

P L A N N E R

2 0 2 4



Dreamer

L I V E

A D R E A M E R L I F E

Hello, and welcome to 2024!

As a part of the New Year, this planner found you to help achieve your dreams!

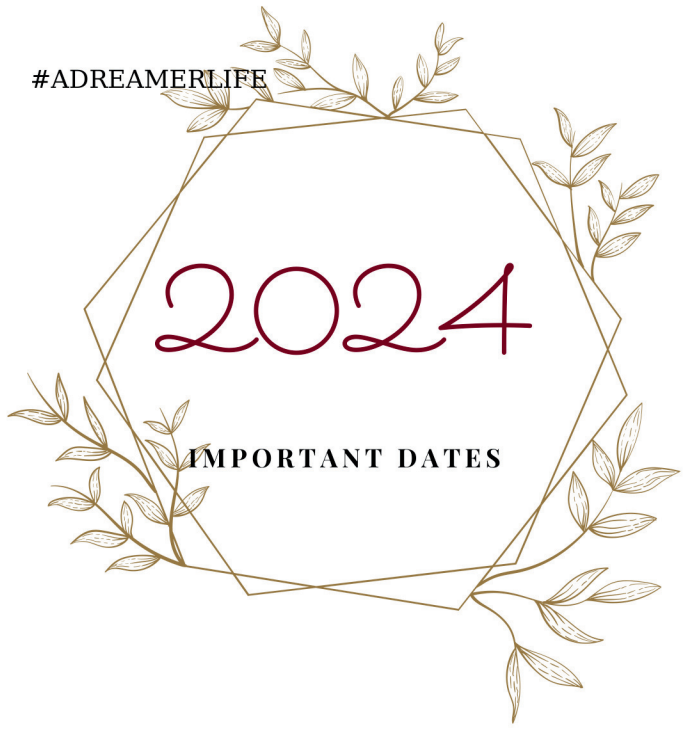
Structured with, monthly, weekly, and daily entries, for all your plans, space for your budget, and lifestyle habits, separated worksheets in order to keep your private life, private, and gratitude and manifestations tools, this little black book is what you need to start your journey!

