



— 2026 —

*Bullet*  
**JOURNAL**

# Journal prompts

## Morning manifesto

1. What are my top 3 priorities for the week and how are they going?
2. What do I want to work on today?  
What is today's adventure going to be?

## Evening

1. What have I given today?
2. What did I learn today?
3. How has today added to the quality of my life or how can I use today as an investment in my future?

## Weekly

1. If broadly, the way I lived this week of my life was how I was going to live every week of my life, would I consider that a life well lived?
2. How will I refine my 'ideal week'?
3. What were my quarterly quests and how are they going?
4. Have I accomplished what I intend to do? If not, what went wrong?

## Monthly

1. What goals have I achieved?
2. What are my goals next month?
3. What habits did I focus on and how did it go?
4. What habits should I add/continue next month?
5. Am I closer to where I want to be?

## Quarterly

1. What are the core values (in order of importance) that drive my life and work?
2. How am I living and working true to my core values?
3. How can I set a higher standard in the future?

## Yearly

1. What would I attempt to do if I knew I couldn't fail?
2. What would I do if I knew that I would fail, but I would do it anyway?
3. What is one thing I will celebrate achieving at the end of the year?

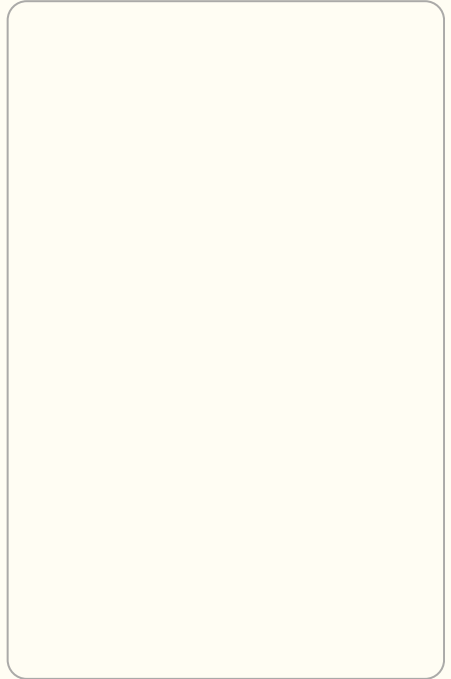
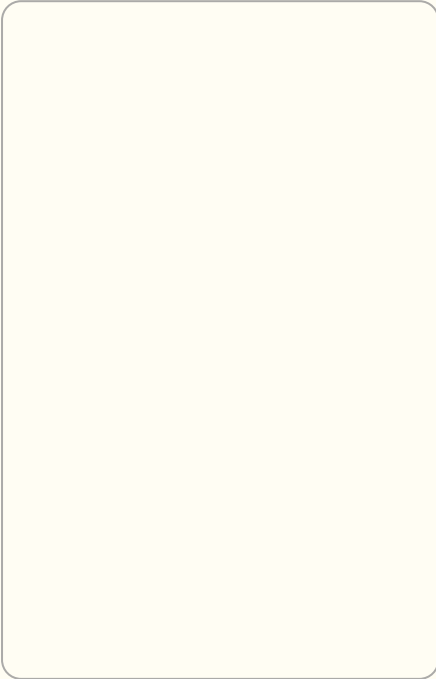
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# Core values & Identity

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Moving-towards values

Moving-away values



I am...

