

2019

my

My Inspired Year Weekly Planner

in·spired
/in'spī(ə)rd/
adjective

1. of extraordinary quality, as if arising
from some external creative impulse.

myinspiredyear.com

I am inspired by...

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My Inspired Year Weekly Planner

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Visit MyInspiredYear.com to sign up
for a daily message of encouragement.

My Inspired Year Weekly Planner Introduction

To accomplish **great things**, we must not only **act**, but also **dream**; not only **plan**, but also **believe**.

Anatole France

My Inspired Year planner is not just for planning your life. It is also for improving your life. I want to inspire you to have your best year ever. To do that, ways to make your life better are built right into My Inspired Year planner.

There are seven different areas in which you can track your progress, so you can choose the areas you want to work on. Conveniently enough, these spell out the word inspire.

Internal

The first I stands for **Internal**. In this area you can track the goals you set for yourself, and your habits. How to do so is explained in detail in the next section of the planner.

Necessary

The second area of tracking is for what is **Necessary** for the week. In this area you can keep track of what you need to do or accomplish for that particular week. You can use this area to pick your top priorities for the week.

Spiritual

The S stands for **Spiritual** in this area you can track devotional books you're reading, your daily quiet time, prayer concerns, or anything else that just makes you connect to God or to a higher purpose for your life.

This is also where you could track what might be called Soul Care - things that you do to take care of yourself and your emotional well-being.

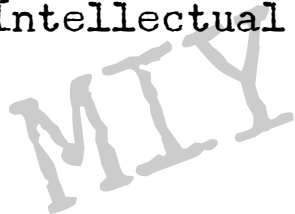
Physical

The P stands for your **Physical** needs. In this area you might track exercise, how much water you drink, if you're eating well, or if you're sleeping well.

If you are watching your weight, you can record your weigh-ins here or in the daily sections on the left side of your planner.

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

Intellectual



The second I is for **Intellectual**. In this box you can track what you're learning. If you are working through a course, reading a book, or watching videos on a certain subject, you can record them here. That way, at the end of the year, you can see all that you have read and all that you have learned, and note your progress.

Recreational

The R stands for **Recreational**. This space is for you to track what you do for restoration and relaxation. These are areas that can sometimes get forgotten in our busy lives. I have included them as a reminder that you need to take time to rest and just restore your soul.

Even the Ten Commandments include a reminder that we need to set aside a day of rest. This requirement is not because God needs a day for himself, but because we need a day of rest. So be sure to take time for rest, relaxation and recreation in your week.

External

The E stands for **External**. In this area you would track your social life. How are you reaching out to show care for friends and family? Here is an area where you can track how well you're doing.

If you are an introvert like me, you might need a little nudge in this department. Otherwise, you could use this to track your social media postings, if you are into Social Media. Or record who is coming to your dinner parties.

In addition to the **INSPIRE** goal setting portion of your MIY weekly planner, there is an inspirational quote to get you motivated, a section for notes on each day, and a section for notes on the week.

I like to use the daily spots on the left hand page to take notes on the business tasks I complete each day, using it as a to-do list and also a mini-journal of my accomplishments for the day. If I ever need to know when I placed that paper order, I can see it in my planner.

Please note, that you should not try to track every area of your life every week. If you're trying to improve in a certain area, that is what you should track. I don't want you to get overwhelmed, feeling that you need to track every little thing that you do every week. That is a recipe for burnout and overwhelm. I certainly don't want you to go there!

Setting goals is the first step in turning the invisible into the visible.

It seems to go without saying that you can't hit a goal you don't set. Setting a goal gives you clear direction for deciding how to spend your time and effort.

Goals are tracked as **Internal**. Even if your goal is something practical, you achieve it because of what happens on the inside. It's your inner determination that makes the difference between success and failure.

I	Am I living according to my internal values?										
	Goals										
	Week										
	Month										
	Year										

Write your big, overall goal here.

Write your weekly goal here.

But, paying down what you already owe is only part of getting out of debt. The other part is saving so you never need to rely on credit. So, your weekly goal might be to put \$30 in a savings account.

Why are you writing this in your planner every week? Calling your goal to your attention like this ensures that you remember to take action. Action gets the job done.

If you aren't sure yet what goals you want to track, you can leave this part blank for now. How you use these pages is completely up to you.

Brainstorming: What are my goals for this year? Month? Week?

It's hard to say who first came up with the idea of setting SMART goals, but there are several variations on the S.M.A.R.T. goal idea. Here is one that works for me.

S – Specific – Pin down exactly what you want to achieve.

M – Measurable – Know how you'll measure progress and, ultimately, achievement

A – Achievable – Make it something realistic for you at this point in time.

R – Relevant – How will it fit into the bigger picture of your life and values?

T – Time-bound – Give yourself a deadline.

When you've decided which goals you want to track, fill in your Big Goal, Yearly Goal, and stepping stones for each month below. Keep this page and use it as a reference to decide what you might want to do the following year.

My Big Goal:	My Goal for This Year:
January	July
February	August
March	September
April	October
May	November
June	December

What you get by achieving your goals is not as important
as **what you become** by achieving your goals.
- Zig Ziglar

Use My Inspired Year to Develop Success Habits in Your Life

Successful people are simply those with successful habits.

- Brian Tracy

We all know the benefits of good habits. The only problem with a good habit is that it takes time to develop. **My Inspired Year** is set up so that you plan to start one new success habit every month.

On your weekly calendar, you track the current month's habit, the previous month's habit, and the one from two months ago. This means that you are tracking your new habits for three months. While studies differ about the time that it takes for a new habit to solidify, it's safe to say that three months is ample time for a new habit to really become part of your routine.

Habits are tracked as **Internal Goals**. Even if your habit is something practical, the beauty of a good habit is that it takes hold of you on the inside and makes you a better person.

