

Happy week : — - — / —

MY TOP 3

TO-DO LIST

Calls + Emails

Appointments

MY 3 GRATITUDES OF THE WEEK

This week, I am proud of me because...

How I feel today on a scale from 1 to 10 :

M	T	W	TH	F	S	S

SHOPPING LIST

MENU

My happy habits

M T W T H F S S

MY WORKOUT

MON

TUES

WED

THURS

FRI

SAT

SUN

TO CLEAN/DECLUTTER

SELF-CARE





HAPPY



TOP MONTHLY GOALS



M	T	W	T	F	S	S

ADMIN / PERSONAL

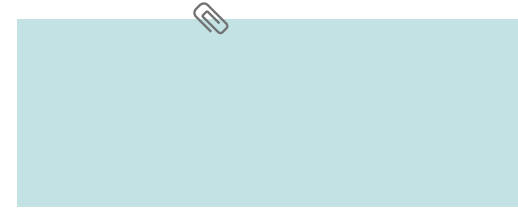
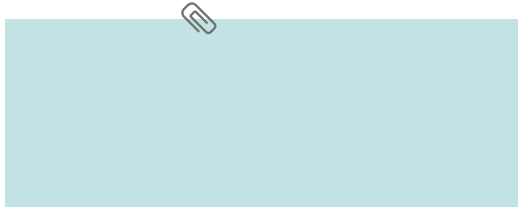
- _____
- _____
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NOTES	<i>This month, I'll declutter my...</i>	<i>This month, I'll save...</i>
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MY 3 HAPPY MOMENTS OF THE MONTH



Monthly goals



ACTION STEPS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes

ACTION STEPS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes