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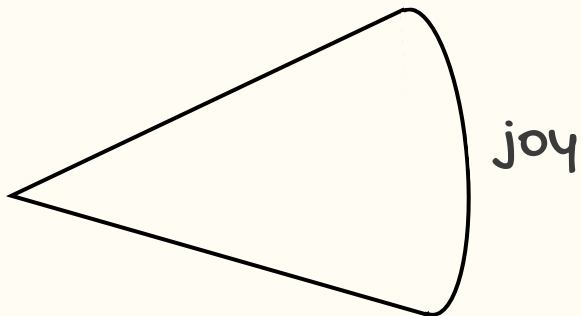
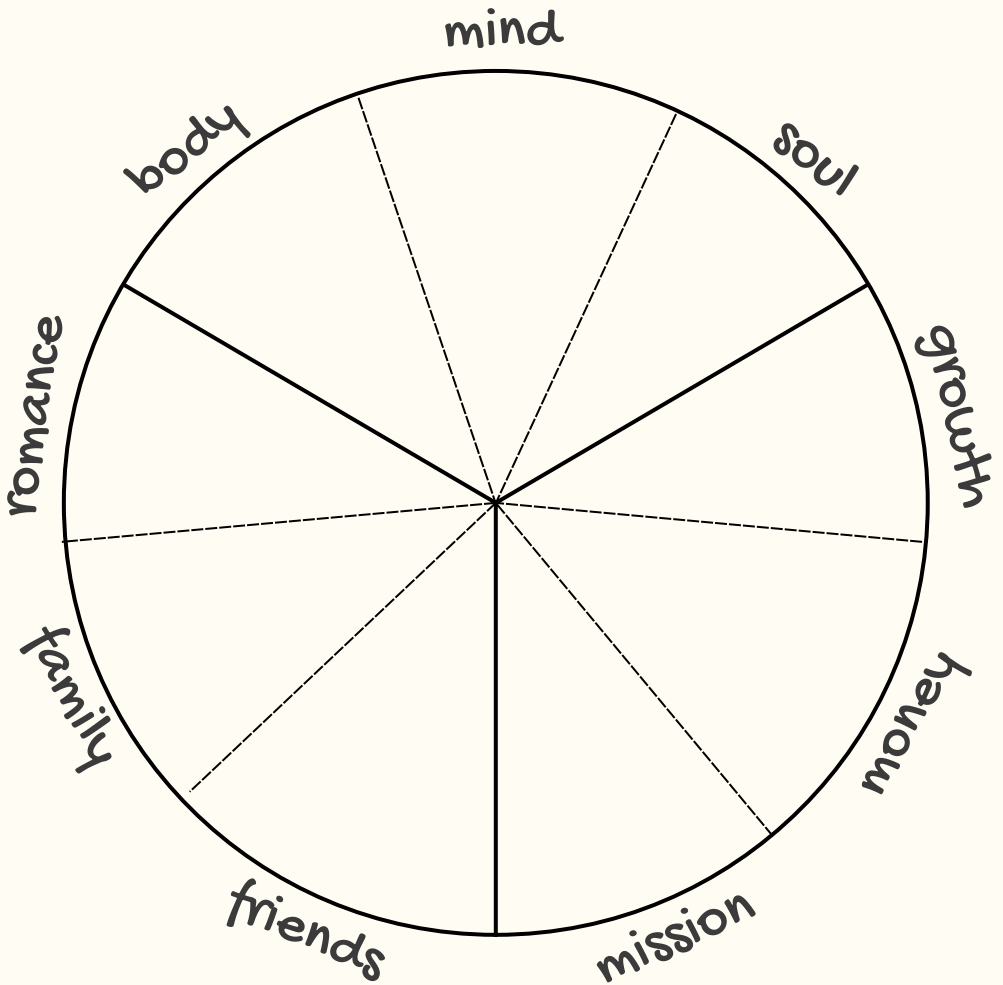
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# wheel-of-life



# Main Focus Areas



purpose



health



relationships



financial



growth

## Personal Mission Statement

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# Goals / Dreams



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# Daily Questions



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# Daily Reminders



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# JANUARY HABITS



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- 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 4 5 6 7
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- 1 2 3 4 5 6 7
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- 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

# JANUARY GOALS & STEPS

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week 2

week 3

week 4

week 5

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29/12 - 4/1

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roles → goals



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Lined writing area for the Tuesday column, containing 16 horizontal lines.

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purpose: ☆☆☆☆☆

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financial: ☆☆☆☆☆

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26/1 - 1/2

roles → goals

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focus: QQQQQ

Thur



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learnt:

Blank lined area for Thursday learnt notes

given:

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progress:

Blank lined area for Thursday progress notes

energy: ⚡⚡⚡⚡⚡

focus: ○○○○○

Fri



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learnt:

Blank lined area for Friday learnt notes

given:

Blank lined area for Friday given notes

progress:

Blank lined area for Friday progress notes

energy: ⚡⚡⚡⚡⚡

focus: ○○○○○

Sat



Blank lined area for Saturday notes

learnt:

Blank lined area for Saturday learnt notes

given:

Blank lined area for Saturday given notes

progress:

Blank lined area for Saturday progress notes

energy: ⚡⚡⚡⚡⚡

focus: ○○○○○

Sun



Blank lined area for Sunday notes

learnt:

Blank lined area for Sunday learnt notes

given:

Blank lined area for Sunday given notes

progress:

Blank lined area for Sunday progress notes

energy: ⚡⚡⚡⚡⚡

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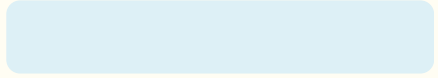




# FEBRUARY HABITS



- 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 4 5 6 7
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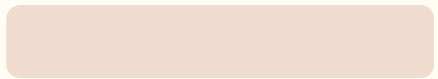
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# FEBRUARY GOALS & STEPS

week 1

week 2

week 3

week 4

week 5

goal:

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3/2 - 9/2

Mon

Tues

Wed

roles → goals




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16/2 - 22/2

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roles → goals



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focus rating

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

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23/2 - 1/3

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r/s: ☆☆☆☆☆

financial: ☆☆☆☆☆

growth: ☆☆☆☆☆

energy: ⚡⚡⚡⚡⚡

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energy: ⚡⚡⚡⚡⚡

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# MARCH HABITS



- 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 4 5 6 7
- 8 9 10 11 12 13 14
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- 22 23 24 25 26 27 28
- 29 30 31



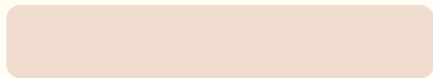
- 1 2 3 4 5 6 7
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- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
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# MARCH GOALS & STEPS

week 1

week 2

week 3

week 4

goal: \_\_\_\_\_

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goal: \_\_\_\_\_

week 1

week 2

week 3

week 4

goal: \_\_\_\_\_

goal: \_\_\_\_\_





9/3 - 15/3

Mon

Tues

Wed

roles → goals



Horizontal lines for notes on the left side of the page.

Horizontal lines for notes in the Monday column.

Horizontal lines for notes in the Tuesday column.

Horizontal lines for notes in the Wednesday column.

learnt:

learnt:

learnt:

Horizontal lines for notes below 'learnt:' in the Monday column.

Horizontal lines for notes below 'learnt:' in the Tuesday column.

Horizontal lines for notes below 'learnt:' in the Wednesday column.

focus   rating

given:

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purpose: ☆☆☆☆☆

Horizontal lines for notes below 'given:' in the Monday column.

Horizontal lines for notes below 'given:' in the Tuesday column.

Horizontal lines for notes below 'given:' in the Wednesday column.

health: ☆☆☆☆☆

progress:

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r/s: ☆☆☆☆☆

Horizontal lines for notes below 'progress:' in the Monday column.

Horizontal lines for notes below 'progress:' in the Tuesday column.

Horizontal lines for notes below 'progress:' in the Wednesday column.

financial: ☆☆☆☆☆

energy: ⚡⚡⚡⚡⚡  
focus: QQQQQ

energy: ⚡⚡⚡⚡⚡  
focus: QQQQQ

energy: ⚡⚡⚡⚡⚡  
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16/3 - 22/3

Mon

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roles → goals



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23/3 - 29/3

Mon

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roles → goals




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focus   rating

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

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# APRIL HABITS



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- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30



- 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



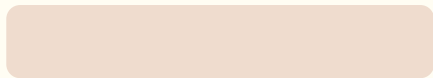
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- 8 9 10 11 12 13 14
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- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
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- 1 2 3 4 5 6 7
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- 22 23 24 25 26 27 28
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- 1 2 3 4 5 6 7
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- 22 23 24 25 26 27 28
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# APRIL GOALS & STEPS

week 1

week 2

week 3

week 4

week 5

goal:

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6/4 - 12/4

Mon

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roles → goals




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focus    rating

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

r/s: ☆☆☆☆☆

financial: ☆☆☆☆☆

growth: ☆☆☆☆☆

Thur

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Blank lined area for Thursday notes

Blank lined area for Friday notes

Blank lined area for Saturday notes

Blank lined area for Sunday notes

learnt:

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Blank lined area for Thursday learnt notes

