

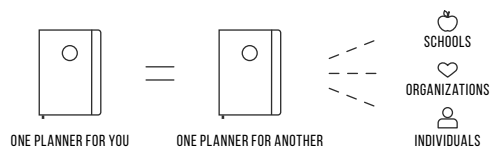


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EMAIL: _____

REWARD: _____

HOW WILL YOU BENEFIT FROM PASSION PLANNER?

CUSTOMIZE IT TO YOUR NEEDS.

whether you are a recent grad who feels a little lost, or a professional looking to balance work, family, and your passions, this planner is structured to be tailored to your needs

STAY POSITIVE.
inspirational quotes and "good things that happened" sections keep you motivated and focused on your progress

FOLLOW YOUR PASSIONS.
short and long-term goal setting activities, weekly to-do lists, and monthly check-ins keep you focused on the bigger picture

CREATE A KEEPSAKE.
high quality materials ensure that you can enjoy your planner, ideas, memories, and reflections for years to come

GET FOCUSED.
weekly and daily focus sections allow you to target and focus on what is most important

MANAGE YOUR TIME.
a daily appointment calendar allows you to visually keep track of how you spend your time

PUT YOURSELF FIRST.
separated and prioritized to-do lists for personal and work tasks because all too often we put our personal needs on the back burner

LOOK AT THE BIG PICTURE.
complete annual and monthly calendars allow you to get a bird's eye view of your year and months so you can plan ahead and stay organized

DECLUTTER.
a physical notebook allows you to empty your thoughts onto paper and declutter your mind, enabling you to visualize your goals and focus more on the present

KEEP IT ALL TOGETHER.
one place to store everything, tasks, appointments, schedules, notes, doodles, journal entries, goals, you name it, we've got a space for it

CHALLENGE YOURSELF.
weekly challenges give you the opportunity to challenge yourself to positively influence your life

A FRESH START

WHAT IS THE BIGGEST GOAL YOU WOULD LIKE TO ACCOMPLISH THIS YEAR?

WHO OR WHAT MOTIVATES YOU MOST?

WRITE SOME WORDS OF ENCOURAGEMENT FOR YOURSELF TO READ DURING HARD TIMES:

END OF THE YEAR REFLECTION

HOW ARE YOU DIFFERENT BETWEEN THIS YEAR AND THE LAST?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST YEAR?

NAME THREE THINGS YOU CAN IMPROVE ON NEXT YEAR. WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

END OF THE YEAR REFLECTION

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST YEAR?

WHAT ADVICE WOULD YOU GIVE YOURSELF AT THE BEGINNING OF THE YEAR?

WHAT WERE THE THREE BIGGEST LESSONS YOU LEARNED THIS PAST YEAR? WHAT IS ONE WAY TO INCORPORATE THESE LESSONS INTO YOUR LIFE?

REVIEW YOUR PLANNER FOR THE PAST YEAR AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE NEXT YEAR TO ADJUST THEM?

WELCOME!

Welcome to Passion Planner — the one place for all your thoughts. Passion Planner is more than just a planner — it is a tool that helps you break down your short and long-term goals and incorporate them into your daily life. It has been designed to encourage you to plan for the future, reflect on the past, but most importantly, act on the present. Think of it as a 24/7 life coach that fits in your backpack — always ready to challenge you to focus on what is most important, accept your thoughts and ideas without judgment, and prompt you to reflect on your everyday life. We hope that it becomes a place where you can unclutter your mind, allowing you to focus on the present moment.

OUR STORY

While being caught in a period of directionless floating, I felt overwhelmed by nostalgia of the past and fear of the future. I realized that enough was enough. I needed to take a step back and define what direction I wanted my life to go in. I took out a piece of paper, asked myself, "What do I want with my life?" I concluded that one of the most important things to me was creating things that helped people.

I thought about the times I felt most fulfilled and productive and I realized that during those moments a trusty sidekick, my planner, is what helped me the most. I searched far and wide for the perfect planner, but with each planner, I felt like something was missing. They were all very practical, but not personal, and I wanted to change that.

I wanted to make a planner that could be the place for all your thoughts by having the structure of an appointment calendar, the potential for creativity of a sketchbook, and the reflection space of a journal. I wanted a planner that not only got people thinking about where they wanted to go, but also help them get there. I wanted to create the planner I wish someone had given me when I was feeling lost, so I decided to make it myself. That's how Passion Planner was born.

HOW THIS PLANNER IS SET UP

Each part of Passion Planner provides enough structure to act as a solid starting point, while still allowing plenty of room for customization. Its layout balances structure and flexibility to allow people from all different lifestyles to incorporate it into their everyday lives. Passion Planner takes lifelong goals and breaks them down into smaller monthly, weekly, and daily steps.

- **Passion Roadmap:** Helps you create a roadmap and step-by-step game plan to reach your goals. Once your roadmap is set up and steps are created, they can be used as checkpoints and deadlines in the monthly and weekly layouts.
- **Monthly Layouts:** Helps you check in with your previous month, define your most important Passion GameChanger, break down your goals into actionable steps, and set deadlines.
- **Weekly Layouts:** Incorporates your goals and passions into the context of your daily responsibilities. Each week has sections for you to write in the week's focus and the day's focus, schedule appointments, list both personal and work tasks by priority, jot down the good things that happened, and a blank space to customize each week to your needs.
- **Reflection Pages:** At the end of each month, there are questions to reflect on the past month and progress you've made.
- **Blank and Grid Pages:** At the very end of the planner, there are extra pages to use as creative space — the possibilities are endless!

ONE LAST THING

Whether you were one of our very first Kickstarter supporters or someone who's holding a Passion Planner for the very first time, we thank you for giving us the privilege to be a part of your life. With time, consistency, and persistence, you will soon understand the potential this planner has to create change and inspire action in your life. If it seems a little overwhelming at first, take it slow and make it a point to use it for a short amount of time every day until you get comfortable. Passion Planner is intended to be a guiding tool, not an obligation; a gift you give yourself.

Wishing you excitement, love, a clear mind, and so much more in this year and beyond.

STAY CONNECTED

Questions? Comments? Email us at support@passionplanner.com



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YOUR PASSION ROADMAP

A STEP-BY-STEP GUIDE TO MAPPING OUT YOUR GOALS

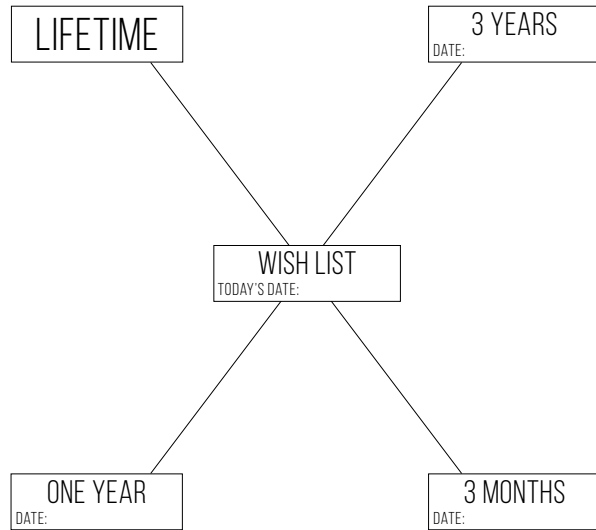
1. MAKE A WISH LIST

Set a timer for five minutes. For the next five minutes, imagine that this piece of paper is magical; whatever you write in it will come true within the designated time frame. Think of it as a wish list describing your ideal life. Ask yourself,

"IF I COULD BE ANYTHING, DO ANYTHING, OR HAVE ANYTHING, WHAT WOULD IT BE?"

Write every single thing that comes to mind and be as specific as possible. Lastly, do not feel the need to be realistic or justify your dreams. Just write.

READY. SET. GO.



2. PRIORITIZE

Time's up! Now set the timer for 1 minute. Go back and for each of the four sections, circle one goal that would have the MOST positive impact on your life.

READY. SET. GO.

These are the four goals that you are going to prioritize. Think of them as the most important destinations in your life right now. Now we are going to create a Passion Plan to map out how to get there. A Passion Plan is a mind map that visually breaks down your goals into steps that are specific, actionable, measurable, and time sensitive.

MONTHLY REFLECTION

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH.
WHAT CONCRETE ACTIONS CAN YOU TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST

- HIGHLIGHT YOUR ACCOMPLISHMENTS:** GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
- REFORM:** CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
- SET CHECKPOINTS:** MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

HOW THIS PLANNER IS SET UP

Imagine you are about to start your first solo trip. Your car is packed up and ready to take on the journey from Los Angeles to New York. You start the engine and you're off! First stop: the Grand Canyon.

About two hours into the trip, you realize you're lost. You fumble around for your map and freak out for a moment realizing you've forgotten it. You shrug it off and keep driving Northeast, the general direction of your destination, telling yourself you will get there eventually.

Before long, you get distracted by another place and never actually make it to the Grand Canyon.

Many of us treat goal setting this way; we dream and think about where we want to go, but don't have a map to help us get there.

Passion Planning is a process that helps you create that map.

It takes your abstract goals, breaks them down into more manageable steps on paper, and gives you a way to integrate those steps into your daily life.



WHY WRITING WORKS

Think of your mind as a juggler and the thoughts that occupy your mind as balls.

The more balls your mind must juggle at one time, the more strain you put on it and the more susceptible you are to becoming overwhelmed and dropping everything. When you write your thoughts, things to-do, goals, anxieties, etc. onto paper, you effectively place that "ball" down.

After putting down all of the balls, you can then pick and choose which one you want to focus on.

Lastly, writing these things down in one place also assures you that no matter when you want to revisit that thought, you will know exactly where it is.



WHY PRIORITIZING WORKS

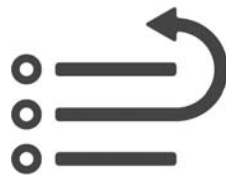
Working off the last metaphor, imagine that each of the balls were assigned a dollar value. One ball is worth \$1000, three are worth \$100, and five are worth \$1.