#ADREAMERLIFE

**LET'S LEAVE
EVERYTHING BEHIND**
IN 2024

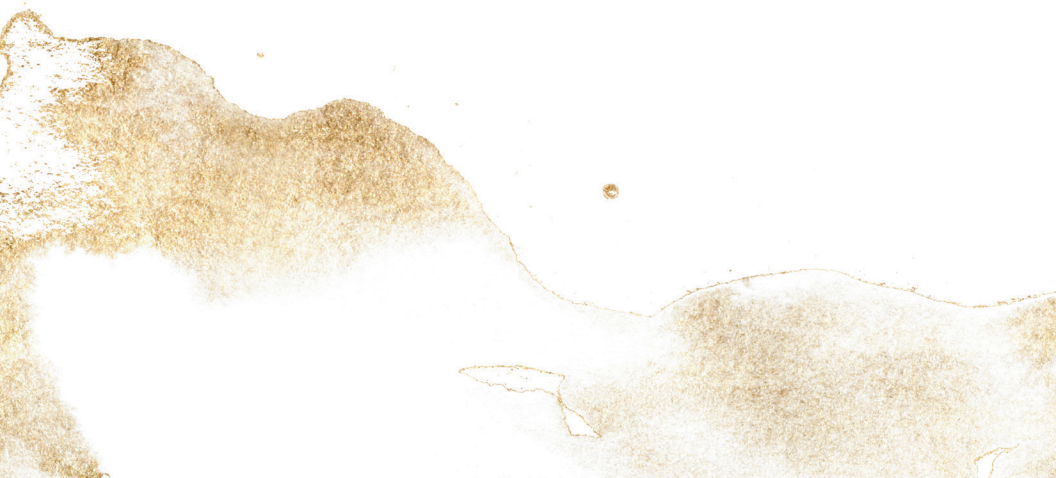
Regrets and what I've could do better

#ADREAMERLIFE



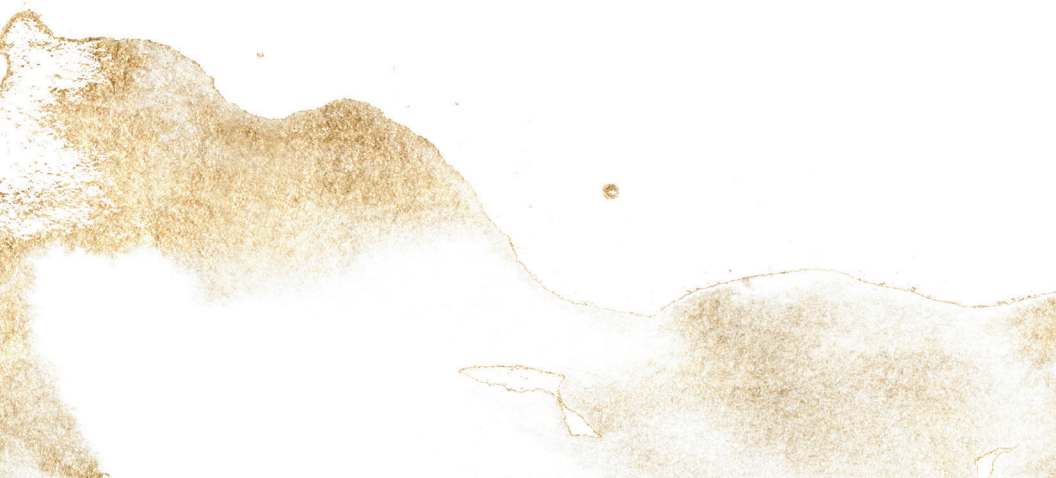
#ADREAMERLIFE
VISION BOARD

2024



#ADREAMERLIFE
VISION BOARD

2024



IDEAS



IDEAS



Winter Bucket List

Write in your journal



Bake cookies

Write a thank you card



Make hot chocolate

Make a new music playlist



#ADREAMERLIFE

JANUARY



#ADREAMERLIFE

MONTHLY

Planner

SUN	MON	TUE	WED	THU	FRI	SAT

TO DO

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GOALS

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NOTES

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#ADREAMERLIFE

Lifestyle Tracker

Habits	Sun	Mon	Tue	Wed	Thu	Fri	Sat
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 _____	<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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12 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Use color tracking as it follows:

- Fully done
- Partially done
- Undone

#ADREAMERLIFE

WORK SCHEDULE

M T W T F

WHEN	WHAT

NOTES

.....

.....

.....

#ADREAMERLIFE

WORK SCHEDULE

M T W T F

WHEN	WHAT

NOTES

#ADREAMERLIFE

WEEKLY PLANNER

WEEK 1

Monday



Tuesday

Wednesday



Thursday

Friday



Saturday

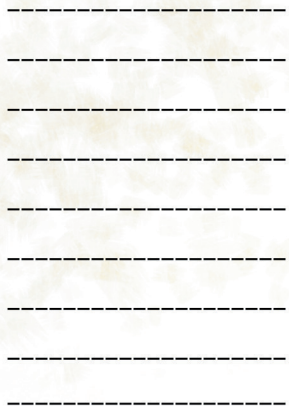
Sunday



Important things this week



Reminder



#ADREAMERLIFE

January 1st

A great attitude becomes
a great day which
becomes a great year

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 2nd

You are never too old to set another goal or dream a new dream – C.S.Lewis

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 3rd

Goals are dreams with deadlines

TOP 3 PRIORITIES

- 1.
- 2.
- 3.

MORNING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AFTERNOON

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EVENING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 4th

Think big when you set your goals. Dare to think big and then set a series of smaller goals to get you there- Les Brown

TOP 3 PRIORITIES

- 1. _____
- 2. _____
- 3. _____

MORNING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AFTERNOON

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EVENING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

Goals Should Never Be Easy,
They Should Force You To Work,
Even If They Are Uncomfortable
At The Time – Michael Phelps

January 5th

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME TO DO

_____	_____
_____	_____
_____	_____

TIME TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME TO DO

_____	_____
_____	_____
_____	_____

TIME TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME TO DO

_____	_____
_____	_____
_____	_____

TIME TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes – Andrew Carnegie

January 6th

TOP 3 PRIORITIES

- 1. _____
- 2. _____
- 3. _____

MORNING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AFTERNOON

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EVENING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

What you get by achieving your goals is not as important as what you become by achieving your goals- Zig Ziglar

January 7th

TOP 3 PRIORITIES

- 1. _____
- 2. _____
- 3. _____

MORNING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AFTERNOON

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EVENING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 8th

Goals help you channel
your energy into action-
Les Brown

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 9th

Motivation is what gets you started. Habit is what keeps you going- Jim Rohn

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

To sit on an idea or fail to act on a goal is not really goal-setting, but wishful thinking- Les Brown

January 10th

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME TO DO

_____	_____
_____	_____
_____	_____

TIME TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME TO DO

_____	_____
_____	_____
_____	_____

TIME TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME TO DO

_____	_____
_____	_____
_____	_____

TIME TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 11th

There is do and do not,
there is no try- Yoda in
Star Wars

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

Start now. Start where you are.
Start with fear. Start with pain.
Start with doubt. Start with your
hands shaking. Just start – Mel
Robbins

January 12th

TOP 3 PRIORITIES

- 1. _____
- 2. _____
- 3. _____

MORNING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AFTERNOON

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EVENING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 13th

Get a good idea and stay with it. Do it, and work at it until it's done right -Walt Disney

TOP 3 PRIORITIES

- 1. _____
- 2. _____
- 3. _____

MORNING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AFTERNOON

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EVENING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 14th

You can totally do this

TOP 3 PRIORITIES

- 1.
- 2.
- 3.