Blank lined area for Friday learnt notes

Blank lined area for Saturday learnt notes

Blank lined area for Sunday learnt notes

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Blank lined area for Thursday given notes

Blank lined area for Friday given notes

Blank lined area for Saturday given notes

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Blank lined area for Thursday progress notes

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Blank lined area for Saturday progress notes

Blank lined area for Sunday progress notes

energy: ⚡⚡⚡⚡⚡  
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13/4 - 19/4

Mon

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roles → goals




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20/4 - 26/4

Mon

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focus rating

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

r/s: ☆☆☆☆☆

financial: ☆☆☆☆☆

growth: ☆☆☆☆☆

Thur

Fri

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Blank lined area for Thursday notes

Blank lined area for Friday notes

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27/4 - 3/5

Mon

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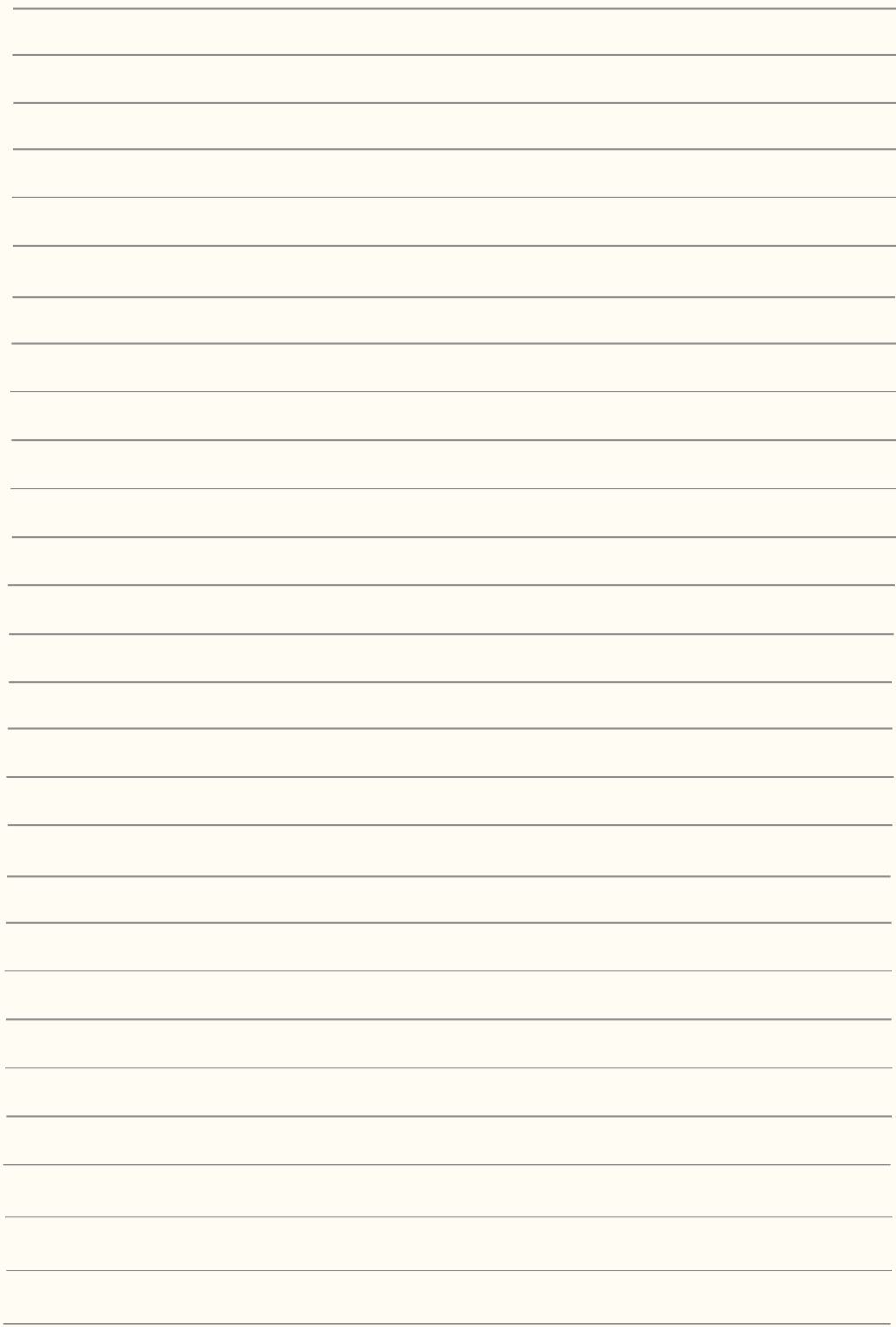
focus: ○○○○○











