

curated by #SheWorks

365

days

of

self

love

2021 PLANNER



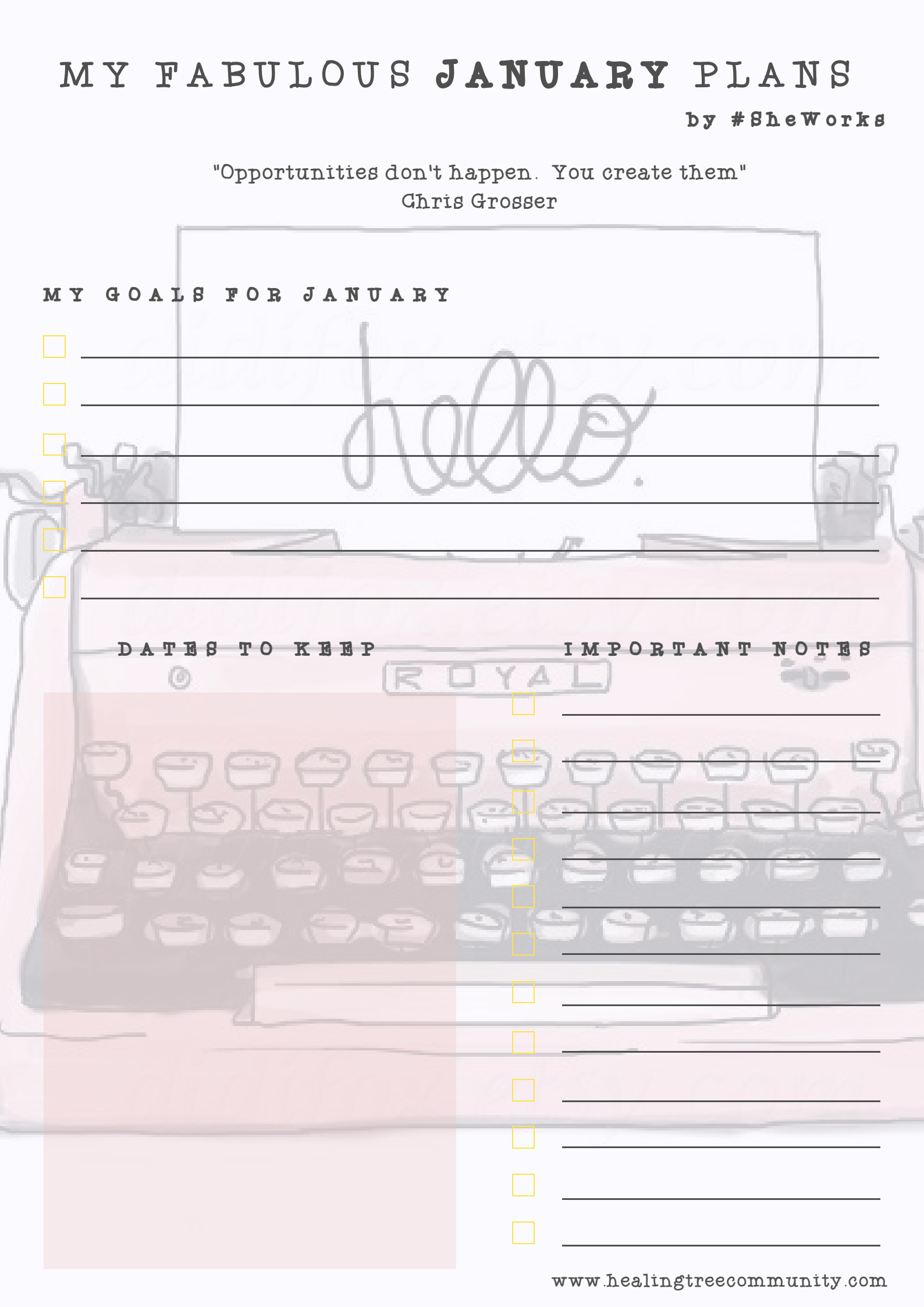
# MY FABULOUS JANUARY PLANS

by #SheWorks

"Opportunities don't happen. You create them"

