

MY FABULOUS JANUARY PLANS

by #SheWorks

"Opportunities don't happen. You create them"

Chris Grosser

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New year's resolution

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monday	friday		
tuesday	saturday		
wednesday	sunday		
thursday			
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My Day



I am grateful for	Today's Top Priorities
Today's mantra is	
	My to-do list

HEALTH MONITORING

Exercise

Water



breakfast

lunch

dinner

snacks

any drinks?





what about candy or sweets?

Mental Health

tiny steps

MON

Did you schedule some me-time today?

TUE

Did you do one act of kindness today?

WED

Did you ask for help or phoned a friend in need, today?

THU

Did you take care of your relationships today?

FRI

Did you schedule some time-off-work today?

SAT/SUN

Did you arrange some time outdoors?

Monthly Assessment



What did I achiev	ve this month?
low can I make	
next month	Bedtime
better?	Thoughts
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Weekly Assessment



What I wish had done bu didn't



Things I'm grateful for Time I spent away from What I need to screens and work on closer to people

MY FABULOUS FEBRUARY PLANS

by #SheWorks

"Don't be afraid to give up the good to go for the great"

John D. Rockefeller

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MY FABULOUS MARCH PLANS

by #SheWorks

"The pessimist sees difficulty in every opportunity.

The optimist sees opportunity in every difficulty"

Winston Churchill

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MY FABULOUS APRIL PLANS

by #SheWorks

"If you are not willing to risk the usual, you will have to settle for the ordinary"

Jim Rohn

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MY FABULOUS MAY PLANS

by #SheWorks

"Success seems to be connected with action. Successful people keep moving.

They make mistakes, but they don't quit"

		Gonrad Hil	ton		
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MY FABULOUS JUNE PLANS

by #SheWorks

"Keep your heels, head, and standards high"

Goco Ghanel

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MY FABULOUS JULY PLANS

by #SheWorks

"The robbed that smiles, steals something from the thief"
William Shakespeare

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MY FABULOUS AUGUST PLANS

by #SheWorks

"Define success on your own terms, achieve it by your own rules, and build a life you're proud to live"

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MY FABULOUS SEPTEMBER PLANS

by #SheWorks

"When setting on a journey, do not seek advice from those who have never left home"

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MY FABULOUS OCTOBER PLANS

by #SheWorks

"In a society that profits from your self doubt, liking yourself is a rebellious act"

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MY FABULOUS NOVEMBER PLANS

by #SheWorks

"What you do is what matters, not what you think or say or plan"

Rework book

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MY FABULOUS DECEMBER PLANS

by #SheWorks

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

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