I	Am I living according to my internal values?		Write this month's habit here.							
	Goals	Write last month's habit here.	Habits							
	Week		Sept.							
	Month		Aug.							
	Year		July							

You might think it's a pain to write out your habits every week. As with your goals, writing them out acts as a reminder of how important they are and makes it possible for you to track your progress.

Marla Cilley, a.k.a. Flylady, helps overwhelmed and sidetracked homemakers get organized and get their homes in order. One of the habits she recommends for them is getting dressed first thing in the morning, before coffee, and wearing lace-up shoes to let yourself know that you are serious about getting things done.

If you work from home and have fallen into the habit of lounging around in your pyjamas or sweatpants, you'll probably find that getting dressed increases your productivity. It's hard to take yourself seriously with bedhead and bunny slippers.

While Flylady focuses primarily on housework, with a giant bonus in the areas of self-esteem and productivity, you can apply **My Inspired Year** to whatever area of your life you'd like to work on.

The items I've offered as suggestions tend toward personal growth, but you can also choose to work on your business habits. Maybe your biggest payback would come from emailing your list every day, or working on your next book.

How you use these pages is completely up to you.

Brainstorming: Habits I'd like to Cultivate

What habits would you like to cultivate in your life? List or check off your top twelve desirable habits. Then decide which habit you would like to introduce for which month and fill in the chart on the next page.

Use this space to list any habits you'd like to cultivate someday. Review your list and the habits you checked from my suggested habits to decide what habits you'll work on this year. Any that you don't get to can be added to next year's calendar.

Here are some ideas to get you started. Check off those that interest you. Then add your own ideas in the space provided.

But, here's a word of advice. Don't try to do everything at once! You'll only be setting yourself up for failure. Pick one new habit to work on each month, and use the weekly planner pages to follow up for the two months after introducing your new habit.

- | | |
|---|---|
| ☐ make the bed every morning | ☐ run every day |
| ☐ eat breakfast | ☐ save \$x every week |
| ☐ wash the dishes before bed | ☐ eat more vegetables |
| ☐ call a friend | ☐ eat more fruit |
| ☐ review your goals | ☐ wake up early |
| ☐ make a daily to-do list | ☐ connect with family |
| ☐ clear your inbox | ☐ keep a journal |
| ☐ email a friend | ☐ practice piano |
| ☐ read the Bible | ☐ daily quiet time |
| ☐ daily prayer time | ☐ take a lunch to work |
| ☐ floss your teeth | ☐ spend time outdoors |
| ☐ drink 8 glasses of water daily | ☐ write every day |
| ☐ establish a regular bedtime | ☐ walk 30 minutes a day |
| ☐ exercise every day | ☐ drink water when you wake up |
| ☐ morning yoga routine | ☐ 2 minute power pose |

The law of harvest is to reap more than you sow. Sow an act, and you reap a habit. **Sow a habit and you reap a character.** Sow a **character** and you reap a **destiny**.

- James Allen

Habits I Will Master During My Inspired Year

January

February

March

April

May

June

July

August

September

October

November

December

Habits change into character.

- Ovid

I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time.

- Charles Dickens

Our character is basically a composite of our habits. Because they are consistent, often unconscious patterns, they constantly, daily, express our character.

- Stephen Covey

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Necessary: What are my top three Need-to-do items?

It is no use saying, 'We are doing our best.' You have got to succeed in doing what is **necessary**.

- Winston Churchill

Use the **Necessary** section of your planner to track the most important tasks for your week. Put your must-do list here. You can break this down into daily tasks in the left page for the week, under each day.

Spiritual: Am I living a balanced life?

How you define and use this area is up to you. For most of us, our spiritual lives are personal. But if there is an area of spiritual discipline where you are seeking to grow, here is a place where you can track it.

Are you feeling you'd like a more structured prayer life? Do you need to take some quiet time each morning to be still and meditate before the daily chaos begins? Do you want to start the habit of spending time each week outdoors? Would you like to be able to read through the Bible this year?

In the busyness of the week, it is easy to ignore the spiritual side of life. Here is a reminder for you to be sure that your life is balanced. Again, if this doesn't resonate with you, just ignore it.

Just a caution though. I want to warn you against developing a spirituality that is strict and rule-based. It is easy to become inordinately hard on yourself if you fail, or overly judgemental of those who don't live up to your exaggerated standards.

Let your spirituality build you up and inspire you, not crush you.

A life is either **all spiritual** or not **spiritual** at all. No man can serve two masters. Your life is shaped by the end you live for. You are made in the image of what you desire.

- Thomas Merton

Physical: How am I taking care of my body?

I hope that you are eating food that's good for you, getting enough sleep, drinking water every day, and making time for exercise. If you are, great! If not, here is where My Inspired Life can help you improve.

Track the areas you need to work on. There is room here for several items. If you're already doing well, you can track your fitness goals here, such as running, reps, etc.

Intellectual: Read any good books lately?

Can you remember the last book you read? If not, maybe this is an area you want to work on. Do you love reading but can't remember who wrote that great thriller you read last month? Track it here, so you can look back and find out. You might like another book by the same author.

I made sure to include Intellectual growth here, not just because I'm a teacher, but because this is another area that can fall by the wayside for many of us. It's so much easier just to put on the television. But good books engage your mind in a quite different and more beneficial manner.

Learning through video counts. Puzzles and brain games are awesome, too. Do something good for your mind every week.

Recreational: Are we having fun yet?

For some people, life can be all work and no play. That's why I have included this special section to remind you to take some time to rest, relax, and just enjoy whatever recreational activities happen to float your boat.

External: How am I reaching out to others this week?

Want to track your Twitter posts? Keep track of your volunteer days at the soup kitchen? Record your lunches with the ladies? This is where you can do it. Really, you can put anything you want in these spaces.

Just to give you some options, there are four daily checklist spots here for you.

I am inspired by:

What really inspires you? Write it in this spot. Make sure that every week you fill in this spot to remind yourself of what matters to you the most.

I am inspired by...

Twelve Month Planner - 2019

Use this page to plan or keep track of plans or special events for each month.