You are told that if you are able to juggle as many balls in the air for one minute, you will win the assigned value of the balls. The only catch is if any of the balls touch the floor at any given point, you will win nothing. Which balls would you choose to juggle?

Obviously the \$1000 ball, and if you're a seasoned juggler, maybe a couple of the \$100 ones. But why not play it safe and just hold the most valued \$1000 ball for one minute? The smartest strategy seems pretty obvious, but most people do exactly the opposite when it comes to their tasks and priorities. They pick up all of the balls, toss them up in the air, and scramble to keep them from dropping, splitting their attention by treating the important and trivial tasks as equals.

When faced with the decision to complete a task, ask yourself, "Is this action getting me closer to my goals?" If not, have the self-control to choose NOT to do it. Prioritizing takes a little extra thought and effort, but if done right, this extra step will pay dividends.

It may be hard to hone in and focus on what's important, so I've designed this planner to give you a space every week and every day to determine what you should be focusing on during that time period. Each day, ask yourself: "If I could only do one thing today, and still feel like my day was successful, what would it be?" and write it in your "Today's Focus" box. Aim to get your "Today's Focus" task done every day and you will find yourself living a happier and more fulfilling life.



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TODAY'S FOCUS				
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SPACE OF INFINITE POSSIBILITY

WEEK 1
DEC 31 - JAN 6

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

I DON'T WANT TO GET TO THE END OF MY LIFE AND FIND THAT I HAVE LIVED JUST THE LENGTH OF IT. I WANT TO HAVE LIVED THE WIDTH OF IT AS WELL.

- DIANE ACKERMAN -

LIFE IS MORE THAN THE YEARS YOU HAVE LIVED. RELIVE ALL THE MOMENTS THAT BROUGHT YOU JOY BY READING THROUGH ALL THE GOOD THINGS THAT HAPPENED SECTIONS OF YOUR PLANNER.

	MONDAY 31	TUESDAY 1	WEDNESDAY 2
TODAY'S FOCUS			
	NEW YEAR'S EVE	NEW YEAR'S DAY	
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6:30		6:30	6:30
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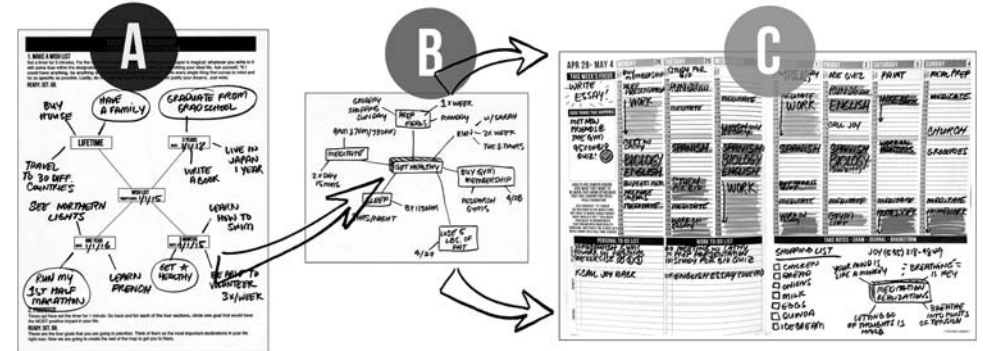
PERSONAL TO-DO LIST

TOP PRIORITY	
PRIORITY	
ERRANDS	

WORK TO-DO LIST

PASSION PLANNING: TYING IT ALL TOGETHER

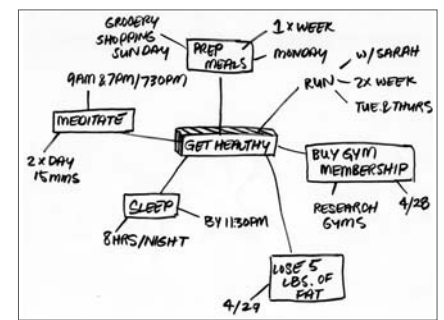
DREAM BIG. BREAK IT DOWN. WORK AT IT.



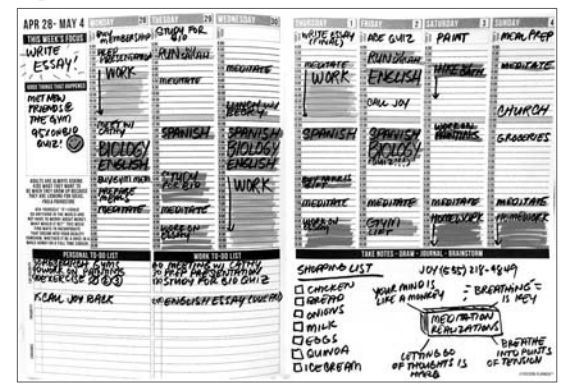
PASSION ROADMAP a one page overview of your short-term and long-term goals
PASSION PLAN a mind map that breaks down any goal into smaller and more manageable steps
WEEKLY LAYOUTS a place to incorporate those steps into your daily agenda

B PASSION PLAN EXAMPLE
HOW DO I CREATE A PASSION PLAN?

- STEP 1: Write down any goal in the middle of the page.
 STEP 2: Write down as many necessary steps you must take or tasks you must complete to get you to your goal.
 STEP 3: Go back to each step and add details to make them more:
 - Specific: With whom, where, when?
 - Actionable: Ask yourself, can you assign this to someone else? If not, what details can you add to make that possible?
 - Measurable: How many, how often, or how much?
 - Time Sensitive: Assign a deadline to each.
 STEP 4: Now write these tasks and the corresponding due dates in your weekly layout. Throughout the year, use these as checkpoints to keep you on track.



C WEEKLY LAYOUT EXAMPLE



- WEEKLY PASSION PREP ROUTINE:**
 Pick one day out of the week (preferably Sunday or Monday) where you set aside 30 minutes to 1 hour preparing for the week ahead.
 STEP 1: Input all of your mandatory appointments in your appointment calendar including classes, work, doctor's appointments, etc.
 STEP 2: List all of the to-do's of the week in order of priority, including steps from your Passion Plan.
 STEP 3: In the box to the left of the task, write how many minutes it should take to complete the task.
 STEP 4: Starting with the highest priority, write the tasks in appropriate time slots into your agenda.
 STEP 5: Fill in each day's focus and decide what the one thing that needs to get done this week is and write it in your "This week's focus" section.
EXTRA CREDIT: To best prepare for the next day's activities, spend 5-10 minutes the night before reviewing what is on tomorrow's agenda, making changes as needed.

2018

JANUARY							FEBRUARY							MARCH							APRIL						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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MAY							JUNE							JULY							AUGUST						
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SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
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U.S. HOLIDAYS & OBSERVATIONS

Jan 01: New Year's Day
 Jan 15: Martin Luther King Jr. Day
 Feb 14: Valentine's Day
 Feb 19: Presidents' Day
 Mar 08: International Women's Day

May 13: Mother's Day
 May 28: Memorial Day
 June 17: Father's Day
 July 04: Independence Day
 Sept 03: Labor Day

Oct 08: Indigenous Peoples' Day
 Oct 31: Halloween
 Nov 11: Veterans Day
 Nov 22: Thanksgiving Day
 Dec 25: Christmas Day

SPACE OF INFINITE POSSIBILITY

THURSDAY 27	FRIDAY 28	SATURDAY 29	SUNDAY 30
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
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SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

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GOOD THINGS THAT HAPPENED

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LITTLE BY LITTLE, ONE TRAVELS FAR.
- SPANISH SAYING -

OF TENTIMES, WE DON'T REALIZE HOW FAR WE'VE COME. GO THROUGH YOUR PASSION PLANNER AND LIST YOUR PROUDEST ACCOMPLISHMENTS FOR EACH MONTH. ASSESS HOW YOUR JOURNEY HAS UNFOLDED AND REFLECT ON HOW MUCH YOU HAVE GROWN.

MONDAY 24	TUESDAY 25	WEDNESDAY 26
TODAY'S FOCUS CHRISTMAS EVE	TODAY'S FOCUS CHRISTMAS DAY	TODAY'S FOCUS
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JANUARY							FEBRUARY							MARCH							APRIL						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6					1	2	3					1	2	3	1	2	3	4	5	6	7	
7	8	9	10	11	12	13	4	5	6	7	8	9	10	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31	25	26	27	28	25	26	27	28	29	30	31	29	30											

MAY							JUNE							JULY							AUGUST						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
			1	2	3	4	5					1	2	1	2	3	4	5	6	7				1	2	3	4
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
27	28	29	30	31	24	25	26	27	28	29	30	29	30	31	26	27	28	29	30	31							

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER									
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S			
						1				1	2	3	4	5	6						1	2	3							1
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8			
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15			
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22			
23	24	25	26	27	28	29	28	29	30	31	25	26	27	28	29	30	23	24	25	26	27	28	29							
30																														

U.S. HOLIDAYS & OBSERVATIONS

- | | | |
|------------------------------------|---------------------------|---------------------------------|
| Jan 01: New Year's Day | May 12: Mother's Day | Oct 14: Indigenous Peoples' Day |
| Jan 21: Martin Luther King Jr. Day | May 27: Memorial Day | Oct 31: Halloween |
| Feb 14: Valentine's Day | June 16: Father's Day | Nov 11: Veterans Day |
| Feb 18: Presidents' Day | July 04: Independence Day | Nov 28: Thanksgiving Day |
| Mar 08: International Women's Day | Sept 02: Labor Day | Dec 25: Christmas Day |

SPACE OF INFINITE POSSIBILITY

	PERSONAL TO-DO LIST	WORK TO-DO LIST	
TOP PRIORITY			
PRIORITY			
ERRANDS			

JANUARY

THIS MONTH'S FOCUS

PERSONAL	
WORK	

PEOPLE TO SEE

--

PLACES TO GO

--

NOT TO-DO LIST

--

MONDAY	TUESDAY	WEDNESDAY
1 NEW YEAR'S DAY	2	3
8	9	10
15 MARTIN LUTHER KING JR. DAY	16	17
22	23	24
29	30	31

PERSONAL PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

WORK PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

PROJECT:

DUE DATES	

PROJECT:

DUE DATES	

THURSDAY 20	FRIDAY 21	SATURDAY 22	SUNDAY 23
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
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SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

--

GOOD THINGS THAT HAPPENED

--

LEARN TO BE QUIET ENOUGH
TO HEAR THE GENUINE
WITHIN YOURSELF SO THAT
YOU CAN HEAR IT IN OTHERS.
- MARIAN WRIGHT EDELMAN -

FOCUS YOUR ATTENTION INTERNALLY.
SIT IN SILENCE, ACKNOWLEDGING
YOUR PASSING THOUGHTS FOR TEN
MINUTES AT THE BEGINNING OF EACH
DAY AND CONTINUE THAT AWARENESS
THROUGHOUT YOUR DAY.