MORNING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AFTERNOON

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EVENING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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WEEKLY PLANNER

WEEK 3

Monday



Tuesday

Wednesday



Thursday

Friday




Saturday

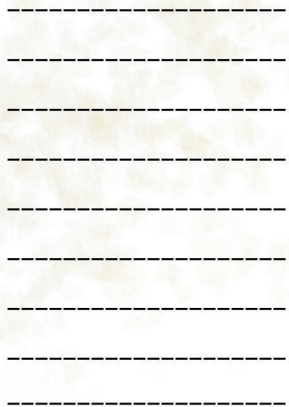
Sunday



Important things this week



Reminder



#ADREAMERLIFE

January 15th

Do it with passion or
not at all

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 16th

Do less with more focus

TOP 3 PRIORITIES

- 1.
- 2.
- 3.

MORNING

TIME TO DO

_____	_____
_____	_____
_____	_____

TIME TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME TO DO

_____	_____
_____	_____
_____	_____

TIME TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME TO DO

_____	_____
_____	_____
_____	_____

TIME TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 17th

It isn't what you do, but
how you do it.- John
Wooden

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 18th

Don't wait. The time will never be just right – Napoleon Hill

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 19th

We are what we repeatedly do. Excellence, then, is not an act, but a habit – Aristotle

TOP 3 PRIORITIES

- 1. _____
- 2. _____
- 3. _____

MORNING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AFTERNOON

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EVENING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 20th

The difference between ordinary and extraordinary is that little extra- Jimmy Johnson

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
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TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
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TIME

TO DO

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_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 21st

"The way to get started is to quit talking and begin doing." - Walt Disney

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 22nd

Done is better than perfect – Sheryl Sandberg

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 23rd

Do What You Can With
All You Have, Wherever
You Are – Theodore
Roosevelt

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 24th

Dreams don't work
unless you do

TOP 3 PRIORITIES

- 1.
- 2.
- 3.

MORNING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AFTERNOON

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EVENING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 25th

Do what is right, not
what is easy

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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.....
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#ADREAMERLIFE

January 26th

Anyone can do something when they WANT to do it. Really successful people do things when they don't want to do it- Dr. Phil

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 27th

Persevere and get it done
– George Allen Sr

TOP 3 PRIORITIES

- 1. _____
- 2. _____
- 3. _____

MORNING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AFTERNOON

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EVENING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 28th

Own less. Do more

TOP 3 PRIORITIES

- 1.
- 2.
- 3.

MORNING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AFTERNOON

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EVENING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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WEEKLY PLANNER

WEEK 5

Monday



Tuesday



Wednesday



Thursday



Friday



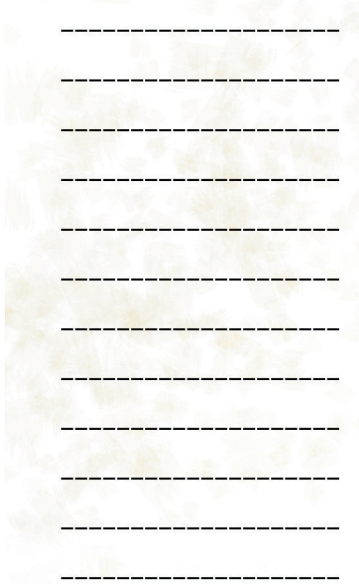
Saturday



Sunday

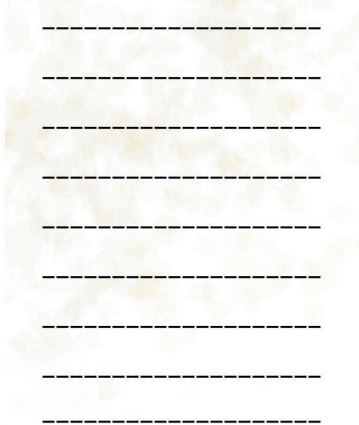


Impoortant things this week



A vertical section with a light beige floral pattern background, containing ten horizontal dashed lines for writing.

Reminder



A vertical section with a light beige floral pattern background, containing ten horizontal dashed lines for writing.

#ADREAMERLIFE

January 29th

The most important things
in life aren't things-
Anthony J. D'Angelo

TOP 3 PRIORITIES

- 1.
- 2.
- 3.

MORNING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

AFTERNOON

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EVENING

TIME	TO DO	TIME	TO DO
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TODAY'S AFFIRMATIONS

Today, I will.

Notes

FOR TOMORROW

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#ADREAMERLIFE

January 30th

A place for everything,
everything in its place-
Benjamin Franklin

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

January 31st

Owning less is better than organizing more -
Joshua Becker

TOP 3 PRIORITIES

1.

2.

3.

MORNING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

AFTERNOON

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

EVENING

TIME

TO DO

_____	_____
_____	_____
_____	_____

TIME

TO DO

_____	_____
_____	_____
_____	_____

TODAY'S AFFIRMATIONS

FOR TOMORROW

Notes

Today, I will.

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#ADREAMERLIFE

REFLECTION *Time*

◆ Monthly Wins

◆ How does it make me feel?

◆ Challenges

◆ How can I improve it?

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed

(Good & Bad)

Three things that I am most grateful for this month:

Two life lessons I learned this month:

One word that best describes this month:

How will you rate this month?