# MAY HABITS



- 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 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 4 5 6 7
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- 22 23 24 25 26 27 28
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- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

# MAY GOALS & STEPS

week 1

week 2

week 3

week 4

goal: \_\_\_\_\_

goal: \_\_\_\_\_

goal: \_\_\_\_\_

week 1

week 2

week 3

week 4

goal: \_\_\_\_\_

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4/5 - 10/5

Mon

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Wed

roles → goals



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purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

r/s: ☆☆☆☆☆

financial: ☆☆☆☆☆

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11/5 - 17/5

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financial: ☆☆☆☆☆

growth: ☆☆☆☆☆

energy: ⚡⚡⚡⚡  
focus: QQQQQ

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focus: QQQQQ

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# JUNE HABITS



- 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



- 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
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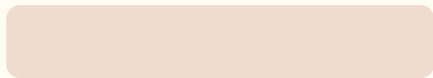
- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
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- 1 2 3 4 5 6 7
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- 29 30



- 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
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# JUNE GOALS & STEPS

week 1

week 2

week 3

week 4

goal: \_\_\_\_\_

goal: \_\_\_\_\_

goal: \_\_\_\_\_



1/6 - 7/6

Mon

Tues

Wed

roles → goals



Blank lined area for notes on the left side of the page.

Blank lined area for notes under the 'Mon' column.

Blank lined area for notes under the 'Tues' column.

Blank lined area for notes under the 'Wed' column.

learnt:

learnt:

learnt:

Blank lined area for notes under 'learnt:' in the 'Mon' column.

Blank lined area for notes under 'learnt:' in the 'Tues' column.

Blank lined area for notes under 'learnt:' in the 'Wed' column.

focus   rating

given:

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given:

Blank lined area for notes under 'given:' in the 'Mon' column.

Blank lined area for notes under 'given:' in the 'Tues' column.

Blank lined area for notes under 'given:' in the 'Wed' column.

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

r/s: ☆☆☆☆☆

financial: ☆☆☆☆☆

growth: ☆☆☆☆☆

progress:

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Blank lined area for notes under 'progress:' in the 'Mon' column.

Blank lined area for notes under 'progress:' in the 'Tues' column.

Blank lined area for notes under 'progress:' in the 'Wed' column.

energy: ⚡⚡⚡⚡⚡  
focus: ○○○○○

energy: ⚡⚡⚡⚡⚡  
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8/6 - 14/6

Mon

Tues

Wed

roles → goals



Horizontal lines for notes under 'roles → goals' for Monday.

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energy: ⚡⚡⚡⚡⚡  
focus: ○○○○○