	MONDAY 17	TUESDAY 18	WEDNESDAY 19
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
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PERSONAL TO-DO LIST

TOP PRIORITY		

PRIORITY		

ERRANDS		

WORK TO-DO LIST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
1	2	3	4

BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER

WEEK 1
 JAN 1 - JAN 7

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

LIFE CAN ONLY BE UNDERSTOOD BACKWARDS, BUT IT MUST BE LIVED FORWARDS.
 - SOREN KIERKEGAARD -

START THE YEAR OFF ON A POSITIVE NOTE BY TAKING ONE DECISIVE ACTION TOWARDS YOUR GOALS THIS WEEK. TRUST THAT THE STEPS YOU ARE TAKING WILL LEAD YOU TO EXACTLY WHERE YOU NEED TO BE.

MONDAY 1	TUESDAY 2	WEDNESDAY 3
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
NEW YEAR'S DAY		
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
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8:30	8:30	8:30
9:00	9:00	9:00
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THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
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PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY	
PRIORITY	
ERRANDS	

SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

LIFE IS NOT MEASURED
BY THE NUMBER OF
BREATHS WE TAKE, BUT BY
THE MOMENTS THAT TAKE
OUR BREATH AWAY.

- UNKNOWN -

THINK ABOUT YOUR FIVE MOST
MEMORABLE MOMENTS THIS YEAR. FOR
EACH MOMENT, FIND A MEMENTO TO PUT
INTO YOUR PLANNER.

	MONDAY 10	TUESDAY 11	WEDNESDAY 12
TODAY'S FOCUS			
6:00			
6:30			
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	THURSDAY 4	FRIDAY 5	SATURDAY 6	SUNDAY 7
TODAY'S FOCUS				
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PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY		
PRIORITY		
ERRANDS		

SPACE OF INFINITE POSSIBILITY

WEEK 2
 JAN 8 - JAN 14

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

THE MOST COMMON WAY
 PEOPLE GIVE UP THEIR
 POWER IS BY THINKING THEY
 DON'T HAVE ANY.
 - ALICE WALKER -

REMEMBER THAT THERE ARE ONLY
 THREE THINGS IN LIFE YOU CAN CONTROL:
 WHAT YOU THINK, WHAT YOU SAY,
 AND WHAT YOU DO. THIS WEEK, BE
 HONEST AND FOLLOW THROUGH WITH
 EVERYTHING YOU SAY.

	MONDAY 8	TUESDAY 9	WEDNESDAY 10
TODAY'S FOCUS			
6:00			
6:30			
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	PERSONAL TO-DO LIST
TOP PRIORITY	
PRIORITY	
ERRANDS	

	WORK TO-DO LIST

	THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
TODAY'S FOCUS				
6:00				
6:30				
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7:30				
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SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

WHEN YOU SAY "YES" TO OTHERS, MAKE SURE YOU ARE NOT SAYING "NO" TO YOURSELF.
- PAULO COELHO -

ALL TOO OFTEN, WE PLACE OUR PERSONAL NEEDS ON THE BACK BURNER. THIS WEEK, PRIORITIZE YOUR PERSONAL TO-DO LIST OVER OTHER OBLIGATIONS.

	MONDAY 3	TUESDAY 4	WEDNESDAY 5
TODAY'S FOCUS			
6:00			
6:30			
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	PERSONAL TO-DO LIST
TOP PRIORITY	
PRIORITY	
ERRANDS	

	WORK TO-DO LIST

	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
TODAY'S FOCUS				
6:00				
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SPACE OF INFINITE POSSIBILITY

DECEMBER

THIS MONTH'S FOCUS

PERSONAL	
WORK	

PEOPLE TO SEE

PLACES TO GO

NOT TO-DO LIST

	MONDAY	TUESDAY	WEDNESDAY
	26	27	28
	3	4	5
	10	11	12
	17	18	19
	24	25	26
	CHRISTMAS EVE	CHRISTMAS DAY	
	31	1	2
	NEW YEAR'S EVE		

PERSONAL PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

WORK PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

PROJECT:

DUE DATES	

PROJECT:

DUE DATES	

	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21
TODAY'S FOCUS				
6:00	6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30	6:30
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SPACE OF INFINITE POSSIBILITY

WEEK 4
 JAN 22 - JAN 28

THIS WEEK'S FOCUS

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GOOD THINGS THAT HAPPENED

--

THE KEY IS TO KEEP COMPANY ONLY WITH PEOPLE WHO UPLIFT YOU, WHOSE PRESENCE CALLS FORTH YOUR BEST.

- EPICTETUS -

WRITE DOWN THE FIVE PEOPLE YOU SPEND THE MOST TIME WITH AND THINK ABOUT THE QUALITIES YOU SHARE WITH THEM, GOOD OR BAD. SPEND MORE TIME WITH PEOPLE WHO LIFT YOU UP AND DISTANCE YOURSELF FROM THOSE WHO BRING YOU DOWN.

	MONDAY 22	TUESDAY 23	WEDNESDAY 24
TODAY'S FOCUS			
6:00			
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	PERSONAL TO-DO LIST	WORK TO-DO LIST
TOP PRIORITY		
PRIORITY		
ERRANDS		

MONTHLY REFLECTION

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

--

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

--

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT CONCRETE ACTIONS CAN YOU TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

--

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

--

END OF THE MONTH CHECKLIST

- HIGHLIGHT YOUR ACCOMPLISHMENTS:** GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
- REFORM:** CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
- SET CHECKPOINTS:** MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

HOW WONDERFUL IT IS
 THAT NOBODY NEED WAIT
 A SINGLE MOMENT BEFORE
 STARTING TO IMPROVE
 THE WORLD.
 - ANNE FRANK -

CHANGE STARTS FROM WITHIN. THIS
 WEEK, FOCUS ON ONE THING YOU WANT
 TO IMPROVE ABOUT YOURSELF AND DO
 SOMETHING EVERY DAY THAT HELPS YOU
 WORK TOWARDS THAT GOAL.

MONDAY 29	TUESDAY 30	WEDNESDAY 31
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
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PERSONAL TO-DO LIST	
TOP PRIORITY	
PRIORITY	
ERRANDS	

WORK TO-DO LIST	

THURSDAY 29	FRIDAY 30	SATURDAY 1	SUNDAY 2
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00	6:00
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7:00	7:00	7:00	7:00
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SPACE OF INFINITE POSSIBILITY

FEBRUARY

THIS MONTH'S FOCUS

PERSONAL	
WORK	

PEOPLE TO SEE

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PLACES TO GO

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NOT TO-DO LIST

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	MONDAY	TUESDAY	WEDNESDAY
	29	30	31
	5	6	7
	12	13	14 VALENTINE'S DAY
	19 PRESIDENTS' DAY	20	21
	26	27	28

PERSONAL PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

WORK PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

PROJECT:

DUE DATES	

PROJECT:

DUE DATES	

	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
TODAY'S FOCUS				
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SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

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GOOD THINGS THAT HAPPENED

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WHAT YOU DO MAKES A DIFFERENCE, AND YOU HAVE TO DECIDE WHAT KIND OF DIFFERENCE YOU WANT TO MAKE.
 - JANE GOODALL -

CREATE A VENN DIAGRAM OF WHAT YOU LOVE TO DO, WHAT YOU'RE GOOD AT, AND WHAT THE WORLD NEEDS. DEFINE WHAT FITS INTO ALL THREE CATEGORIES AND SET THAT AS A FUTURE GOAL.

	MONDAY 12	TUESDAY 13	WEDNESDAY 14
TODAY'S FOCUS			
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PERSONAL TO-DO LIST

TOP PRIORITY		

PRIORITY		

ERRANDS		

WORK TO-DO LIST

TOP PRIORITY		

PRIORITY		

ERRANDS		

THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
1	2	3	4

BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER

WEEK 6
FEB 5 - FEB 11

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

DONE IS BETTER THAN PERFECT.
- SHERYL SANDBERG -

THIS WEEK, FINISH A PROJECT YOU'VE BEEN WORKING ON. INSTEAD OF TRYING TO COMPLETE IT PERFECTLY THE FIRST TIME AROUND, COMPLETE IT TO THE BEST OF YOUR ABILITY AND THEN THINK ABOUT HOW IT CAN BE IMPROVED. IT IS BETTER TO HAVE AN IMPERFECT COMPLETE PROJECT THAN AN INCOMPLETE PROJECT.

MONDAY	5	TUESDAY	6	WEDNESDAY	7
TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS	
6:00		6:00		6:00	
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THURSDAY	8	FRIDAY	9	SATURDAY	10	SUNDAY	11
TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS	VETERANS DAY
6:00		6:00		6:00		6:00	
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7:00		7:00		7:00		7:00	
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PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY	
PRIORITY	
ERRANDS	

SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

I HAVE STOOD ON A MOUNTAIN OF NO'S FOR ONE YES.

- BARBARA SMITH -

FOR EVERY SETBACK YOU'VE HAD, REFLECT ON WHAT YOU'VE LEARNED. TRUST THAT YOUR 'YES' WILL COME AND YOUR 'NO'S' WILL HAVE HELPED YOU GET THERE.