Chris Grosser

## MY GOALS FOR JANUARY



☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

## DATES TO KEEP

## IMPORTANT NOTES

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

# New year's resolutions

2021

---

---

---

---

---

---

---

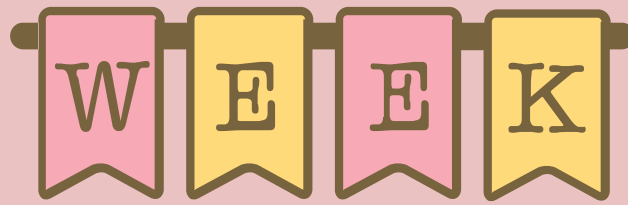
---

---

---

---

---



# Agenda

**monday**

**friday**

**tuesday**

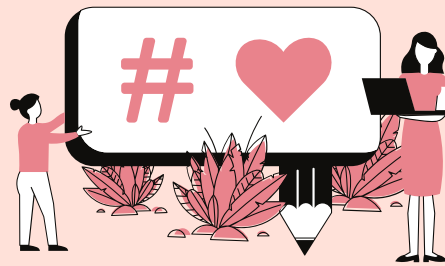
**saturday**

**wednesday**

**sunday**

**thursday**

# My Day



I am grateful for

Today's mantra is...

Today's Top Priorities



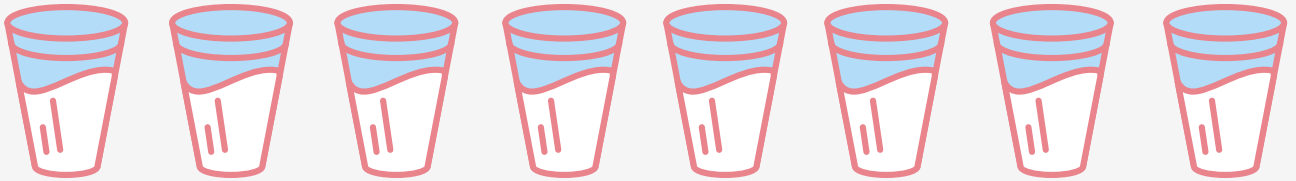
My to-do list



# 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

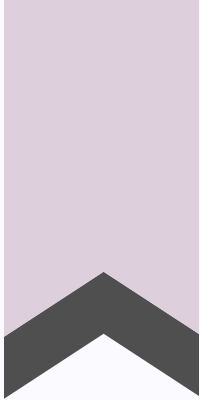
Did you take  
care of your  
relationships  
today?

FRI

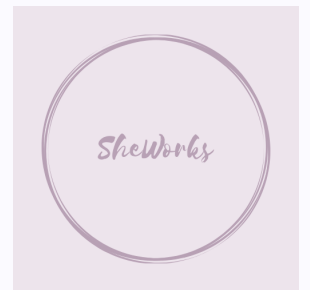
Did you  
schedule some  
time-off-work  
today?

SAT/SUN

Did you  
arrange some  
time outdoors?



# Monthly Assessment



What did I achieve this month?

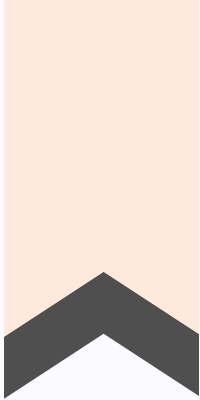
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

☐ How can I make  
next month  
better?

Bedtime  
Thoughts

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_





# Weekly Assessment



What did I achieve this week?

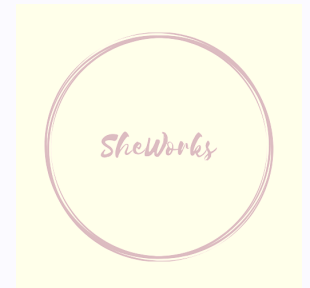
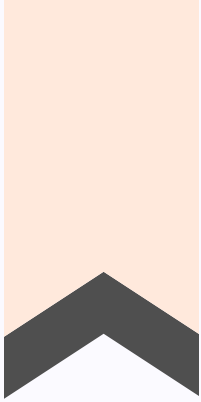
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

My top 5  
achievements

What I wish I  
had done but  
didn't

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____





## Things I'm grateful for

☐

☐

☐

☐

☐

Time I spent

away from

screens and

closer to people

What I need to  
work on

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

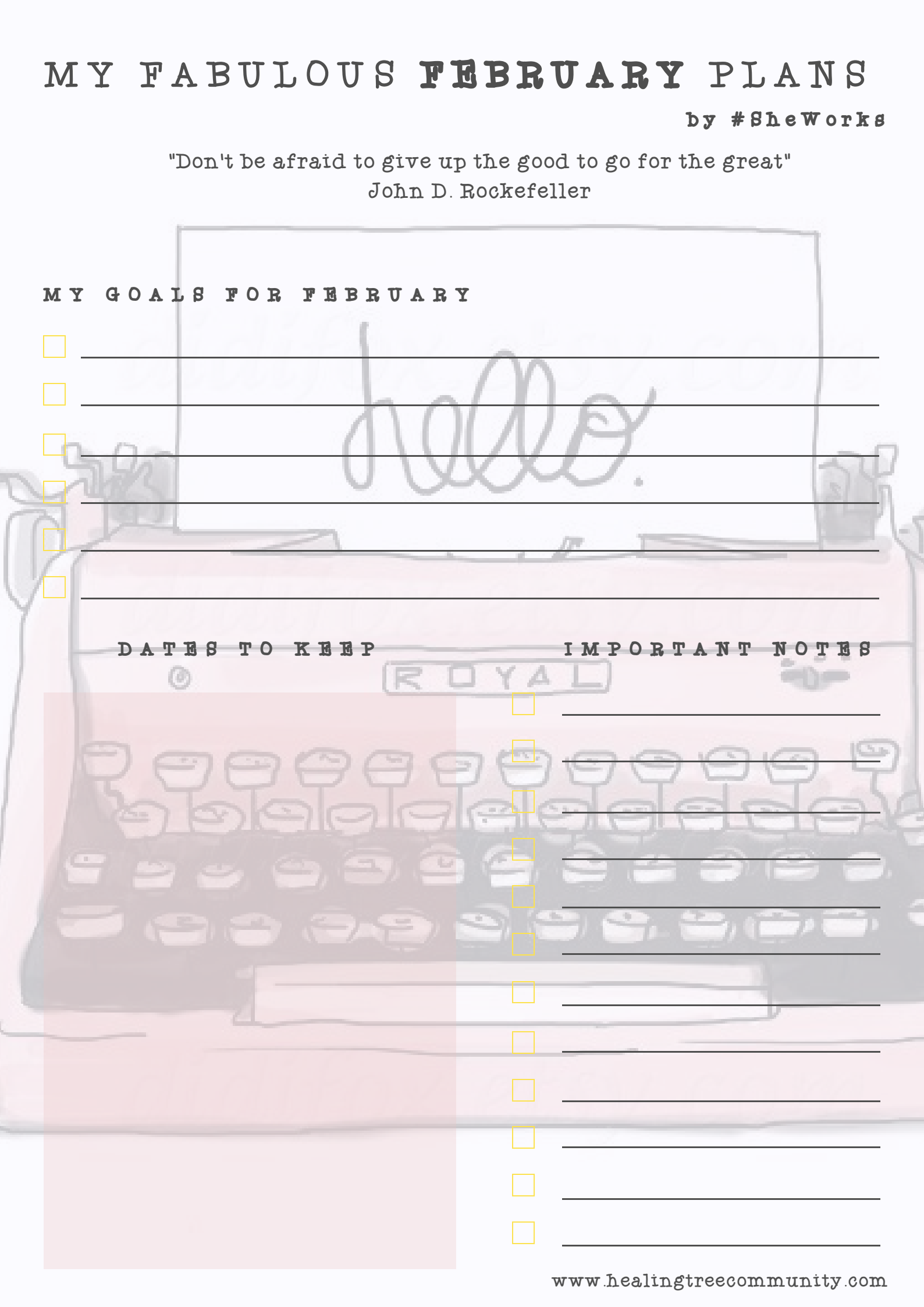


# MY FABULOUS FEBRUARY PLANS

by #SheWorks

"Don't be afraid to give up the good to go for the great"  
John D. Rockefeller

## MY GOALS FOR FEBRUARY



<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## DATES TO KEEP

## IMPORTANT NOTES

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



# MY FABULOUS MARCH PLANS

by #SheWorks

"The pessimist sees difficulty in every opportunity.  
The optimist sees opportunity in every difficulty"  
Winston Churchill

## MY GOALS FOR MARCH

☐  
☐  
☐  
☐  
☐  
☐

hello.

---

---

---

---

---

---

## DATES TO KEEP

## IMPORTANT NOTES

☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐

---

---

---

---

---

---

---

---

---

---

---

---



# 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

## MY GOALS FOR APRIL

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

## DATES TO KEEP

## IMPORTANT NOTES

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

# 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"

Conrad Hilton

## MY GOALS FOR MAY

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

## DATES TO KEEP

## IMPORTANT NOTES

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_



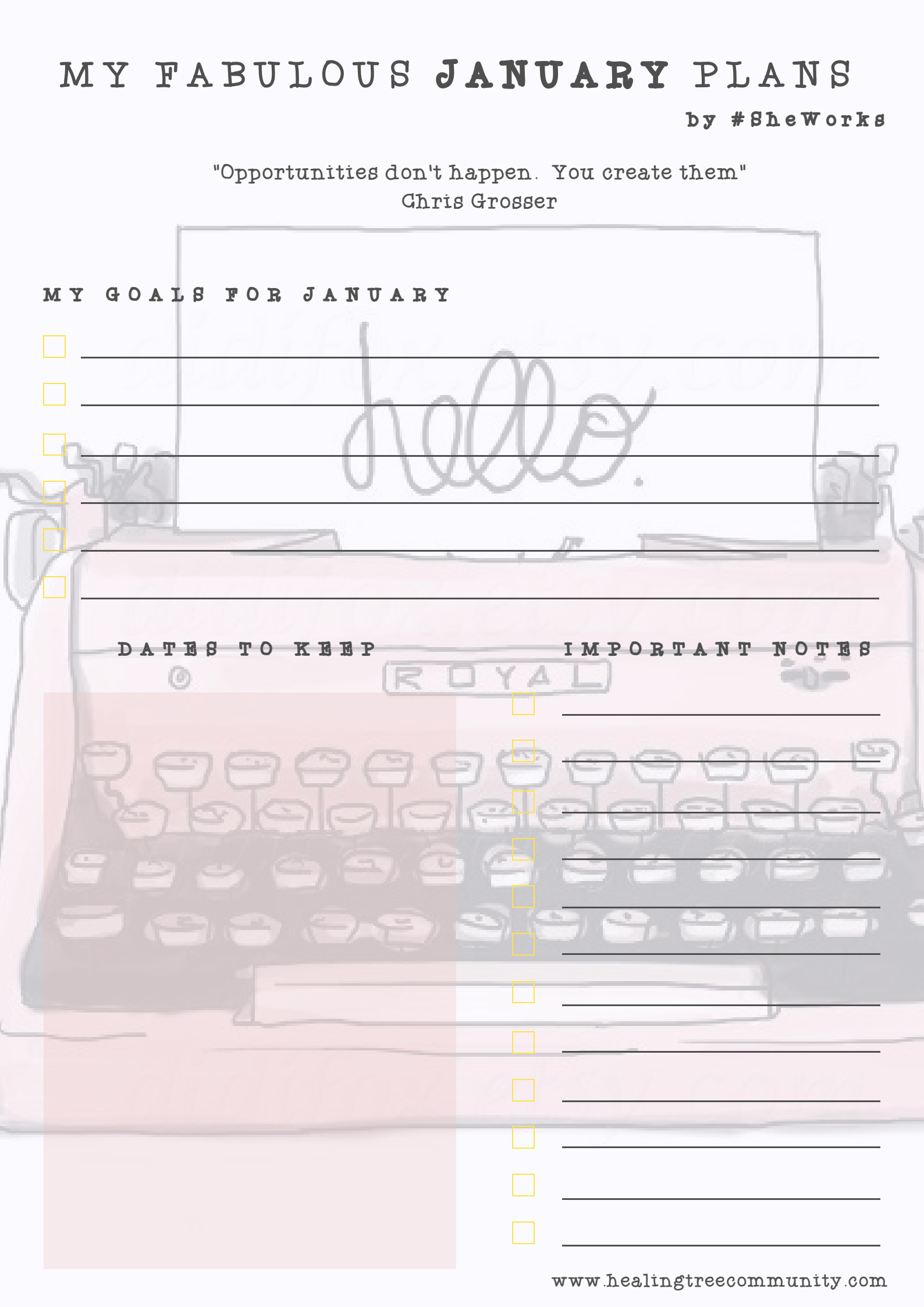
# MY FABULOUS JUNE PLANS

by #SheWorks

"Keep your heels, head, and standards high"