focus rating

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

r/s: ☆☆☆☆☆

financial: ☆☆☆☆☆

growth: ☆☆☆☆☆

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15/6 - 21/6

Mon

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roles → goals




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energy: ⚡⚡⚡⚡  
focus: QQQQQ

focus    rating

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

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financial: ☆☆☆☆☆

growth: ☆☆☆☆☆





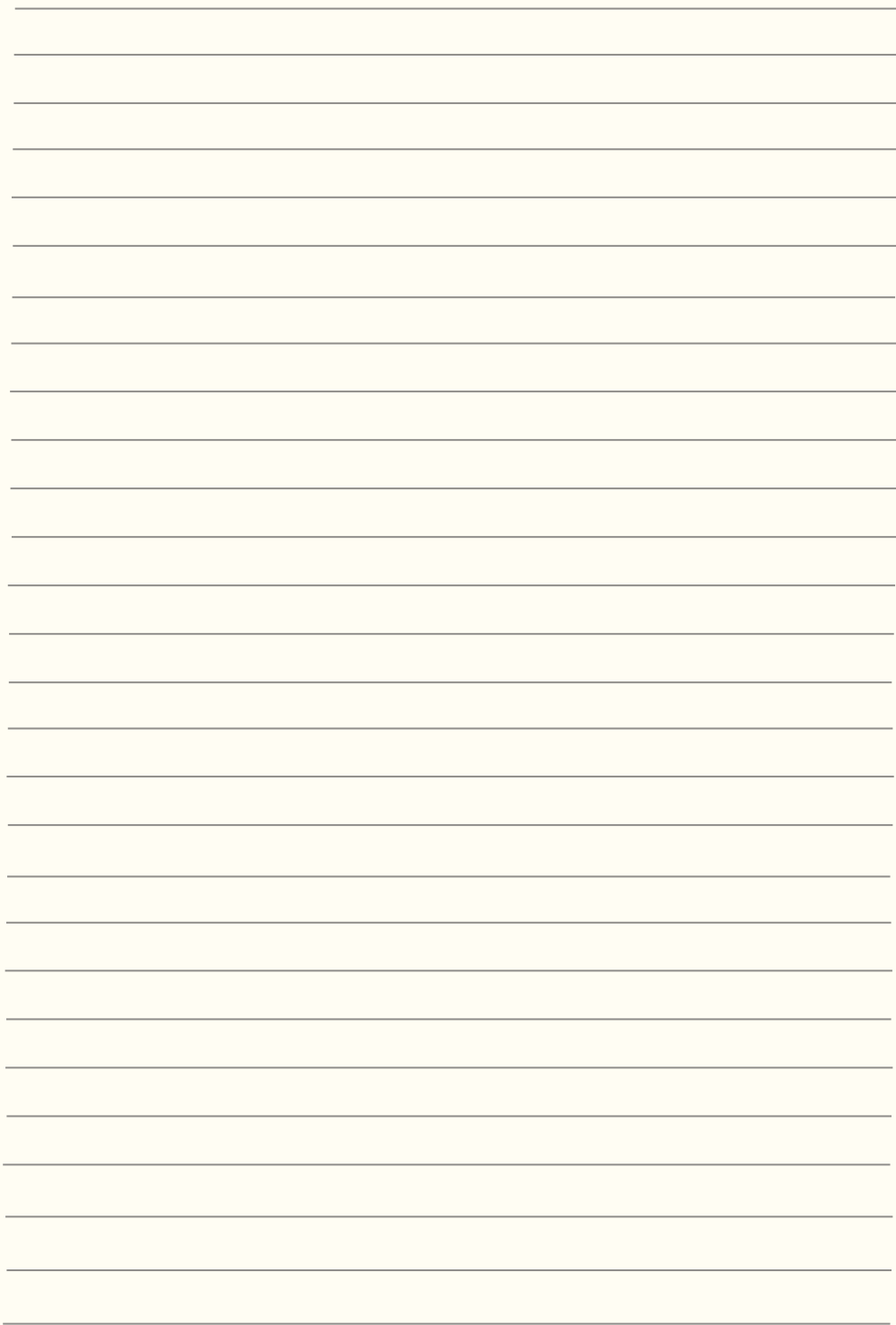












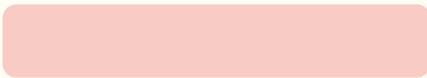
# JULY HABITS



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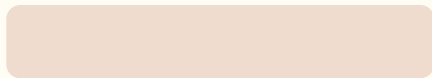
- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
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- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



- 1 2 3 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
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# JULY GOALS & STEPS

week 1

week 2

week 3

week 4

week 5

goal:

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goal:

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goal:

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6/7 - 12/7

Mon

Tues

Wed

roles → goals



Series of horizontal lines for notes.

Series of horizontal lines for notes.

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Series of horizontal lines for notes.

learnt:

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Series of horizontal lines for notes.

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Series of horizontal lines for notes.

given:

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Series of horizontal lines for notes.

