Choose REAL

# February PLANNER

#Morethan enough

www.chooseREALcampaign.com

# February x

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| 28 | 29 | 30 | 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 | 1 | 2 | 3 |

## Notes

www.chooseREALcampaign.com

# Daily PLANNER

## TODAY'S focus

DATE:

TODAY I AM CREATING THE POSSIBILITY OF...

### 3 MOST IMPORTANT THINGS

### TO DO LIST / TASKS

### DAILY DRAFT

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

### DAILY HABBITS

### THINGS THAT CAN WAIT TILL TOMORROW

### IDEAS / NOTES

### MOMENTS OF gratitude

### EXERCISE / HEALTH

### SELF-CARE / REFILL

# 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 |
|---|---|---|---|---|---|---|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

| 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: |
|---|---|---|---|---|---|---|

# February PLANNER

I will choose real everyday

## MY MONTHLY FOCUS:

You got this!

## 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:

# February

## 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