January

February

March

April

May

June

July

August

September

October

November

December

Monthly Calendars

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	22	22	23	24	25	26
27	28	29	30	31		

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

December 30, 2018 - January 5, 2019

Sunday, December 30 - Day 364

Monday, December 31 - Day 365

Tuesday, January 1 - Day 1

Wednesday, January 2 - Day 2

Thursday, January 3 - Day 3

Friday, January 4 - Day 4

Saturday, January 5 - Day 5

December 30, 2018 - January 5, 2019

The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

- Vince Lombardi

I	Am I living according to my internal values?																				
	Goals							Habits													
	Week																				
	Month																				
	Year																				
N	What do I need this week? What do I need to do? Financial / Priorities / Tasks																				
S	How am I connecting to God and a higher purpose for my life?																				
													Quiet Time								
P	How am I caring for my physical body?																				
	Exercise											Eat Well									
	Water											Sleep									
I	What am I reading? What am I learning about this week?																				
R	How am I planning for restoration and relaxation this week? What am I doing for fun?																				
E	How am I showing care for family and friends and reaching out to others this week?																				
Notes																					
I am inspired by																					
Internal Necessary Spiritual Physical Intellectual Recreational External																					

January 6 - 12, 2019

Sunday, January 6 - Day 6

Monday, January 7 - Day 7

Tuesday, January 8 - Day 8

Wednesday, January 9 - Day 9

Thursday, January 10 - Day 10

Friday, January 11 - Day 11

Saturday, January 12 - Day 12

January 6 - 12, 2019

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.
- Albert Schweitzer

I	Am I living according to my internal values?																	
	Goals							Habits										
	Week																	
	Month																	
	Year																	
N	What do I need this week? What do I need to do? Financial / Priorities / Tasks																	
S	How am I connecting to God and a higher purpose for my life?																	
											Quiet Time							
P	How am I caring for my physical body?																	
	Exercise										Eat Well							
	Water										Sleep							
I	What am I reading? What am I learning about this week?																	
R	How am I planning for restoration and relaxation this week? What am I doing for fun?																	
E	How am I showing care for family and friends and reaching out to others this week?																	
Notes																		
I am inspired by																		
Internal Necessary Spiritual Physical Intellectual Recreational External																		

January 13 - 19, 2019

Sunday, January 13 - Day 13

Monday, January 14 - Day 14

Tuesday, January 15 - Day 15

Wednesday, January 16 - Day 16

Thursday, January 17 - Day 17

Friday, January 18 - Day 18

Saturday, January 19 - Day 19

January 13 - 19, 2019

Success depends upon previous preparation, and without such preparation there is sure to be failure.

- Confucius

I	Am I living according to my internal values?																					
	Goals							Habits														
	Week																					
	Month																					
	Year																					
N	What do I need this week? What do I need to do? Financial / Priorities / Tasks																					
S	How am I connecting to God and a higher purpose for my life?																					
													Quiet Time									
P	How am I caring for my physical body?																					
	Exercise												Eat Well									
	Water												Sleep									
I	What am I reading? What am I learning about this week?																					
R	How am I planning for restoration and relaxation this week? What am I doing for fun?																					
E	How am I showing care for family and friends and reaching out to others this week?																					
Notes																						
I am inspired by																						
Internal Necessary Spiritual Physical Intellectual Recreational External																						

January 20 - 26, 2019

Sunday, January 20 - Day 20

Monday, January 21 - Day 21

Tuesday, January 22 - Day 22

Wednesday, January 23 - Day 23

Thursday, January 24 - Day 24

Friday, January 25 - Day 25

Saturday, January 26 - Day 26

January 20 - 26, 2019

MIY

Success is finding satisfaction
in giving a little more than you take.
- Christopher Reeve

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

January 27 - February 2, 2019

Sunday, January 27 - Day 27

Monday, January 28 - Day 28

Tuesday, January 29 - Day 29

Wednesday, January 30 - Day 30

Thursday, January 31 - Day 31

Friday, February 1 - Day 32

Saturday, February 2 - Day 33

January 27 - February 2, 2019

There are people who make things happen, there are people who watch things happen, and there are people who wonder what happened. To be successful, you need to be a person who makes things happen.
- Jim Lovell

I	Am I living according to my internal values?													
	Goals							Habits						
	Week													
	Month													
	Year													

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks													
---	--	--	--	--	--	--	--	--	--	--	--	--	--	--

S	How am I connecting to God and a higher purpose for my life?																		
													Quiet Time						

P	How am I caring for my physical body?																				
	Exercise											Eat Well									
	Water											Sleep									

I	What am I reading? What am I learning about this week?													
---	--	--	--	--	--	--	--	--	--	--	--	--	--	--

R	How am I planning for restoration and relaxation this week? What am I doing for fun?													
---	--	--	--	--	--	--	--	--	--	--	--	--	--	--

E	How am I showing care for family and friends and reaching out to others this week?																				

Notes														
-------	--	--	--	--	--	--	--	--	--	--	--	--	--	--

I am inspired by														
Internal Necessary Spiritual Physical Intellectual Recreational External														

February 3 - 9, 2019

Sunday, February 3 - Day 34

Monday, February 4 - Day 35

Tuesday, February 5 - Day 36

Wednesday, February 6 - Day 37

Thursday, February 7 - Day 38

Friday, February 8 - Day 39

Saturday, February 9 - Day 40

February 3 - 9, 2019

Success comes from knowing that you did your best
to become the best that you are capable of becoming.

- John Wooden

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

February 10 - 16, 2019

Sunday, February 10 - Day 41

Monday, February 11 - Day 42

Tuesday, February 12 - Day 43

Wednesday, February 13 - Day 44

Thursday, February 14 - Day 45

Friday, February 15 - Day 46

Saturday, February 16 - Day 47

February 10 - 16, 2019

Gratitude can transform common days into thanksgivings,
turn routine jobs into joy, and change ordinary
opportunities into blessings.

