO DO LIST / TASKS

- .....
- .....
- .....
- .....
- .....
- .....
- .....  .....
- .....  .....
- .....  .....
- .....  .....
- .....  .....
- .....  .....

THINGS THAT CAN WAIT TILL TOMORROW

IDEAS / NOTES

EXERCISE / HEALTH

SELF-CARE / REFILL

DATE:

TODAY I AM CREATING THE POSSIBILITY OF...

DAILY DRAFT

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

DAILY HABBITS

MOMENTS OF *gratitude*

# WEEK'S focus

# Weekly PLANNER

MONDAY .....	TUESDAY .....	WEDNESDAY .....	THURSDAY .....	FRIDAY .....	SATURDAY .....	SUNDAY .....
#1 THING FOR TODAY	#1 THING FOR TODAY	#1 THING FOR TODAY	#1 THING FOR TODAY	#1 THING FOR TODAY	#1 THING FOR TODAY	#1 THING FOR TODAY
AM	AM	AM	AM	AM	AM	AM
NOON	NOON	NOON	NOON	NOON	NOON	NOON
PM	PM	PM	PM	PM	PM	PM

TO DO / TASKS	TO DO / TASKS	TO DO / TASKS	TO DO / TASKS	TO DO / TASKS	TO DO / TASKS	TO DO / TASKS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I AM THANKFUL FOR: I AM THANKFUL FOR: I AM THANKFUL FOR: I AM THANKFUL FOR: I AM THANKFUL FOR: I AM THANKFUL FOR: I AM THANKFUL FOR:

# January

PLANNER

I will  
choose  
real  
everyday

*You  
got this!*

MY MONTHLY FOCUS:

MY GOALS:

MAJOR TASKS:

HOW I WANT TO GROW:

WHAT I WANT TO LET GO OF:

**BE THE GIFT**  
HOW CAN I MAKE A DIFFERENCE:

**REST / REFILL PLAN:**

# January

REFLECT

*I am  
more than  
enough!  
no matter  
what.*

WINS / HIGHLIGHTS

LESSONS

HOW DID I GROW

NEXT TIME / NEXT STEPS

WHAT DO I WANT TO DO MORE OF

WHAT DO I WANT TO DO LESS OF

WHAT AM I THANKFUL FOR