	MONDAY 5	TUESDAY 6	WEDNESDAY 7
TODAY'S FOCUS			
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PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY	
PRIORITY	
ERRANDS	

	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
TODAY'S FOCUS				
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SPACE OF INFINITE POSSIBILITY

WEEK 7
FEB 12 - FEB 18

THIS WEEK'S FOCUS

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GOOD THINGS THAT HAPPENED

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WHEN SOMEONE SHOWS YOU WHO THEY ARE, BELIEVE THEM THE FIRST TIME.
- MAYA ANGELOU -

CHALLENGE YOURSELF TO BE OPEN AND ACCEPTING TO EVERYONE YOU MEET THIS WEEK. STRANGERS ARE ONLY FRIENDS YOU HAVEN'T MET YET.

MONDAY 12	TUESDAY 13	WEDNESDAY 14	
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	VALENTINE'S DAY
6:00	6:00	6:00	
6:30	6:30	6:30	
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PERSONAL TO-DO LIST

TOP PRIORITY		

PRIORITY		

ERRANDS		

WORK TO-DO LIST

TOP PRIORITY		

PRIORITY		

ERRANDS		

THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4
8	9	10	11 <small>DAYLIGHT SAVING ENDS</small>
15	16	17	18 <small>VETERANS DAY</small>
22	23 <small>THANKSGIVING DAY</small>	24	25
29	30	1	2

BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER

NOVEMBER

THIS MONTH'S FOCUS

PERSONAL	
WORK	

PEOPLE TO SEE

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PLACES TO GO

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NOT TO-DO LIST

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	MONDAY	TUESDAY	WEDNESDAY
29			
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PERSONAL PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

WORK PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

PROJECT:

DUE DATES	

PROJECT:

DUE DATES	

THURSDAY	15	FRIDAY	16	SATURDAY	17	SUNDAY	18
TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS	
6:00		6:00		6:00		6:00	
6:30		6:30		6:30		6:30	
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SPACE OF INFINITE POSSIBILITY

WEEK 9
FEB 26 - MAR 4

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

YOU GROW UP THE DAY
YOU HAVE YOUR FIRST REAL
LAUGH AT YOURSELF.
- ETHEL BARRYMORE -

RECALL A SITUATION THAT HAS
EMBARRASSED YOU IN THE PAST. FIND
THE HUMOR IN IT AND CHALLENGE
YOURSELF TO SHARE THE STORY
WITH A FRIEND.

	MONDAY 26	TUESDAY 27	WEDNESDAY 28
TODAY'S FOCUS			
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PERSONAL TO-DO LIST

WORK TO-DO LIST

	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
TODAY'S FOCUS				DAYLIGHT SAVING ENDS
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SPACE OF INFINITE POSSIBILITY

TOP PRIORITY

PRIORITY

ERRANDS

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

OPTIMISM IS THE FAITH THAT
LEADS TO ACHIEVEMENT.
- HELEN KELLER -

WRITE DOWN ONE POSITIVE
AFFIRMATION DOWN AND REPEAT IT TO
YOURSELF EVERY DAY THIS WEEK.

MONDAY 29	TUESDAY 30	WEDNESDAY 31
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS HALLOWEEN
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
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	PERSONAL TO-DO LIST	WORK TO-DO LIST
TOP PRIORITY		
PRIORITY		
ERRANDS		

THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
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4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

--

GOOD THINGS THAT HAPPENED

--

ALWAYS BE A
FIRST-RATE VERSION OF
YOURSELF, INSTEAD OF A
SECOND-RATE VERSION OF
SOMEBODY ELSE.
- JUDY GARLAND -

THIS WEEK, GO ON AN ADVENTURE BY
YOURSELF. MAKE ALL THE DECISIONS
WITHOUT ANY EXTERNAL HELP AND
PRACTICE DOING WHAT YOU, AND ONLY
YOU, WANT TO DO.

	MONDAY 22	TUESDAY 23	WEDNESDAY 24
TODAY'S FOCUS			
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
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8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

	PERSONAL TO-DO LIST	WORK TO-DO LIST
TOP PRIORITY		
PRIORITY		
ERRANDS		

MONTHLY REFLECTION

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

--

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

--

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH.
WHAT CONCRETE ACTIONS CAN YOU TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

--

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST

- HIGHLIGHT YOUR ACCOMPLISHMENTS:** GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
- REFORM:** CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
- SET CHECKPOINTS:** MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

MARCH

THIS MONTH'S FOCUS

PERSONAL	
WORK	

PEOPLE TO SEE

--

PLACES TO GO

--

NOT TO-DO LIST

--

	MONDAY	TUESDAY	WEDNESDAY
	26	27	28
	5	6	7
	12	13	14
	19	20	21
	26	27	28

PERSONAL PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

WORK PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

PROJECT:

DUE DATES	

PROJECT:

DUE DATES	

	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21
TODAY'S FOCUS				
6:00	6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

WEEK 42
OCT 15 - OCT 21

THIS WEEK'S FOCUS

--

GOOD THINGS THAT HAPPENED

--

YOU CAN'T WRITE A SCRIPT IN YOUR MIND AND THEN FORCE YOURSELF TO FOLLOW IT. YOU HAVE TO LET YOURSELF BE.
- CHIMAMANDA NGOZI ADICHIE -

TAKE THE TIME TO DEFINE WHAT YOU TRULY WANT, RATHER THAN WHAT OTHERS EXPECT OF YOU. REASSESS YOUR GOALS FROM YOUR PASSION ROADMAP AND ADJUST THEM ACCORDINGLY. AS YOU CHANGE, YOUR GOALS WILL TOO.

MONDAY 15	TUESDAY 16	WEDNESDAY 17
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
10:30	10:30	10:30
11:00	11:00	11:00
11:30	11:30	11:30
12:00	12:00	12:00
12:30	12:30	12:30
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1:30	1:30	1:30
2:00	2:00	2:00
2:30	2:30	2:30
3:00	3:00	3:00
3:30	3:30	3:30
4:00	4:00	4:00
4:30	4:30	4:30
5:00	5:00	5:00
5:30	5:30	5:30
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
10:30	10:30	10:30

PERSONAL TO-DO LIST

TOP PRIORITY		

PRIORITY		

ERRANDS		

WORK TO-DO LIST

TOP PRIORITY		

PRIORITY		

ERRANDS		

THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4
8	9	10	11
INTERNATIONAL WOMEN'S DAY			DAYLIGHT SAVING BEGINS
15	16	17	18
		ST. PATRICK'S DAY	
22	23	24	25
29	30	31	1

BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER

WEEK 10
MAR 5 - MAR 11

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

SINCE WE LIVE IN THIS
WORLD, WE HAVE TO DO OUR
BEST FOR THIS WORLD.
- AUNG SAN SUU KYI -

CHALLENGE YOURSELF TO BE MORE
ENVIRONMENTALLY CONSCIOUS THIS
WEEK. CARPOOL WITH A FRIEND. RIDE
YOUR BIKE TO SCHOOL/WORK. OR USE
REUSABLE GROCERY BAGS. DO YOUR
PART IN KEEPING OUR PLANET CLEAN.

	MONDAY 5	TUESDAY 6	WEDNESDAY 7
TODAY'S FOCUS			
6:00		6:00	6:00
6:30		6:30	6:30
7:00		7:00	7:00
7:30		7:30	7:30
8:00		8:00	8:00
8:30		8:30	8:30
9:00		9:00	9:00
9:30		9:30	9:30
10:00		10:00	10:00
10:30		10:30	10:30
11:00		11:00	11:00
11:30		11:30	11:30
12:00		12:00	12:00
12:30		12:30	12:30
1:00		1:00	1:00
1:30		1:30	1:30
2:00		2:00	2:00
2:30		2:30	2:30
3:00		3:00	3:00
3:30		3:30	3:30
4:00		4:00	4:00
4:30		4:30	4:30
5:00		5:00	5:00
5:30		5:30	5:30
6:00		6:00	6:00
6:30		6:30	6:30
7:00		7:00	7:00
7:30		7:30	7:30
8:00		8:00	8:00
8:30		8:30	8:30
9:00		9:00	9:00
9:30		9:30	9:30
10:00		10:00	10:00
10:30		10:30	10:30

PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY		
PRIORITY		
ERRANDS		

	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
TODAY'S FOCUS				
6:00		6:00	6:00	6:00
6:30		6:30	6:30	6:30
7:00		7:00	7:00	7:00
7:30		7:30	7:30	7:30
8:00		8:00	8:00	8:00
8:30		8:30	8:30	8:30
9:00		9:00	9:00	9:00
9:30		9:30	9:30	9:30
10:00		10:00	10:00	10:00
10:30		10:30	10:30	10:30
11:00		11:00	11:00	11:00
11:30		11:30	11:30	11:30
12:00		12:00	12:00	12:00
12:30		12:30	12:30	12:30
1:00		1:00	1:00	1:00
1:30		1:30	1:30	1:30
2:00		2:00	2:00	2:00
2:30		2:30	2:30	2:30
3:00		3:00	3:00	3:00
3:30		3:30	3:30	3:30
4:00		4:00	4:00	4:00
4:30		4:30	4:30	4:30
5:00		5:00	5:00	5:00
5:30		5:30	5:30	5:30
6:00		6:00	6:00	6:00
6:30		6:30	6:30	6:30
7:00		7:00	7:00	7:00
7:30		7:30	7:30	7:30
8:00		8:00	8:00	8:00
8:30		8:30	8:30	8:30
9:00		9:00	9:00	9:00
9:30		9:30	9:30	9:30
10:00		10:00	10:00	10:00
10:30		10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

WEEK 11
 MAR 12 - MAR 18

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

I NOT ONLY USE ALL THE
 BRAINS THAT I HAVE, BUT
 ALL THAT I CAN BORROW.
 - WOODROW WILSON -

FOCUS ON WORKING SMARTER, NOT
 HARDER. ASK ONE PERSON FOR ADVICE
 ON HOW THEY'VE BEEN ABLE TO ACHIEVE
 A SIMILAR GOAL. PUT THEIR ADVICE
 INTO ACTION.