- William Arthur Ward

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

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How am I connecting to God and a higher purpose for my life?

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Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

February 17 - 23, 2019

Sunday, February 17 - Day 48

Monday, February 18 - Day 49

Tuesday, February 19 - Day 50

Wednesday, February 20 - Day 51

Thursday, February 21 - Day 52

Friday, February 22 - Day 53

Saturday, February 23 - Day 54

February 17 - 23, 2019

To know even one life has breathed easier
because you have lived. This is to have succeeded.

- Bessie Anderson Stanley

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

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Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

February 24 - March 2, 2019

Sunday, February 24 - Day 55

Monday, February 25 - Day 56

Tuesday, February 26 - Day 57

Wednesday, February 27 - Day 58

Thursday, February 28 - Day 59

Friday, March 1 - Day 60

Saturday, March 2 - Day 61

February 24 - March 2, 2019

What is success? I think it is a mixture of having a flair for the thing that you are doing; knowing that it is not enough, that you have got to have hard work and a certain sense of purpose.
- Margaret Thatcher

I	Am I living according to my internal values?													
	Goals							Habits						
	Week													
	Month													
	Year													

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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S	How am I connecting to God and a higher purpose for my life?																
													Quiet Time				

P	How am I caring for my physical body?																					
	Exercise												Eat Well									
	Water												Sleep									

I	What am I reading? What am I learning about this week?
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?
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E	How am I showing care for family and friends and reaching out to others this week?																					

Notes																					
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I am inspired by																					
Internal Necessary Spiritual Physical Intellectual Recreational External																					

March 3 - 9, 2019

Sunday, March 3 - Day 62

Monday, March 4 - Day 63

Tuesday, March 5 - Day 64

Wednesday, March 6 - Day 65

Thursday, March 7 - Day 66

Friday, March 8 - Day 67

Saturday, March 9 - Day 68

March 3 - 9, 2019

Let me tell you the secret that has led me
to my goal. My strength lies solely in my **tenacity**.

- Louis Pasteur

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

March 10 - 16, 2019

Sunday, March 10 - Day 69

Monday, March 11 - Day 70

Tuesday, March 12 - Day 71

Wednesday, March 13 - Day 72

Thursday, March 14 - Day 73

Friday, March 15 - Day 74

Saturday, March 16 - Day 75

March 10 - 16, 2019



Success is the progressive realization of
predetermined, worthwhile, personal goals.

- Paul J. Meyer

I	Am I living according to my internal values?												
	Goals						Habits						
	Week												
	Month												
	Year												

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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S	How am I connecting to God and a higher purpose for my life?												
	Quiet Time												

P	How am I caring for my physical body?																		
	Exercise											Eat Well							
	Water											Sleep							

I	What am I reading? What am I learning about this week?
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?
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E	How am I showing care for family and friends and reaching out to others this week?												

Notes													
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I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

March 17 - 23, 2019

Sunday, March 17 - Day 76

Monday, March 18 - Day 77

Tuesday, March 19 - Day 78

Wednesday, March 20 - Day 79

Thursday, March 21 - Day 80

Friday, March 22 - Day 81

Saturday, March 23 - Day 82

March 17 - 23, 2019

Without continual growth and progress, such words
as improvement, achievement, and success have no meaning.

- Benjamin Franklin

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

March 24 - 30, 2019

Sunday, March 24 - Day 83

Monday, March 25 - Day 84

Tuesday, March 26 - Day 85

Wednesday, March 27 - Day 86

Thursday, March 28 - Day 87

Friday, March 29 - Day 88

Saturday, March 30 - Day 89

March 24 - March 30, 2019

Give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.

- Brian Tracy

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

March 31 - April 6, 2019

Sunday, March 31 - Day 90

Monday, April 1 - Day 91

Tuesday, April 2 - Day 92

Wednesday, April 3 - Day 93

Thursday, April 4 - Day 94

Friday, April 5 - Day 95

Saturday, April 6 - Day 96

March 31 - April 6, 2019

If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges.
- Pat Riley

I	Am I living according to my internal values?												
	Goals						Habits						
	Week												
	Month												
	Year												

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks												
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S	How am I connecting to God and a higher purpose for my life?																
													Quiet Time				

P	How am I caring for my physical body?																			
	Exercise											Eat Well								
	Water											Sleep								

I	What am I reading? What am I learning about this week?												
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?												
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E	How am I showing care for family and friends and reaching out to others this week?																			

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I am inspired by													
Internal Necessary Spiritual Physical Intellectual Recreational External													

April 7 - 13, 2019

Sunday, April 7 - Day 97

Monday, April 8 - Day 98

Tuesday, April 9 - Day 99

Wednesday, April 10 - Day 100

Thursday, April 11 - Day 101

Friday, April 12 - Day 102

Saturday, April 13 - Day 103

April 7 - 13, 2019

MIY

It's actually cool to be positive and optimistic and idealistic. It's cool to see yourself doing beautiful, great things.

- Tom DeLonge

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

April 14 - 20, 2019

Sunday, April 14 - Day 104

Monday, April 15 - Day 105

Tuesday, April 16 - Day 106

Wednesday, April 17 - Day 107

Thursday, April 18 - Day 108

Friday, April 19 - Day 109

Saturday, April 20 - Day 110

April 14 - 20, 2019

Having a positive mental attitude is asking
how something can be done rather than
saying it can't be done.

Bo Bennett

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

April 21 - 27, 2019

Sunday, April 21 - Day 111

Monday, April 22 - Day 112

Tuesday, April 23 - Day 113

Wednesday, April 24 - Day 114

Thursday, April 25 - Day 115

Friday, April 26 - Day 116

Saturday, April 27 - Day 117

April 21 - 27, 2019

You don't have to be a genius or a visionary or even a college graduate to be successful. You just need a framework and a dream.

