

# Monthly CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

WEEK'S focus

Weekly PLANNER

Table with 7 columns (Monday to Sunday) and 4 rows (Today's #1 thing, AM, Noon, PM). Each cell contains a header and several horizontal lines for writing.

Table with 7 columns (Monday to Sunday) and 8 rows. Each column is headed 'TO DO / TASKS' and contains a list of checkboxes for task tracking.

I AM THANKFUL FOR: [Blank lines for gratitude journaling]

# Monthly 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:**

# Monthly

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