MONDAY 12	TUESDAY 13	WEDNESDAY 14
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
10:30	10:30	10:30
11:00	11:00	11:00
11:30	11:30	11:30
12:00	12:00	12:00
12:30	12:30	12:30
1:00	1:00	1:00
1:30	1:30	1:30
2:00	2:00	2:00
2:30	2:30	2:30
3:00	3:00	3:00
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5:00	5:00	5:00
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6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
10:30	10:30	10:30

	PERSONAL TO-DO LIST	WORK TO-DO LIST
TOP PRIORITY		
PRIORITY		
ERRANDS		

THURSDAY 4	FRIDAY 5	SATURDAY 6	SUNDAY 7
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

WEEK 40
OCT 1 - OCT 7

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

THE FOUR AGREEMENTS
 1. BE IMPECCABLE WITH YOUR WORD.
 2. DON'T TAKE ANYTHING PERSONALLY.
 3. DON'T MAKE ASSUMPTIONS.
 4. ALWAYS DO YOUR BEST.
 - DON MIGUEL RUIZ -
 CHOOSE ONE OF THESE FOUR AGREEMENTS TO PRACTICE THIS WEEK. AT THE END OF THE WEEK, REFLECT ON YOUR EXPERIENCE.

	MONDAY 1	TUESDAY 2	WEDNESDAY 3
TODAY'S FOCUS			
6:00		6:00	6:00
6:30		6:30	6:30
7:00		7:00	7:00
7:30		7:30	7:30
8:00		8:00	8:00
8:30		8:30	8:30
9:00		9:00	9:00
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9:00		9:00	9:00
9:30		9:30	9:30
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10:30		10:30	10:30

PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY	
PRIORITY	
ERRANDS	

	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
TODAY'S FOCUS			ST. PATRICK'S DAY	
6:00		6:00	6:00	6:00
6:30		6:30	6:30	6:30
7:00		7:00	7:00	7:00
7:30		7:30	7:30	7:30
8:00		8:00	8:00	8:00
8:30		8:30	8:30	8:30
9:00		9:00	9:00	9:00
9:30		9:30	9:30	9:30
10:00		10:00	10:00	10:00
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11:00		11:00	11:00	11:00
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12:00		12:00	12:00	12:00
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3:30		3:30	3:30	3:30
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4:30		4:30	4:30	4:30
5:00		5:00	5:00	5:00
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10:30		10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

WEEK 12
 MAR 19 - MAR 25

THIS WEEK'S FOCUS

--

GOOD THINGS THAT HAPPENED

--

I THINK SELF-AWARENESS IS PROBABLY THE MOST IMPORTANT THING TOWARD BEING A CHAMPION.
 - BILLIE JEAN KING -

BE AWARE OF THE ENERGY YOU SHARE WITH OTHERS. ASK YOURSELF IF YOU ARE CONTRIBUTING TO THE PROBLEM OR THE SOLUTION. BE A PROBLEM-SOLVER, NOT A PROBLEM-DWELLER.

	MONDAY 19	TUESDAY 20	WEDNESDAY 21
TODAY'S FOCUS			
6:00			
6:30			
7:00			
7:30			
8:00			
8:30			
9:00			
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10:00			
10:30			

PERSONAL TO-DO LIST

TOP PRIORITY	

PRIORITY	

ERRANDS	

WORK TO-DO LIST

TOP PRIORITY	

PRIORITY	

ERRANDS	

THURSDAY	FRIDAY	SATURDAY	SUNDAY
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
1	2	3	4

BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER

OCTOBER

THIS MONTH'S FOCUS

PERSONAL	
WORK	

PEOPLE TO SEE

--

PLACES TO GO

--

NOT TO-DO LIST

--

	MONDAY	TUESDAY	WEDNESDAY
1		2	3
8	INDIGENOUS PEOPLES' DAY	9	10
15		16	17
22		23	24
29		30	31 HALLOWEEN

PERSONAL PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

PROJECT:

DUE DATES	

WORK PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

PROJECT:

DUE DATES	

	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
TODAY'S FOCUS				
6:00	6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00	1:00
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SPACE OF INFINITE POSSIBILITY

WEEK 13
MAR 26 - APR 1

THIS WEEK'S FOCUS

--

GOOD THINGS THAT HAPPENED

--

I'M NOT SAYING I'M GONNA CHANGE THE WORLD, BUT I GUARANTEE THAT I WILL SPARK THE BRAIN THAT WILL CHANGE THE WORLD.
- TUPAC SHAKUR -

ONE OF THE BEST THINGS YOU CAN DO IS TO ENCOURAGE OTHERS TO CREATE POSITIVE CHANGE. VOLUNTEER AT A LOCAL NONPROFIT AND INVITE YOUR FRIENDS AND FAMILY TO JOIN YOU.

	MONDAY 26	TUESDAY 27	WEDNESDAY 28
TODAY'S FOCUS			
6:00			
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PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY		
PRIORITY		
ERRANDS		

TOP PRIORITY		
PRIORITY		
ERRANDS		

MONTHLY REFLECTION

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

--

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

--

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH.
WHAT CONCRETE ACTIONS CAN YOU TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

--

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST

- HIGHLIGHT YOUR ACCOMPLISHMENTS:** GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
- REFORM:** CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
- SET CHECKPOINTS:** MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

THIS WEEK'S FOCUS

--

GOOD THINGS THAT HAPPENED

--

WE NEED TO DO A BETTER JOB OF PUTTING OURSELVES HIGHER ON OUR OWN "TO-DO" LIST.
- MICHELLE OBAMA -

START AND END YOUR DAY WITH AN HOUR OF "ME TIME". USE THAT TIME TO DISCONNECT FROM ALL TECHNOLOGY AND PRACTICE SELF-LOVE AND SELF-CARE.

	MONDAY 24	TUESDAY 25	WEDNESDAY 26
TODAY'S FOCUS			
6:00			
6:30			
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	PERSONAL TO-DO LIST	WORK TO-DO LIST
TOP PRIORITY		
PRIORITY		
ERRANDS		

MONTHLY REFLECTION

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

--

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

--

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT CONCRETE ACTIONS CAN YOU TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

--

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST

- HIGHLIGHT YOUR ACCOMPLISHMENTS:** GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
- REFORM:** CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
- SET CHECKPOINTS:** MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

APRIL

THIS MONTH'S FOCUS

PERSONAL	
WORK	

PEOPLE TO SEE

2	3	4
9	10	11

PLACES TO GO

16	17	18
23	24	25

NOT TO-DO LIST

30	1	2
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PERSONAL PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	
DUE DATES	
DUE DATES	

WORK PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	
DUE DATES	
DUE DATES	

PROJECT:

DUE DATES	
DUE DATES	
DUE DATES	

PROJECT:

DUE DATES	
DUE DATES	
DUE DATES	

THURSDAY	20	FRIDAY	21	SATURDAY	22	SUNDAY	23
TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS	
6:00		6:00		6:00		6:00	
6:30		6:30		6:30		6:30	
7:00		7:00		7:00		7:00	
7:30		7:30		7:30		7:30	
8:00		8:00		8:00		8:00	
8:30		8:30		8:30		8:30	
9:00		9:00		9:00		9:00	
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7:00		7:00		7:00		7:00	
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10:00		10:00		10:00		10:00	
10:30		10:30		10:30		10:30	

SPACE OF INFINITE POSSIBILITY

WEEK 38
SEPT 17 - SEPT 23

THIS WEEK'S FOCUS

--

GOOD THINGS THAT HAPPENED

--

IT DOESN'T HAVE TO BE PERFECT, IT JUST HAS TO START.
- ANGELIA TRINIDAD -

CHALLENGE YOURSELF TO GET THE DAY'S MOST IMPORTANT TASK DONE BEFORE 10AM. USE THAT MOMENTUM TO HELP PUSH YOU THROUGH THE REST OF YOUR TO-DO LIST.

	MONDAY 17	TUESDAY 18	WEDNESDAY 19
TODAY'S FOCUS			
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
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11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
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4:30	4:30	4:30	4:30
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7:00	7:00	7:00	7:00
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10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

PERSONAL TO-DO LIST

WORK TO-DO LIST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29
3	4	5	6

EASTER SUNDAY

EARTH DAY

BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER

WEEK 14
 APR 2 - APR 8

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

COURAGE IS LIKE A MUSCLE.
 WE STRENGTHEN IT BY USE.
 - RUTH GORDON -

KEEP TRACK OF EVERY MOMENT THIS
 WEEK WHERE YOU DID SOMETHING THAT
 TOOK COURAGE. WRITE IT DOWN AND
 HIGHLIGHT IT IN YOUR PASSION PLANNER.

	MONDAY 2	TUESDAY 3	WEDNESDAY 4
TODAY'S FOCUS			
6:00		6:00	6:00
6:30		6:30	6:30
7:00		7:00	7:00
7:30		7:30	7:30
8:00		8:00	8:00
8:30		8:30	8:30
9:00		9:00	9:00
9:30		9:30	9:30
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10:00		10:00	10:00
10:30		10:30	10:30

PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY	
PRIORITY	
ERRANDS	

	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
TODAY'S FOCUS				
6:00		6:00	6:00	6:00
6:30		6:30	6:30	6:30
7:00		7:00	7:00	7:00
7:30		7:30	7:30	7:30
8:00		8:00	8:00	8:00
8:30		8:30	8:30	8:30
9:00		9:00	9:00	9:00
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10:00		10:00	10:00	10:00
10:30		10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

ONE OF THE MOST COURAGEOUS THINGS YOU CAN DO IS IDENTIFY YOURSELF, KNOW WHO YOU ARE, WHAT YOU BELIEVE IN, AND WHERE YOU WANT TO GO.