- Michael Dell

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

April 28 - May 4, 2019

Sunday, April 28 - Day 118

Monday, April 29 - Day 119

Tuesday, April 30 - Day 120

Wednesday, May 1 - Day 121

Thursday, May 2 - Day 122

Friday, May 3 - Day 123

Saturday, May 4 - Day 124

April 28 - May 4, 2019

Optimism is essential to achievement and it is also the foundation of courage and true progress.

- Nicholas M. Butler

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

May 5 - 11, 2019

Sunday, May 5 - Day 125

Monday, May 6 - Day 126

Tuesday, May 7 - Day 127

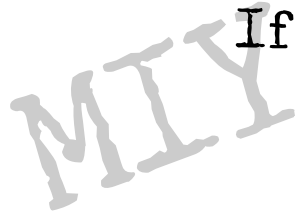
Wednesday, May 8 - Day 128

Thursday, May 9 - Day 129

Friday, May 10 - Day 130

Saturday, May 11 - Day 131

May 5 - 11, 2019



If you have a dream, you can spend a lifetime studying, planning, and getting ready for it.

What you should be doing is **getting started.**

- Drew Houston

I	Am I living according to my internal values?												
	Goals						Habits						
	Week												
	Month												
	Year												

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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S	How am I connecting to God and a higher purpose for my life?															
												Quiet Time				

P	How am I caring for my physical body?																			
	Exercise											Eat Well								
	Water											Sleep								

I	What am I reading? What am I learning about this week?
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?
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E	How am I showing care for family and friends and reaching out to others this week?																				

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I am inspired by																				
Internal Necessary Spiritual Physical Intellectual Recreational External																				

May 12 - 18, 2019

Sunday, May 12 - Day 132

Monday, May 13 - Day 133

Tuesday, May 14 - Day 134

Wednesday, May 15 - Day 135

Thursday, May 16 - Day 136

Friday, May 17 - Day 137

Saturday, May 18 - Day 138

May 12 - 18, 2019



The real secret of success is **enthusiasm.**
- Walter Chrysler

I	Am I living according to my internal values?													
	Goals							Habits						
	Week													
	Month													
	Year													

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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S	How am I connecting to God and a higher purpose for my life?																
													Quiet Time				

P	How am I caring for my physical body?																				
	Exercise											Eat Well									
	Water											Sleep									

I	What am I reading? What am I learning about this week?
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?
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E	How am I showing care for family and friends and reaching out to others this week?																				

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I am inspired by																				
Internal Necessary Spiritual Physical Intellectual Recreational External																				

May 19 - 25, 2019

Sunday, May 19 - Day 139

Monday, May 20 - Day 140

Tuesday, May 21 - Day 141

Wednesday, May 22 - Day 142

Thursday, May 23 - Day 143

Friday, May 24 - Day 144

Saturday, May 25 - Day 145

May 19 - 25, 2019



Success is that old ABC - ability, breaks,
and courage.
- Charles Luckman

I	Am I living according to my internal values?												
	Goals						Habits						
	Week												
	Month												
	Year												

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks												
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S	How am I connecting to God and a higher purpose for my life?															
												Quiet Time				

P	How am I caring for my physical body?																			
	Exercise											Eat Well								
	Water											Sleep								

I	What am I reading? What am I learning about this week?												
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?												
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E	How am I showing care for family and friends and reaching out to others this week?																			

Notes													
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I am inspired by													
Internal Necessary Spiritual Physical Intellectual Recreational External													

May 26 - June 1, 2019

Sunday, May 26 - Day 146

Monday, May 27 - Day 147

Tuesday, May 28 - Day 148

Wednesday, May 29 - Day 149

Thursday, May 30 - Day 150

Friday, May 31 - Day 151

Saturday, June 1 - Day 152

May 26 - June 1, 2019

MTWTF

Success consists of getting up just
one more time than you fall.
- Oliver Goldsmith

I	Am I living according to my internal values?												
	Goals						Habits						
	Week												
	Month												
	Year												

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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S	How am I connecting to God and a higher purpose for my life?																
													Quiet Time				

P	How am I caring for my physical body?																				
	Exercise												Eat Well								
	Water												Sleep								

I	What am I reading? What am I learning about this week?
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?
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E	How am I showing care for family and friends and reaching out to others this week?																				

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I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

June 2 - 8, 2019

Sunday, June 2 - Day 153

Monday, June 3 - Day 154

Tuesday, June 4 - Day 155

Wednesday, June 5 - Day 156

Thursday, June 6 - Day 157

Friday, June 7 - Day 158

Saturday, June 8 - Day 159

June 2 - 8, 2019

One important key to success is self-confidence.

An important key to self-confidence is preparation.

- Arthur Ashe

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

June 9 - 15, 2019

Sunday, June 9 - Day 160

Monday, June 10 - Day 161

Tuesday, June 11 - Day 162

Wednesday, June 12 - Day 163

Thursday, June 13 - Day 164

Friday, June 14 - Day 165

Saturday, June 15 - Day 166

June 9 - 15, 2019

Setting **goals** is the first step in turning the **invisible**
into the **visible**.

- Tony Robbins

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

June 16 - 22, 2019

Sunday, June 16 - Day 167

Monday, June 17 - Day 168

Tuesday, June 18 - Day 169

Wednesday, June 19 - Day 170

Thursday, June 20 - Day 171

Friday, June 21 - Day 172

Saturday, June 22 - Day 173

June 16 - 22, 2019

MIY

To be **prepared** is half
the **victory**.
- Miguel de Cervantes

I	Am I living according to my internal values?												
	Goals						Habits						
	Week												
	Month												
	Year												

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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S	How am I connecting to God and a higher purpose for my life?												
	Quiet Time												

P	How am I caring for my physical body?																	
	Exercise											Eat Well						
	Water											Sleep						

I	What am I reading? What am I learning about this week?
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E	How am I showing care for family and friends and reaching out to others this week?												