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Series of horizontal lines for notes.

energy: ⚡⚡⚡⚡⚡

energy: ⚡⚡⚡⚡⚡

energy: ⚡⚡⚡⚡⚡

focus: QQQQQ

focus: QQQQQ

focus: QQQQQ

focus rating

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

r/s: ☆☆☆☆☆

financial: ☆☆☆☆☆

growth: ☆☆☆☆☆



13/7 - 19/7

Mon

Tues

Wed

roles → goals




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 focus: ○○○○○

energy: ⚡⚡⚡⚡⚡  
 focus: ○○○○○

focus    rating

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

r/s: ☆☆☆☆☆

financial: ☆☆☆☆☆

growth: ☆☆☆☆☆



20/7 - 26/7

Mon

Tues

Wed

roles → goals




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focus: QQQQQ

energy: ⚡⚡⚡⚡⚡  
focus: QQQQQ

energy: ⚡⚡⚡⚡⚡  
focus: QQQQQ

focus rating

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

r/s: ☆☆☆☆☆

financial: ☆☆☆☆☆

growth: ☆☆☆☆☆

Thur



Fri



Sat



Sun



Blank lined area for Thursday notes

Blank lined area for Friday notes

Blank lined area for Saturday notes

Blank lined area for Sunday notes

learnt:

learnt:

learnt:

learnt:

given:

given:

given:

given:

progress:

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progress:

energy: ⚡⚡⚡⚡⚡

focus: ○○○○○

energy: ⚡⚡⚡⚡⚡

focus: ○○○○○

energy: ⚡⚡⚡⚡⚡

focus: ○○○○○

energy: ⚡⚡⚡⚡⚡

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energy: ⚡⚡⚡⚡⚡  
focus: ○○○○○











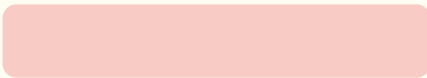
# AUGUST HABITS



- 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 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



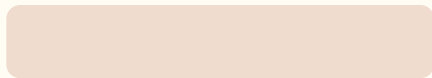
- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



- 1 2 3 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 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 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

# AUGUST GOALS & STEPS

week 1

week 2

week 3

week 4

goal: \_\_\_\_\_

goal: \_\_\_\_\_

goal: \_\_\_\_\_



3/8 - 9/8

Mon

Tues

Wed

roles → goals



Horizontal lines for notes on the left side of the page.

Horizontal lines for notes under the 'Mon' column.

Horizontal lines for notes under the 'Tues' column.

Horizontal lines for notes under the 'Wed' column.

learnt:

learnt:

learnt:

Horizontal lines for notes under 'learnt:' in the Mon column.

Horizontal lines for notes under 'learnt:' in the Tues column.

Horizontal lines for notes under 'learnt:' in the Wed column.

focus    rating

given:

given:

given:

Horizontal lines for notes under 'given:' in the Mon column.

Horizontal lines for notes under 'given:' in the Tues column.

Horizontal lines for notes under 'given:' in the Wed column.

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

r/s: ☆☆☆☆☆

financial: ☆☆☆☆☆

growth: ☆☆☆☆☆

progress:

progress:

progress:

Horizontal lines for notes under 'progress:' in the Mon column.

Horizontal lines for notes under 'progress:' in the Tues column.

Horizontal lines for notes under 'progress:' in the Wed column.

energy: ⚡⚡⚡⚡⚡

energy: ⚡⚡⚡⚡⚡

energy: ⚡⚡⚡⚡⚡

focus: ○○○○○

focus: ○○○○○

focus: ○○○○○

Thur



Fri



Sat



Sun



Blank lined writing area for Thursday

Blank lined writing area for Friday

Blank lined writing area for Saturday

Blank lined writing area for Sunday

learnt:

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progress:

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energy: ⚡⚡⚡⚡⚡

focus: ○○○○○

energy: ⚡⚡⚡⚡⚡

focus: ○○○○○

energy: ⚡⚡⚡⚡⚡

focus: ○○○○○

energy: ⚡⚡⚡⚡⚡

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Fri



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energy: ⚡⚡⚡⚡⚡  
focus: ○○○○○

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energy: ⚡⚡⚡⚡⚡  
focus: ○○○○○







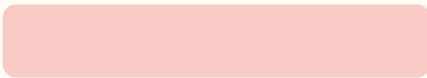
# SEPTEMBER HABITS



- 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



- 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



- 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



- 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



- 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



- 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





31/8 - 6/9

Mon

Tues

Wed

roles → goals



Horizontal lines for notes on the left side of the page.