- SHEILA MURRAY BETHEL -

MAKE A MINDMAP USING "WHO YOU ARE, WHAT YOU BELIEVE IN, AND WHERE YOU WANT TO GO." USE THIS MINDMAP AS MOTIVATION TO GET YOU THROUGH YOUR TO-DO LIST THIS WEEK.

MONDAY	10	TUESDAY	11	WEDNESDAY	12
TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS	
6:00		6:00		6:00	
6:30		6:30		6:30	
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THURSDAY	5	FRIDAY	6	SATURDAY	7	SUNDAY	8
TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS	
6:00		6:00		6:00		6:00	
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10:30		10:30		10:30		10:30	

	PERSONAL TO-DO LIST	WORK TO-DO LIST
TOP PRIORITY		
PRIORITY		
ERRANDS		

SPACE OF INFINITE POSSIBILITY

WEEK 15
APR 9 - APR 15

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

I SAW THAT.
- KARMA -

YOUR ACTIONS RELEASE EITHER
POSITIVE OR NEGATIVE ENERGY INTO THE
UNIVERSE. ENERGY IS NEITHER CREATED
NOR DESTROYED, ONLY TRANSFERRED.
FOCUS ON RADIATING POSITIVE ENERGY
WITH YOUR THOUGHTS AND ACTIONS.

MONDAY 9	TUESDAY 10	WEDNESDAY 11
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
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10:30	10:30	10:30

PERSONAL TO-DO LIST	
TOP PRIORITY	
PRIORITY	
ERRANDS	

WORK TO-DO LIST	

THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
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9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

MAKE THE MOST OF YOURSELF BY FANNING THE TINY, INNER SPARKS OF POSSIBILITY INTO FLAMES OF ACHIEVEMENT.
- GOLDA MEIR -

CHANNEL YOUR STRENGTHS INTO ACTION. LIST THREE OF YOUR STRENGTHS AND UTILIZE THEM TO ACCOMPLISH YOUR GOALS THIS WEEK.

MONDAY 3		TUESDAY 4		WEDNESDAY 5	
TODAY'S FOCUS	LABOR DAY	TODAY'S FOCUS		TODAY'S FOCUS	
6:00		6:00		6:00	
6:30		6:30		6:30	
7:00		7:00		7:00	
7:30		7:30		7:30	
8:00		8:00		8:00	
8:30		8:30		8:30	
9:00		9:00		9:00	
9:30		9:30		9:30	
10:00		10:00		10:00	
10:30		10:30		10:30	
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8:00		8:00		8:00	
8:30		8:30		8:30	
9:00		9:00		9:00	
9:30		9:30		9:30	
10:00		10:00		10:00	
10:30		10:30		10:30	

PERSONAL TO-DO LIST

WORK TO-DO LIST

THURSDAY 12		FRIDAY 13		SATURDAY 14		SUNDAY 15	
TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS	
6:00		6:00		6:00		6:00	
6:30		6:30		6:30		6:30	
7:00		7:00		7:00		7:00	
7:30		7:30		7:30		7:30	
8:00		8:00		8:00		8:00	
8:30		8:30		8:30		8:30	
9:00		9:00		9:00		9:00	
9:30		9:30		9:30		9:30	
10:00		10:00		10:00		10:00	
10:30		10:30		10:30		10:30	
11:00		11:00		11:00		11:00	
11:30		11:30		11:30		11:30	
12:00		12:00		12:00		12:00	
12:30		12:30		12:30		12:30	
1:00		1:00		1:00		1:00	
1:30		1:30		1:30		1:30	
2:00		2:00		2:00		2:00	
2:30		2:30		2:30		2:30	
3:00		3:00		3:00		3:00	
3:30		3:30		3:30		3:30	
4:00		4:00		4:00		4:00	
4:30		4:30		4:30		4:30	
5:00		5:00		5:00		5:00	
5:30		5:30		5:30		5:30	
6:00		6:00		6:00		6:00	
6:30		6:30		6:30		6:30	
7:00		7:00		7:00		7:00	
7:30		7:30		7:30		7:30	
8:00		8:00		8:00		8:00	
8:30		8:30		8:30		8:30	
9:00		9:00		9:00		9:00	
9:30		9:30		9:30		9:30	
10:00		10:00		10:00		10:00	
10:30		10:30		10:30		10:30	

SPACE OF INFINITE POSSIBILITY

TOP PRIORITY

PRIORITY

ERRANDS

WEEK 16
 APR 16 - APR 22

THIS WEEK'S FOCUS

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GOOD THINGS THAT HAPPENED

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NEVER SAY "NO" TO ADVENTURES. ALWAYS SAY "YES", OTHERWISE YOU'LL LEAD A VERY DULL LIFE.
 - IAN FLEMING -

THIS WEEK, CHALLENGE YOURSELF TO SAY "YES" TO FIVE NEW EXPERIENCES. AT THE END OF THE WEEK, REFLECT ON WHAT YOU'VE LEARNED.

MONDAY 16	TUESDAY 17	WEDNESDAY 18
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
10:30	10:30	10:30
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1:30	1:30	1:30
2:00	2:00	2:00
2:30	2:30	2:30
3:00	3:00	3:00
3:30	3:30	3:30
4:00	4:00	4:00
4:30	4:30	4:30
5:00	5:00	5:00
5:30	5:30	5:30
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
10:30	10:30	10:30

PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY		
PRIORITY		
ERRANDS		

THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER

SEPTEMBER

THIS MONTH'S FOCUS

PERSONAL	
WORK	

PEOPLE TO SEE

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PLACES TO GO

--

NOT TO-DO LIST

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	MONDAY	TUESDAY	WEDNESDAY
27			
28			
29			
3		4	5
10	LABOR DAY		
11			
12			
17			
18			
19			
24			
25			
26			

PERSONAL PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

WORK PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

PROJECT:

DUE DATES	

PROJECT:

DUE DATES	

	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22
TODAY'S FOCUS				EARTH DAY
6:00	6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30
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3:30	3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00	4:00
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5:30	5:30	5:30	5:30	5:30
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7:30	7:30	7:30	7:30	7:30
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8:30	8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

WEEK 18
APR 30 - MAY 6

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

THERE ARE TWO WAYS OF SPREADING LIGHT: TO BE THE CANDLE OR THE MIRROR THAT REFLECTS IT.

- EDITH WHARTON -

GIVE FIVE STRANGERS A GENUINE COMPLIMENT THIS WEEK AND SEE HOW IT BRIGHTENS THEIR DAY.

	MONDAY 30	TUESDAY 1	WEDNESDAY 2
TODAY'S FOCUS			
6:00		6:00	6:00
6:30		6:30	6:30
7:00		7:00	7:00
7:30		7:30	7:30
8:00		8:00	8:00
8:30		8:30	8:30
9:00		9:00	9:00
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9:00		9:00	9:00
9:30		9:30	9:30
10:00		10:00	10:00
10:30		10:30	10:30

	PERSONAL TO-DO LIST
TOP PRIORITY	
PRIORITY	
ERRANDS	

	WORK TO-DO LIST

	THURSDAY 30	FRIDAY 31	SATURDAY 1	SUNDAY 2
TODAY'S FOCUS				
6:00		6:00	6:00	6:00
6:30		6:30	6:30	6:30
7:00		7:00	7:00	7:00
7:30		7:30	7:30	7:30
8:00		8:00	8:00	8:00
8:30		8:30	8:30	8:30
9:00		9:00	9:00	9:00
9:30		9:30	9:30	9:30
10:00		10:00	10:00	10:00
10:30		10:30	10:30	10:30
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5:00		5:00	5:00	5:00
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9:30		9:30	9:30	9:30
10:00		10:00	10:00	10:00
10:30		10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

THINGS DON'T HAVE TO CHANGE THE WORLD TO BE IMPORTANT.
- STEVE JOBS -

DO ONE SIMPLE THING THAT BRINGS JOY TO YOUR LIFE EVERY DAY OF THIS WEEK.

	MONDAY 27	TUESDAY 28	WEDNESDAY 29
TODAY'S FOCUS			
6:00		6:00	6:00
6:30		6:30	6:30
7:00		7:00	7:00
7:30		7:30	7:30
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8:00		8:00	8:00
8:30		8:30	8:30
9:00		9:00	9:00
9:30		9:30	9:30
10:00		10:00	10:00
10:30		10:30	10:30

	PERSONAL TO-DO LIST	WORK TO-DO LIST
TOP PRIORITY		
PRIORITY		
ERRANDS		

	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
TODAY'S FOCUS				
6:00		6:00	6:00	6:00
6:30		6:30	6:30	6:30
7:00		7:00	7:00	7:00
7:30		7:30	7:30	7:30
8:00		8:00	8:00	8:00
8:30		8:30	8:30	8:30
9:00		9:00	9:00	9:00
9:30		9:30	9:30	9:30
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10:30		10:30	10:30	10:30
11:00		11:00	11:00	11:00
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12:00		12:00	12:00	12:00
12:30		12:30	12:30	12:30
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5:00		5:00	5:00	5:00
5:30		5:30	5:30	5:30
6:00		6:00	6:00	6:00
6:30		6:30	6:30	6:30
7:00		7:00	7:00	7:00
7:30		7:30	7:30	7:30
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9:30		9:30	9:30	9:30
10:00		10:00	10:00	10:00
10:30		10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

MAY

THIS MONTH'S FOCUS

PERSONAL	
WORK	

PEOPLE TO SEE

--

PLACES TO GO

--

NOT TO-DO LIST

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	MONDAY	TUESDAY	WEDNESDAY
30		1	2
7		8	9
14		15	16
21		22	23
28		29	30
	MEMORIAL DAY		

PERSONAL PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

WORK PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

PROJECT:

DUE DATES	

PROJECT:

DUE DATES	

THURSDAY	16	FRIDAY	17	SATURDAY	18	SUNDAY	19
TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS	
6:00		6:00		6:00		6:00	
6:30		6:30		6:30		6:30	
7:00		7:00		7:00		7:00	
7:30		7:30		7:30		7:30	
8:00		8:00		8:00		8:00	
8:30		8:30		8:30		8:30	
9:00		9:00		9:00		9:00	
9:30		9:30		9:30		9:30	
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12:30		12:30		12:30		12:30	
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1:30		1:30		1:30		1:30	
2:00		2:00		2:00		2:00	
2:30		2:30		2:30		2:30	
3:00		3:00		3:00		3:00	
3:30		3:30		3:30		3:30	
4:00		4:00		4:00		4:00	
4:30		4:30		4:30		4:30	
5:00		5:00		5:00		5:00	
5:30		5:30		5:30		5:30	
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7:00		7:00		7:00		7:00	
7:30		7:30		7:30		7:30	
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10:30		10:30		10:30		10:30	

SPACE OF INFINITE POSSIBILITY

WEEK 19
MAY 7 - MAY 13

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

THERE IS NO SUBSTITUTE FOR HARD WORK. ALWAYS BE HUMBLE AND HUNGRY.
- DWAYNE JOHNSON -

NOT EVERY STEP OF YOUR JOURNEY WILL BE ENJOYABLE. REFLECT ON A PAST CHALLENGE, RECOGNIZE YOUR GROWTH, AND USE THE SKILLS YOU'VE GAINED TO KEEP WORKING TOWARDS ACHIEVING YOUR GOALS.