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I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

June 23 - June 29, 2019

Sunday, June 23 - Day 174

Monday, June 24 - Day 175

Tuesday, June 25 - Day 176

Wednesday, June 26 - Day 177

Thursday, June 27 - Day 178

Friday, June 28 - Day 179

Saturday, June 29 - Day 180

June 23 - June 29, 2019

MIY

Success isn't measured by money or power or social rank.

Success is measured by your **discipline**

and **inner peace.**

- Mike Ditka

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

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How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

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What am I reading? What am I learning about this week?

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How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

June 30 - July 6, 2019

Sunday, June 30 - Day 181

Monday, July 1 - Day 182

Tuesday, July 2 - Day 183

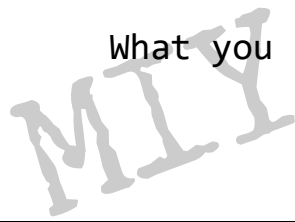
Wednesday, July 3 - Day 184

Thursday, July 4 - Day 185

Friday, July 5 - Day 186

Saturday, July 6 - Day 187

June 30 - July 6, 2019



What you **get** by achieving your goals is not as important as
what you **become** by achieving your goals.
- Zig Ziglar

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

July 7 - 13, 2019

Sunday, July 7 - Day 188

Monday, July 8 - Day 189

Tuesday, July 9 - Day 190

Wednesday, July 10 - Day 191

Thursday, July 11 - Day 192

Friday, July 12 - Day 193

Saturday, July 13 - Day 194

July 7 - 13, 2019

A **winner** is someone who recognizes his God-given **talents**, works his tail off to develop them into **skills**, and uses these skills to accomplish his **goals**.

- Larry Bird

I	Am I living according to my internal values?												
	Goals						Habits						
	Week												
	Month												
	Year												

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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S	How am I connecting to God and a higher purpose for my life?																	
													Quiet Time					

P	How am I caring for my physical body?																						
	Exercise													Eat Well									
	Water													Sleep									

I	What am I reading? What am I learning about this week?
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?
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I am inspired by																						
Internal Necessary Spiritual Physical Intellectual Recreational External																						

July 14 - 20, 2019

Sunday, July 14 - Day 195

Monday, July 15 - Day 196

Tuesday, July 16 - Day 197

Wednesday, July 17 - Day 198

Thursday, July 18 - Day 199

Friday, July 19 - Day 200

Saturday, July 20 - Day 201

July 14 - 20, 2019



Flaming enthusiasm, backed up by horse sense and persistence, is the quality that most frequently makes for success.
- Dale Carnegie

I	Am I living according to my internal values?												
	Goals						Habits						
	Week												
	Month												
	Year												

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks

S	How am I connecting to God and a higher purpose for my life?																	
													Quiet Time					

P	How am I caring for my physical body?																				
	Exercise												Eat Well								
	Water												Sleep								

I	What am I reading? What am I learning about this week?

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E	How am I showing care for family and friends and reaching out to others this week?																				

Notes																				

I am inspired by																				
Internal Necessary Spiritual Physical Intellectual Recreational External																				

July 21 - 27, 2019

Sunday, July 21 - Day 202

Monday, July 22 - Day 203

Tuesday, July 23 - Day 204

Wednesday, July 24 - Day 205

Thursday, July 25 - Day 206

Friday, July 26 - Day 207

Saturday, July 27 - Day 208

July 21 - 27, 2019



Review your goals twice every day
in order to be focused on achieving them.

- Les Brown

I	Am I living according to my internal values?																					
	Goals							Habits														
	Week																					
	Month																					
	Year																					
N	What do I need this week? What do I need to do? Financial / Priorities / Tasks																					
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													Quiet Time									
P	How am I caring for my physical body?																					
	Exercise												Eat Well									
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Notes																						
I am inspired by																						
Internal Necessary Spiritual Physical Intellectual Recreational External																						

July 28 - August 3, 2019

Sunday, July 28 - Day 209

Monday, July 29 - Day 210

Tuesday, July 30 - Day 211

Wednesday, July 31 - Day 212

Thursday, August 1 - Day 213

Friday, August 2 - Day 214

Saturday, August 3 - Day 215

July 28 - August 3, 2019

Success is nothing more than a few simple disciplines,
practiced every day.

- Jim Rohn

I	Am I living according to my internal values?													
	Goals							Habits						
	Week													
	Month													
	Year													

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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S	How am I connecting to God and a higher purpose for my life?																
													Quiet Time				

P	How am I caring for my physical body?																					
	Exercise												Eat Well									
	Water												Sleep									

I	What am I reading? What am I learning about this week?
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?
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E	How am I showing care for family and friends and reaching out to others this week?																					

Notes																					
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I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

August 4 - 10, 2019

Sunday, August 4 - Day 216

Monday, August 5 - Day 217

Tuesday, August 6 - Day 218

Wednesday, August 7 - Day 219

Thursday, August 8 - Day 220

Friday, August 9 - Day 221

Saturday, August 10 - Day 222

August 4 - 10, 2019

MIY

Set your goals high, and
don't stop till you get there.
- Bo Jackson

I	Am I living according to my internal values?													
	Goals							Habits						
	Week													
	Month													
	Year													

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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S	How am I connecting to God and a higher purpose for my life?																
													Quiet Time				

P	How am I caring for my physical body?																					
	Exercise												Eat Well									
	Water												Sleep									

I	What am I reading? What am I learning about this week?
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?
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E	How am I showing care for family and friends and reaching out to others this week?																					

Notes																					
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I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

August 11 - 17, 2019

Sunday, August 11 - Day 223

Monday, August 12- Day 224

Tuesday, August 13 - Day 225

Wednesday, August 14 - Day 226

Thursday, August 15 - Day 227

Friday, August 16 - Day 228

Saturday, August 17 - Day 229

August 11 - 17, 2019



Learn from the **past**, set vivid, detailed goals for the **future**, and live in the only moment of time over which you have any control: **now**.

- Denis Waitley

I	Am I living according to my internal values?																						
	Goals							Habits															
	Week																						
	Month																						
	Year																						
N	What do I need this week? What do I need to do? Financial / Priorities / Tasks																						
S	How am I connecting to God and a higher purpose for my life?																						
												Quiet Time											
P	How am I caring for my physical body?																						
	Exercise														Eat Well								
	Water														Sleep								
I	What am I reading? What am I learning about this week?																						
R	How am I planning for restoration and relaxation this week? What am I doing for fun?																						
E	How am I showing care for family and friends and reaching out to others this week?																						
Notes																							
I am inspired by																							
Internal Necessary Spiritual Physical Intellectual Recreational External																							

August 18 - 24, 2019

Sunday, August 18 - Day 230

Monday, August 19 - Day 231

Tuesday, August 20 - Day 232

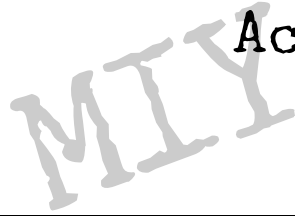
Wednesday, August 21 - Day 233

Thursday, August 22 - Day 234

Friday, August 23 - Day 235

Saturday, August 24 - Day 236

August 18 - 24, 2019



Action may not always bring happiness; but there is
no **happiness** without **action**.

- Benjamin Disraeli

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

August 25 - 31, 2019

Sunday, August 25 - Day 237

Monday, August 26 - Day 238

Tuesday, August 27 - Day 239

Wednesday, August 28 - Day 240

Thursday, August 29 - Day 241

Friday, August 30 - Day 242

Saturday, August 31 - Day 243

August 25 - 31, 2019

Definiteness of purpose is the starting point
of all achievement.

- W. Clement Stone

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

September 1 - 7, 2019

Sunday, September 1 - Day 244

Monday, September 2 - Day 245

Tuesday, September 3 - Day 246

Wednesday, September 4 - Day 247

Thursday, September 5 - Day 248

Friday, September 6 - Day 249

Saturday, September 7 - Day 250

September 1 - 7, 2019



People with goals succeed because
they know **where** they're **going**.
- Earl Nightingale

I	Am I living according to my internal values?													
	Goals							Habits						
	Week													
	Month													
	Year													

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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S	How am I connecting to God and a higher purpose for my life?																
													Quiet Time				

P	How am I caring for my physical body?																					
	Exercise												Eat Well									
	Water												Sleep									

I	What am I reading? What am I learning about this week?
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?
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E	How am I showing care for family and friends and reaching out to others this week?																					

Notes																					
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I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

September 8 - 14, 2019

Sunday, September 8 - Day 251

Monday, September 9 - Day 252

Tuesday, September 10 - Day 253

Wednesday, September 11 - Day 254

Thursday, September 12 - Day 255

Friday, September 13 - Day 256

Saturday, September 14 - Day 257

September 8 - 14, 2019

The difference between a **successful person** and others
is not a lack of **strength**, not a lack of **knowledge**,
but rather a lack of **will**.

- Vince Lombardi

I	Am I living according to my internal values?													
	Goals							Habits						
	Week													
	Month													
	Year													

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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S	How am I connecting to God and a higher purpose for my life?																	
													Quiet Time					

P	How am I caring for my physical body?																					
	Exercise													Eat Well								
	Water													Sleep								

I	What am I reading? What am I learning about this week?
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?
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E	How am I showing care for family and friends and reaching out to others this week?																		

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I am inspired by																					
Internal Necessary Spiritual Physical Intellectual Recreational External																					

September 15 - 21, 2019

Sunday, September 15 - Day 258

Monday, September 16 - Day 259

Tuesday, September 17 - Day 260

Wednesday, September 18 - Day 261

Thursday, September 19 - Day 262

Friday, September 20 - Day 263

Saturday, September 21 - Day 264

September 15 - 21, 2019

The art of **being happy** lies in the power of extracting
happiness from common things.

- Henry Ward Beecher

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

September 22 - 28, 2019

Sunday, September 22 - Day 265

Monday, September 23 - Day 266

Tuesday, September 24 - Day 267

Wednesday, September 25 - Day 268

Thursday, September 26 - Day 269

Friday, September 27 - Day 270

Saturday, September 28 - Day 271

September 22 - 28, 2019

You must **take action now** that will move you towards your goals. Develop a **sense of urgency** in your life.

- H. Jackson Brown, Jr.

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

September 29 - October 5, 2019

Sunday, September 29 - Day 272

Monday, September 30 - Day 273

Tuesday, October 1 - Day 274

Wednesday, October 2 - Day 275

Thursday, October 3 - Day 276

Friday, October 4 - Day 277

Saturday, October 5 - Day 278

September 29 - October 5, 2019

MIY

Hold yourself responsible for a higher
standard than anybody expects of you.

Never excuse yourself.

- Henry Ward Beecher

I	Am I living according to my internal values?													
	Goals							Habits						
	Week													
	Month													
	Year													

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks													

S	How am I connecting to God and a higher purpose for my life?															
												Quiet Time				

P	How am I caring for my physical body?																				
	Exercise											Eat Well									
	Water											Sleep									

I	What am I reading? What am I learning about this week?													

R	How am I planning for restoration and relaxation this week? What am I doing for fun?													

E	How am I showing care for family and friends and reaching out to others this week?																				

Notes													

I am inspired by													
Internal Necessary Spiritual Physical Intellectual Recreational External													

October 6 - 12, 2019

Sunday, October 6 - Day 279

Monday, October 7 - Day 280

Tuesday, October 8 - Day 281

Wednesday, October 9 - Day 282

Thursday, October 10 - Day 283

Friday, October 11 - Day 284

Saturday, October 12 - Day 285

October 6 - 12, 2019

Gratitude makes sense of our past, brings peace for today,
and creates a **vision for tomorrow.**

- Melody Beattie

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

October 13 - 19, 2019

Sunday, October 13 - Day 286

Monday, October 14 - Day 287

Tuesday, October 15 - Day 288

Wednesday, October 16 - Day 289

Thursday, October 17 - Day 290

Friday, October 18 - Day 291

Saturday, October 19 - Day 292

October 13 - 19, 2019

Think little goals and expect little achievements.
Think big goals and win big success.