Horizontal lines for notes under the 'Mon' column.

Horizontal lines for notes under the 'Tues' column.

Horizontal lines for notes under the 'Wed' column.

learnt:

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Horizontal lines for notes under 'learnt:' in the Mon column.

Horizontal lines for notes under 'learnt:' in the Tues column.

Horizontal lines for notes under 'learnt:' in the Wed column.

focus    rating

given:

given:

given:

Horizontal lines for notes under 'given:' in the Mon column.

Horizontal lines for notes under 'given:' in the Tues column.

Horizontal lines for notes under 'given:' in the Wed column.

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

r/s: ☆☆☆☆☆

financial: ☆☆☆☆☆

growth: ☆☆☆☆☆

progress:

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Horizontal lines for notes under 'progress:' in the Mon column.

Horizontal lines for notes under 'progress:' in the Tues column.

Horizontal lines for notes under 'progress:' in the Wed column.

energy: ⚡⚡⚡⚡⚡

focus: QQQQQ

energy: ⚡⚡⚡⚡⚡

focus: QQQQQ

energy: ⚡⚡⚡⚡⚡

focus: QQQQQ



7/9 - 13/9

Mon

Tues

Wed

roles → goals



15 horizontal lines for notes

15 horizontal lines for notes

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15 horizontal lines for notes

learnt:

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5 horizontal lines for notes

5 horizontal lines for notes

5 horizontal lines for notes

focus rating

given:

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given:

purpose: ☆☆☆☆☆

5 horizontal lines for notes

5 horizontal lines for notes

5 horizontal lines for notes

health: ☆☆☆☆☆

progress:

progress:

progress:

r/s: ☆☆☆☆☆

5 horizontal lines for notes

5 horizontal lines for notes

5 horizontal lines for notes

financial: ☆☆☆☆☆

energy: ⚡⚡⚡⚡  
focus: QQQQQ

energy: ⚡⚡⚡⚡  
focus: QQQQQ

energy: ⚡⚡⚡⚡  
focus: QQQQQ





















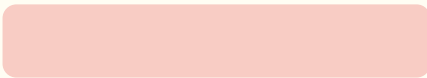
# OCTOBER HABITS



- 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 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



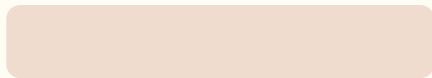
- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



- 1 2 3 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
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- 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
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- 1 2 3 4 5 6 7
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- 22 23 24 25 26 27 28
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26/10 - 1/11

Mon

Tues

Wed

roles → goals



Blank lined area for notes on the left side of the page.

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Blank lined area for notes under the 'Tues' column.

Blank lined area for notes under the 'Wed' column.

learnt:

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learnt:

focus    rating

given:

given:

given:

purpose: ☆☆☆☆☆

health: ☆☆☆☆☆

r/s: ☆☆☆☆☆

financial: ☆☆☆☆☆

growth: ☆☆☆☆☆

progress:

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progress:

energy: ⚡⚡⚡⚡  
focus: QQQQQ

energy: ⚡⚡⚡⚡  
focus: QQQQQ

energy: ⚡⚡⚡⚡  
focus: QQQQQ













# NOVEMBER HABITS



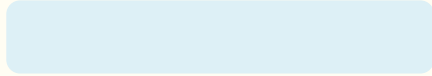
- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30



- 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
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- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
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- 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

# NOVEMBER GOALS & STEPS

week 1

week 2

week 3

week 4

goal: \_\_\_\_\_

goal: \_\_\_\_\_

goal: \_\_\_\_\_

week 1

week 2

week 3

week 4

goal: \_\_\_\_\_

goal: \_\_\_\_\_























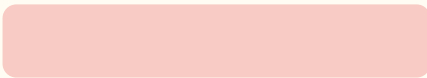
# DECEMBER HABITS



- 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 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



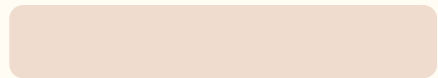
- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



- 1 2 3 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 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 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

# DECEMBER GOALS & STEPS

week 1

week 2

week 3

week 4

goal: \_\_\_\_\_

goal: \_\_\_\_\_

goal: \_\_\_\_\_



