MONDAY	7	TUESDAY	8	WEDNESDAY	9
TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS	
6:00		6:00		6:00	
6:30		6:30		6:30	
7:00		7:00		7:00	
7:30		7:30		7:30	
8:00		8:00		8:00	
8:30		8:30		8:30	
9:00		9:00		9:00	
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10:30		10:30		10:30	

THURSDAY	9	FRIDAY	10	SATURDAY	11	SUNDAY	12
TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS	
6:00		6:00		6:00		6:00	
6:30		6:30		6:30		6:30	
7:00		7:00		7:00		7:00	
7:30		7:30		7:30		7:30	
8:00		8:00		8:00		8:00	
8:30		8:30		8:30		8:30	
9:00		9:00		9:00		9:00	
9:30		9:30		9:30		9:30	
10:00		10:00		10:00		10:00	
10:30		10:30		10:30		10:30	
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10:30		10:30		10:30		10:30	

PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY		
PRIORITY		
ERRANDS		

SPACE OF INFINITE POSSIBILITY

WEEK 32
AUG 6 - AUG 12

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

I AM A SLOW WALKER, BUT I
NEVER WALK BACK.
- ABRAHAM LINCOLN -

FOCUS ON EACH STEP OF YOUR JOURNEY.
CLEARLY DEFINE YOUR INTENTIONS
AT THE BEGINNING OF EACH DAY
AND WRITE THEM IN YOUR 'TODAY'S
FOCUS' SECTIONS.

MONDAY 6	TUESDAY 7	WEDNESDAY 8
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
10:30	10:30	10:30
11:00	11:00	11:00
11:30	11:30	11:30
12:00	12:00	12:00
12:30	12:30	12:30
1:00	1:00	1:00
1:30	1:30	1:30
2:00	2:00	2:00
2:30	2:30	2:30
3:00	3:00	3:00
3:30	3:30	3:30
4:00	4:00	4:00
4:30	4:30	4:30
5:00	5:00	5:00
5:30	5:30	5:30
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
10:30	10:30	10:30

PERSONAL TO-DO LIST

WORK TO-DO LIST

THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS <small>MOTHER'S DAY</small>
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

TOP PRIORITY

PRIORITY

ERRANDS

WEEK 20
MAY 14 - MAY 20

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

I KNOW FOR SURE THAT
WHAT WE DWELL ON IS
WHO WE BECOME.
- OPRAH WINFREY -

BE CONSCIOUS OF THE WORDS YOU PUT
OUT INTO THE UNIVERSE. THIS WEEK,
REFOCUS YOUR SENTENCES TO REFLECT
POSITIVITY. AVOID WORDS SUCH AS
"CAN'T", "WON'T", AND "SHOULDN'T".
RETRAIN YOUR BRAIN TO LOOK FOR THE
POSITIVE IN EVERYTHING.

MONDAY	14	TUESDAY	15	WEDNESDAY	16
TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS	
6:00		6:00		6:00	
6:30		6:30		6:30	
7:00		7:00		7:00	
7:30		7:30		7:30	
8:00		8:00		8:00	
8:30		8:30		8:30	
9:00		9:00		9:00	
9:30		9:30		9:30	
10:00		10:00		10:00	
10:30		10:30		10:30	
11:00		11:00		11:00	
11:30		11:30		11:30	
12:00		12:00		12:00	
12:30		12:30		12:30	
1:00		1:00		1:00	
1:30		1:30		1:30	
2:00		2:00		2:00	
2:30		2:30		2:30	
3:00		3:00		3:00	
3:30		3:30		3:30	
4:00		4:00		4:00	
4:30		4:30		4:30	
5:00		5:00		5:00	
5:30		5:30		5:30	
6:00		6:00		6:00	
6:30		6:30		6:30	
7:00		7:00		7:00	
7:30		7:30		7:30	
8:00		8:00		8:00	
8:30		8:30		8:30	
9:00		9:00		9:00	
9:30		9:30		9:30	
10:00		10:00		10:00	
10:30		10:30		10:30	

	PERSONAL TO-DO LIST	WORK TO-DO LIST
TOP PRIORITY		
PRIORITY		
ERRANDS		

THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31	1	2

BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER

AUGUST

THIS MONTH'S FOCUS

PERSONAL	
WORK	

PEOPLE TO SEE

--

PLACES TO GO

--

NOT TO-DO LIST

--

	MONDAY	TUESDAY	WEDNESDAY
30			1
6		7	8
13		14	15
20		21	22
27		28	29

PERSONAL PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

WORK PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

PROJECT:

DUE DATES	

PROJECT:

DUE DATES	

	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
TODAY'S FOCUS				
6:00	6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

WEEK 22
MAY 28 - JUNE 3

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

TRY TO LEARN SOMETHING ABOUT EVERYTHING AND EVERYTHING ABOUT SOMETHING.
- THOMAS HUXLEY -

LEARN SOMETHING NEW THIS WEEK. WHETHER IT BE READING A NEW BOOK OR LISTENING TO A PODCAST, FIND INTEREST IN SOMETHING OUTSIDE OF YOUR NORMAL ROUTINE.

MONDAY 28	TUESDAY 29	WEDNESDAY 30
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
MEMORIAL DAY		
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
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8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
10:30	10:30	10:30

THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
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12:30	12:30	12:30	12:30
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2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY	
PRIORITY	
ERRANDS	

SPACE OF INFINITE POSSIBILITY

WEEK 31
JULY 30 - AUG 5

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

WHO QUESTIONS MUCH,
SHALL LEARN MUCH, AND
RETAIN MUCH.
- FRANCIS BACON -

DON'T BE AFRAID TO ASK QUESTIONS,
ESPECIALLY THE DIFFICULT ONES. ASKING
IS ALWAYS BETTER THAN ASSUMING.

MONDAY 30	TUESDAY 31	WEDNESDAY 1
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
10:30	10:30	10:30
11:00	11:00	11:00
11:30	11:30	11:30
12:00	12:00	12:00
12:30	12:30	12:30
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1:30	1:30	1:30
2:00	2:00	2:00
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3:00	3:00	3:00
3:30	3:30	3:30
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5:00	5:00	5:00
5:30	5:30	5:30
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
10:30	10:30	10:30

	PERSONAL TO-DO LIST
TOP PRIORITY	
PRIORITY	
ERRANDS	

	WORK TO-DO LIST

THURSDAY 31	FRIDAY 1	SATURDAY 2	SUNDAY 3
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

--

GOOD THINGS THAT HAPPENED

--

I'VE BEEN ABSOLUTELY TERRIFIED EVERY MOMENT OF MY LIFE AND I'VE NEVER LET IT KEEP ME FROM DOING A SINGLE THING I WANTED TO DO.

- GEORGIA O'KEEFFE -

WHAT IS ONE THING YOU'VE ALWAYS BEEN AFRAID OF DOING? CHANNEL YOUR FEAR INTO MOTIVATION AND GO FOR IT THIS WEEK.

	MONDAY 23	TUESDAY 24	WEDNESDAY 25
TODAY'S FOCUS			
6:00			
6:30			
7:00			
7:30			
8:00			
8:30			
9:00			
9:30			
10:00			
10:30			
11:00			
11:30			
12:00			
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7:00			
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8:00			
8:30			
9:00			
9:30			
10:00			
10:30			

PERSONAL TO-DO LIST

TOP PRIORITY	

PRIORITY	

ERRANDS	

WORK TO-DO LIST

TOP PRIORITY	

PRIORITY	

ERRANDS	

MONTHLY REFLECTION

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

--

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

--

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH.
WHAT CONCRETE ACTIONS CAN YOU TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

--

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST

- HIGHLIGHT YOUR ACCOMPLISHMENTS:** GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
- REFORM:** CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
- SET CHECKPOINTS:** MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.

JUNE

THIS MONTH'S FOCUS

PERSONAL	
WORK	

PEOPLE TO SEE

--

PLACES TO GO

--

NOT TO-DO LIST

--

	MONDAY	TUESDAY	WEDNESDAY
28			
4			
11			
18			
25			

PERSONAL PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

WORK PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

PROJECT:

DUE DATES	

PROJECT:

DUE DATES	

	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22
TODAY'S FOCUS				
6:00	6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30
1:00	1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30	1:30
2:00	2:00	2:00	2:00	2:00
2:30	2:30	2:30	2:30	2:30
3:00	3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30	3:30
4:00	4:00	4:00	4:00	4:00
4:30	4:30	4:30	4:30	4:30
5:00	5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30

SPACE OF INFINITE POSSIBILITY

WEEK 29
 JULY 16 - JULY 22

THIS WEEK'S FOCUS

--

GOOD THINGS THAT HAPPENED

--

LIFE IS REALLY SIMPLE,
 BUT WE INSIST ON MAKING
 IT COMPLICATED.
 - CONFUCIUS -

AVOID MULTI-TASKING. DO ONE THING
 AT A TIME WITHOUT DISTRACTIONS AND
 FOCUS ON BEING 100% PRESENT IN
 THE CURRENT MOMENT.