Coco Chanel

## MY GOALS FOR JUNE



<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## DATES TO KEEP

## IMPORTANT NOTES

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

# MY FABULOUS JULY PLANS

by #SheWorks

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

## MY GOALS FOR JULY

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

## DATES TO KEEP

## IMPORTANT NOTES

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---



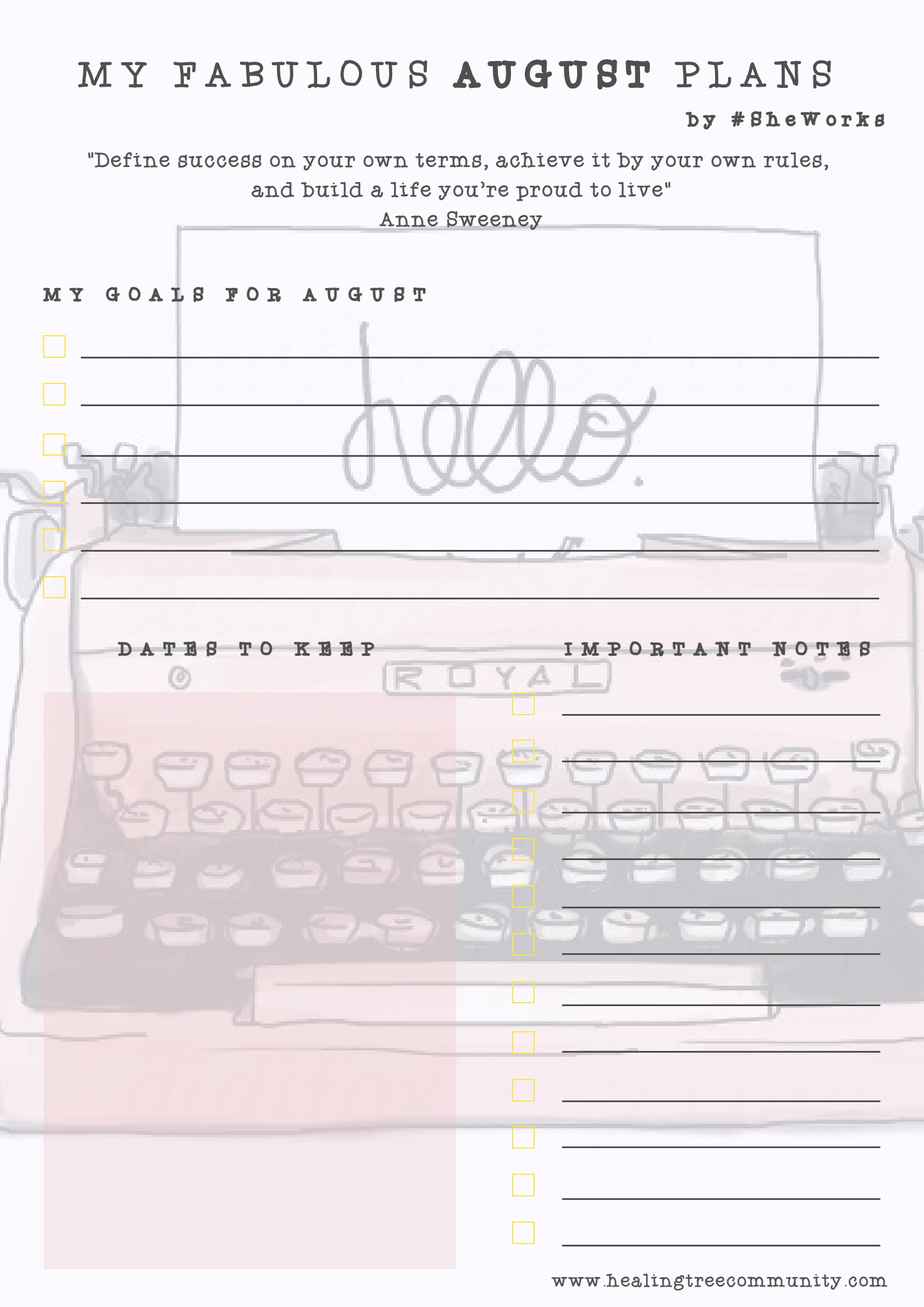
# MY FABULOUS AUGUST PLANS

by #SheWorks

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

Anne Sweeney

## MY GOALS FOR AUGUST



<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## DATES TO KEEP

## IMPORTANT NOTES

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

# MY FABULOUS SEPTEMBER PLANS

by #SheWorks

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

Rumi

## MY GOALS FOR SEPTEMBER

☐  
☐  
☐  
☐  
☐  
☐

hello.

