



I AM  
♥  
PLANNER





I AM  
♥  
PLANNER

# MY FAVORITE AFFIRMATIONS

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## I AM

Patient Compassionate Focused Creative  
Brave Appreciative Selfless Poised Determined  
Courageous Trustworthy Bold Peaceful Flexible  
Playful Open-minded Confident Honest Kind  
Wise Fun Persistent Strong Respectful Balanced  
Responsible Disciplined Committed Satisfied  
Mindful Passionate Restful Forgiving Resilient  
Considerate Friendly Healthy Radiant Receptive  
Nurturing Humble Integrity Graceful Reliable  
Supportive Empathetic Curious Ambitious Sincere  
Loyal Attentive Hopeful

# VISION BOARD



# THIS YEARS VISION & GOALS

PERSONAL DEVELOPMENT

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HEALTH

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RELATIONSHIPS

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HOME

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CAREER

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FINANCES

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SPIRITUAL

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FUN

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# YEARLY PLANNING

## BUCKET LIST

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## SKILLS TO LEARN

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## READING LIST

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## SELF-CARE TOOLBOX

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# SELF-LOVE

I LOVE MYSELF BECAUSE...

A series of horizontal lines for writing, overlaid with a large, faint, light-gray heart shape.



# REFLECTIONS

## LESSONS TO REMEMBER

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## THINGS THAT MAKE ME SMILE

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## MY BEST CHARACTERISTICS

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY
27	28	29	30
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31	1	2	3

THURSDAY	FRIDAY	SATURDAY
31	1	2
7	8	9
14	15	16
21	22	23
28	29	30
4	5	6

# JANUARY

# JANUARY

TOP GOALS

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BUCKET LIST

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HABITS TO CREATE

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THINGS TO LET GO OF

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I LOVE MYSELF BECAUSE

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SELF CARE PLAN

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# BEGINNING OF WEEK PLANNING

J  
A  
N  
U  
A  
R  
Y

CHORES

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TOP GOALS

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HEALTH PLAN

SUNDAY \_\_\_\_\_

MONDAY \_\_\_\_\_

TUESDAY \_\_\_\_\_

WEDNESDAY \_\_\_\_\_

THURSDAY \_\_\_\_\_

FRIDAY \_\_\_\_\_

SATURDAY \_\_\_\_\_

## HABIT TRACKER

HABIT	S	M	T	W	T	F	S

# DEC 27 - JAN 2

Quality of the week \_\_\_\_\_

## **SUNDAY**

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## **MONDAY**

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## **TUESDAY**

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## **WEDNESDAY**

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DEC 27 - JAN 2

J  
A  
N  
U  
A  
R  
Y

I AM \_\_\_\_\_

**THURSDAY**

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**FRIDAY**

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**SATURDAY**

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**TO-DOS**

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# END OF WEEK REFLECTIONS

GRATITUDE

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GOOD THINGS THAT HAPPENED

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WHAT I LEARNED

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HOW I'LL IMPROVE NEXT WEEK

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WHAT I DID FOR OTHERS

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# BEGINNING OF THE WEEK PLANNING

J  
A  
N  
U  
A  
R  
Y

## CHORES

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## TOP GOALS

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## HEALTH PLAN

SUNDAY \_\_\_\_\_

MONDAY \_\_\_\_\_

TUESDAY \_\_\_\_\_

WEDNESDAY \_\_\_\_\_

THURSDAY \_\_\_\_\_

FRIDAY \_\_\_\_\_

SATURDAY \_\_\_\_\_

## HABIT TRACKER

HABIT	S	M	T	W	T	F	S
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# REFLECTIONS



# THIS YEAR'S REFLECTIONS

MOST MEMORABLE MOMENTS

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CHALLENGES I FACED

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NEW THINGS I LEARNED

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WAYS I'VE GROWN

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# THIS YEAR'S REFLECTIONS

## PLACES I VISITED

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## BIGGEST ACCOMPLISHMENTS

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## LESSONS I LEARNED

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## THINGS I WANT TO IMPROVE

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# WHAT I'M GRATEFUL FOR



A series of horizontal lines for writing, overlaid with a large, light gray decorative graphic consisting of overlapping curved lines.

# IMPORTANT DATES NEXT YEAR



A series of horizontal lines for writing, with a large, light gray abstract graphic on the left side.

# NOTES