	MONDAY 16	TUESDAY 17	WEDNESDAY 18
TODAY'S FOCUS			
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
8:30	8:30	8:30	8:30
9:00	9:00	9:00	9:00
9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
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9:30	9:30	9:30	9:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30

PERSONAL TO-DO LIST

WORK TO-DO LIST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3
7	8	9	10
14	15	16	17 FATHER'S DAY
21	22	23	24
28	29	30	1

BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

YOU MAY NOT CONTROL ALL THE EVENTS THAT HAPPEN TO YOU, BUT YOU CAN DECIDE NOT TO BE REDUCED BY THEM.
- MAYA ANGELOU -

EACH TIME YOU ENCOUNTER A NEGATIVE EXPERIENCE THIS WEEK, WRITE DOWN WHAT IT TAUGHT YOU AND HOW YOU ARE GOING TO KEEP MOVING FORWARD.

MONDAY 4	TUESDAY 5	WEDNESDAY 6
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
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THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00	6:00
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7:00	7:00	7:00	7:00
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PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY	
PRIORITY	
ERRANDS	

SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

A FRIEND IS SOMEONE WHO KNOWS ALL ABOUT YOU AND STILL LOVES YOU.

- ELBERT HUBBARD -

THINK ABOUT A FRIEND OR LOVED ONE WHO HAS ALWAYS BEEN BY YOUR SIDE. GO OUT OF YOUR WAY TO LET THEM KNOW HOW MUCH YOU APPRECIATE THEM.

MONDAY 9	TUESDAY 10	WEDNESDAY 11
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30
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PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY	
PRIORITY	
ERRANDS	

THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
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SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

SOMETIMES YOU HAVE TO FIND THE GOOD IN GOODBYE.
- UNKNOWN -

LET GO OF THE NEGATIVITY YOU HAVE TOWARDS SOMEONE BY REFLECTING ON THE LESSONS YOU'VE LEARNED FROM THEM. BELIEVE THAT YOUR EXPERIENCES HAVE MADE YOU STRONGER AND THAT YOUR FUTURE DESERVES TO BE SHAPED BY POSITIVE EXPERIENCES INSTEAD OF BEING WEIGHED DOWN BY NEGATIVE ONES.

MONDAY 2	TUESDAY 3	WEDNESDAY 4
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS INDEPENDENCE DAY
6:00	6:00	6:00
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THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS FATHER'S DAY
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
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PERSONAL TO-DO LIST

WORK TO-DO LIST

TOP PRIORITY	
PRIORITY	
ERRANDS	

SPACE OF INFINITE POSSIBILITY

WEEK 25
JUNE 18 - JUNE 24

THIS WEEK'S FOCUS

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GOOD THINGS THAT HAPPENED

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THE MOST EFFECTIVE WAY TO DO IT, IS TO DO IT.
- AMELIA EARHART -

HIT THE GROUND RUNNING BY PLANNING OUT YOUR NEXT DAY THE NIGHT BEFORE. PRIORITIZE YOUR TASKS AND SCHEDULE THEM IN YOUR WEEKLY AGENDA. CHALLENGE YOURSELF TO STICK TO YOUR SCHEDULE.

	MONDAY 18	TUESDAY 19	WEDNESDAY 20
TODAY'S FOCUS			
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PERSONAL TO-DO LIST

TOP PRIORITY	

PRIORITY	

ERRANDS	

WORK TO-DO LIST

TOP PRIORITY	

PRIORITY	

ERRANDS	

THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29
2	3	4	5

BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER

JULY

THIS MONTH'S FOCUS

PERSONAL	
WORK	

PEOPLE TO SEE

--

PLACES TO GO

--

NOT TO-DO LIST

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	MONDAY	TUESDAY	WEDNESDAY
	25	26	27
	2	3	4 INDEPENDENCE DAY
	9	10	11
	16	17	18
	23	24	25
	30	31	1

PERSONAL PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

WORK PROJECTS

TOP PRIORITY PROJECT:	
DUE DATES	

PROJECT:	
DUE DATES	

PROJECT:	
DUE DATES	

	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24
TODAY'S FOCUS				
6:00	6:00	6:00	6:00	6:00
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7:00	7:00	7:00	7:00	7:00
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SPACE OF INFINITE POSSIBILITY

THIS WEEK'S FOCUS

GOOD THINGS THAT HAPPENED

INSTEAD OF LOOKING AT THE PAST, I PUT MYSELF AHEAD TWENTY YEARS AND TRY TO LOOK AT WHAT I NEED TO DO NOW IN ORDER TO GET THERE THEN.
- DIANA ROSS -

GO BACK AND REVIEW YOUR PASSION ROADMAP. HIGHLIGHT YOUR COMPLETED GOALS AND WRITE IN ANY OTHER MILESTONES YOU HAVE REACHED. NOTICE HOW YOUR GOALS HAVE EVOLVED ALONG THE WAY AND UPDATE THEM AS NECESSARY.

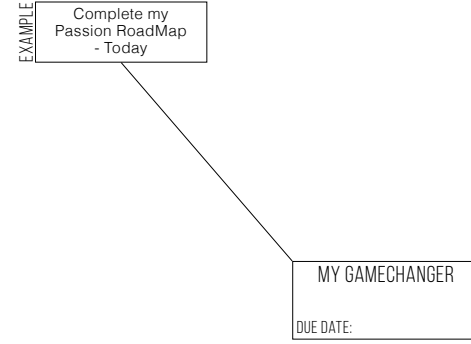
	MONDAY 25	TUESDAY 26	WEDNESDAY 27
TODAY'S FOCUS			
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PERSONAL TO-DO LIST

WORK TO-DO LIST

3. CREATE YOUR PASSION PLAN

Your Passion GameChanger is the goal that would have the most positive impact on your life right now. Write this goal down in the blank box below. If you are unsure of what to write, simply write the goal circled under your three month section. Set your timer for five minutes. Write down as many necessary steps you must take or tasks you must complete to get you to your goal; the more detailed the better. Connect each step to the middle box with a line (see example).



4. ADD SPECIFICS

Assign due dates for each of these tasks by estimating the amount of time needed to complete them. Be specific and be sure to indicate how much, how many, or by when.

5. CREATE A TIMELINE

Look over each task and write the number "1" next to the one that must be completed first. Add a number "2" next to the second task, and so on until all tasks are numbered.

6. MAKE A DATE

Now write these tasks in the corresponding due dates in your weekly layout. Throughout the year, use these as checkpoints to keep you on track.

7. WORK AT IT!

For this goal, strive to do at least one productive thing every day before 10 AM to get you closer to your goal. Consistency is key: if you skip a day, be sure to make up for it the next day.

8. REPEAT

Repeat this process for as many goals as you'd like.

EXTRA CREDIT

Find a follow-up buddy to check in with you and help you stay accountable for your goals. Cross out "Lifetime", "3 Years", "1 Year" and "3 months" and replace them with "5 YEARS", "1 YEAR", "3 MONTHS" and "1 MONTH" respectively. Now challenge yourself to meet those deadlines.

YOUR MID-YEAR PASSION ROADMAP

A STEP-BY-STEP GUIDE TO MAPPING OUT YOUR GOALS

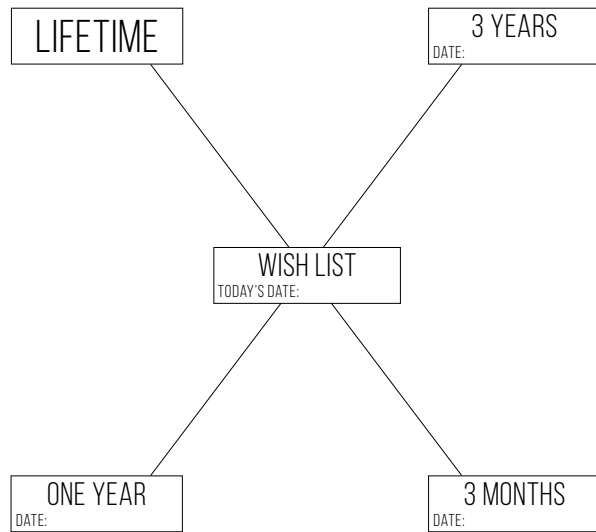
1. MAKE A WISH LIST

Set a timer for five minutes. For the next five minutes, imagine that this piece of paper is magical; whatever you write in it will come true within the designated time frame. Think of it as a wish list describing your ideal life. Ask yourself,

"IF I COULD BE ANYTHING, DO ANYTHING, OR HAVE ANYTHING, WHAT WOULD IT BE?"

Write every single thing that comes to mind and be as specific as possible. Lastly, do not feel the need to be realistic or justify your dreams. Just write.

READY. SET. GO.



2. PRIORITIZE

Time's up! Now set the timer for 1 minute. Go back and for each of the four sections, circle one goal that would have the MOST positive impact on your life.

READY. SET. GO.

These are the four goals that you are going to prioritize. Think of them as the most important destinations in your life right now. Now we are going to create a Passion Plan to map out how to get there. A Passion Plan is a mind map that visually breaks down your goals into steps that are specific, actionable, measurable, and time sensitive.

THURSDAY	28	FRIDAY	29	SATURDAY	30	SUNDAY	1
TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS		TODAY'S FOCUS	
6:00		6:00		6:00		6:00	
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SPACE OF INFINITE POSSIBILITY							

MONTHLY REFLECTION

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE NEXT MONTH TO ADJUST THEM?

MONTHLY REFLECTION

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH. WHAT CONCRETE ACTIONS CAN YOU TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST

- HIGHLIGHT YOUR ACCOMPLISHMENTS:** GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
- REFORM:** CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
- SET CHECKPOINTS:** MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.