---

---

---

---

---

---

## DATES TO KEEP

## IMPORTANT NOTES

☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐

---

---

---

---

---

---

---

---

---

---

---

---



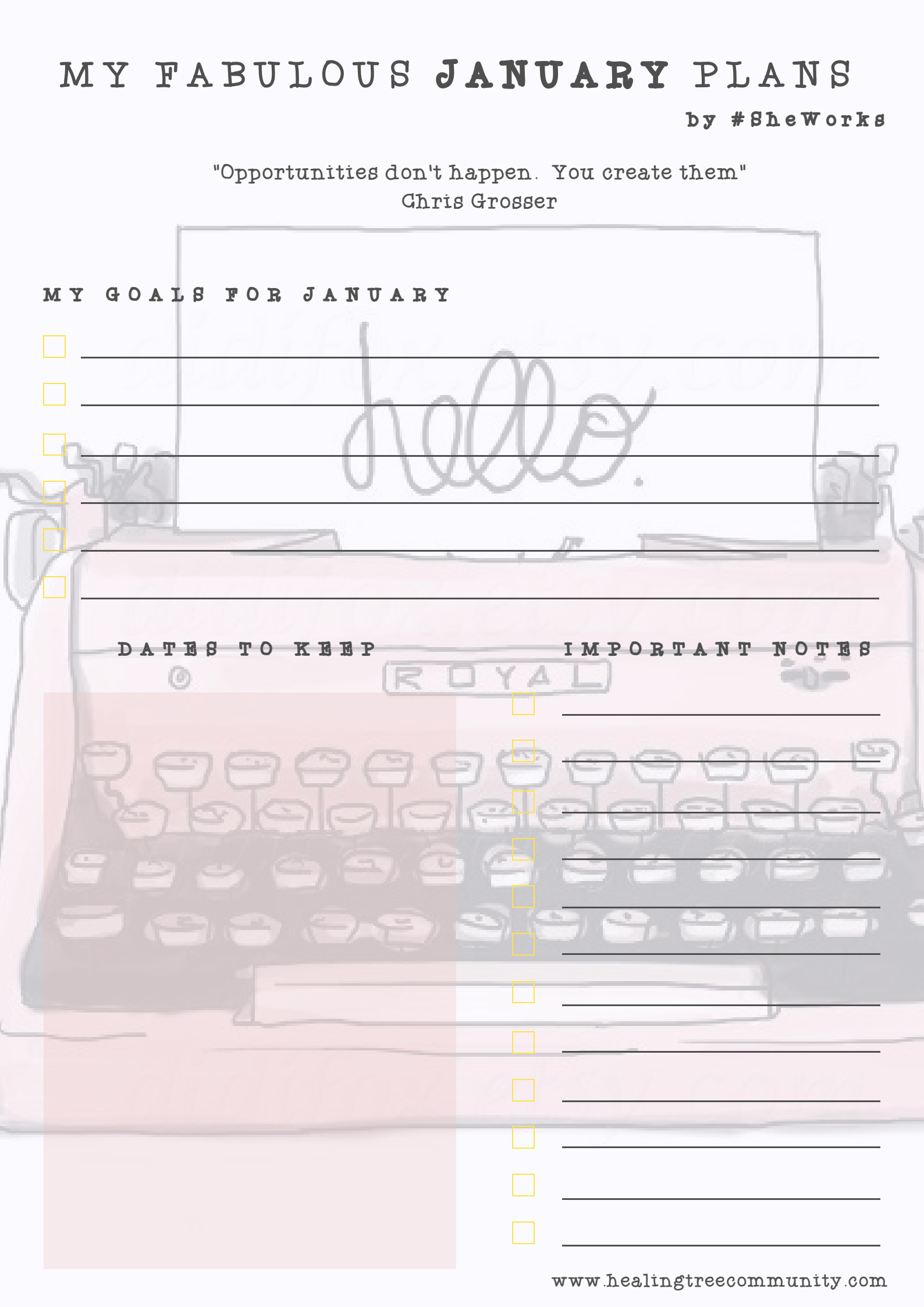
# MY FABULOUS OCTOBER PLANS

by #SheWorks

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

Caroline Caldwell

## MY GOALS FOR OCTOBER



<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## DATES TO KEEP

## IMPORTANT NOTES

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

# MY FABULOUS NOVEMBER PLANS

by #SheWorks

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

## MY GOALS FOR NOVEMBER

☐  
☐  
☐  
☐  
☐  
☐

hello.

---

---

---

---

---

---

## DATES TO KEEP

## IMPORTANT NOTES

☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐

---

---

---

---

---

---

---

---

---

---

---

---



# MY FABULOUS DECEMBER PLANS

by #SheWorks

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

## MY GOALS FOR DECEMBER

☐  
☐  
☐  
☐  
☐  
☐

hello.

---

---

---

---

---

---

## DATES TO KEEP

## IMPORTANT NOTES

☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐  
☐

---

---

---

---

---

---

---

---

---

---

---

---