- David Joseph Schwartz

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

October 20 - 26, 2019

Sunday, October 20 - Day 293

Monday, October 21 - Day 294

Tuesday, October 22 - Day 295

Wednesday, October 23 - Day 296

Thursday, October 24 - Day 297

Friday, October 25 - Day 298

Saturday, October 26 - Day 299

The quality of a leader is reflected in the standards they set for themselves.

- Ray Kroc

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

October 27 - November 2, 2019

Sunday, October 27 - Day 300

Monday, October 28 - Day 301

Tuesday, October 19 - Day 302

Wednesday, October 30 - Day 303

Thursday, October 31 - Day 304

Friday, November 1 - Day 305

Saturday, November 2 - Day 306

October 27 - November 2, 2019

When your values are clear to you, making decisions becomes easier.

- Roy E. Disney

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

November 3 - 9, 2019

Sunday, November 3 - Day 307

Monday, November 4 - Day 308

Tuesday, November 5 - Day 309

Wednesday, November 6 - Day 310

Thursday, November 7 - Day 311

Friday, November 8 - Day 312

Saturday, November 9 - Day 313



Be a yardstick of quality. Some people
aren't used to an environment where
excellence is expected.

- Steve Jobs

I	Am I living according to my internal values?																				
	Goals							Habits													
	Week																				
	Month																				
	Year																				
N	What do I need this week? What do I need to do? Financial / Priorities / Tasks																				
S	How am I connecting to God and a higher purpose for my life?																				
													Quiet Time								
P	How am I caring for my physical body?																				
	Exercise												Eat Well								
	Water												Sleep								
I	What am I reading? What am I learning about this week?																				
R	How am I planning for restoration and relaxation this week? What am I doing for fun?																				
E	How am I showing care for family and friends and reaching out to others this week?																				
Notes																					
I am inspired by																					
Internal Necessary Spiritual Physical Intellectual Recreational External																					

November 10 - 16, 2019

Sunday, November 10 - Day 314

Monday, November 11 - Day 315

Tuesday, November 12 - Day 316

Wednesday, November 13 - Day 317

Thursday, November 14 - Day 318

Friday, November 15 - Day 319

Saturday, November 16 - Day 320

If you think you can do a thing or think you can't do a thing, you're right.

- Henry Ford

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

November 17 - 23, 2019

Sunday, November 17 - Day 321

Monday, November 18 - Day 322

Tuesday, November 19 - Day 323

Wednesday, November 20 - Day 324

Thursday, November 21 - Day 325

Friday, November 22 - Day 326

Saturday, November 23 - Day 327

**A man who wants to lead the orchestra must
turn his back on the crowd.**

- Max Lucado

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

November 24 - 30, 2019

Sunday, November 24 - Day 328

Monday, November 25 - Day 329

Tuesday, November 26 - Day 330

Wednesday, November 27 - Day 331

Thursday, November 28 - Day 332

Friday, November 29 - Day 333

Saturday, November 30 - Day 334

Go as far as you can see; when you get there,
 you'll be able to see farther.

- J. P. Morgan

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

P

How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

I

What am I reading? What am I learning about this week?

R

How am I planning for restoration and relaxation this week? What am I doing for fun?

E

How am I showing care for family and friends and reaching out to others this week?

Notes

I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

December 1 - 7, 2019

Sunday, December 1 - Day 335

Monday, December 2 - Day 336

Tuesday, December 3 - Day 337

Wednesday, December 4 - Day 338

Thursday, December 5 - Day 339

Friday, December 6 - Day 340

Saturday, December 7 - Day 341



The **vision** must be followed by the **venture**.
It is not enough to stare up the steps -
we must **step up the stairs**.

- Vance Havner

I	Am I living according to my internal values?																							
	Goals							Habits																
	Week																							
	Month																							
	Year																							
N	What do I need this week? What do I need to do? Financial / Priorities / Tasks																							
S	How am I connecting to God and a higher purpose for my life?																							
												Quiet Time												
P	How am I caring for my physical body?																							
	Exercise														Eat Well									
	Water														Sleep									
I	What am I reading? What am I learning about this week?																							
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E	How am I showing care for family and friends and reaching out to others this week?																							
Notes																								
I am inspired by																								
Internal Necessary Spiritual Physical Intellectual Recreational External																								

December 8 - 14, 2019

Sunday, December 8 - Day 342

Monday, December 9 - Day 343

Tuesday, December 10 - Day 344

Wednesday, December 11 - Day 345

Thursday, December 12 - Day 346

Friday, December 13 - Day 347

Saturday, December 14 - Day 348

When you have **vision** it affects your **attitude**.
 Your attitude is **optimistic** rather than pessimistic.

- Charles R. Swindoll

I	Am I living according to my internal values?													
	Goals							Habits						
	Week													
	Month													
	Year													

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks													
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S	How am I connecting to God and a higher purpose for my life?																
													Quiet Time				

P	How am I caring for my physical body?																				
	Exercise											Eat Well									
	Water											Sleep									

I	What am I reading? What am I learning about this week?													
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?													
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E	How am I showing care for family and friends and reaching out to others this week?																				

Notes														
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I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

December 15 - 21, 2019

Sunday, December 15 - Day 349

Monday, December 16 - Day 350

Tuesday, December 17 - Day 351

Wednesday, December 18 - Day 352

Thursday, December 19 - Day 353

Friday, December 20 - Day 354

Saturday, December 21 - Day 355

Be brave enough to live the life of your dreams
according to your vision and purpose instead of
the expectations and opinions of others.

- Roy T. Bennett

I	Am I living according to my internal values?													
	Goals							Habits						
	Week													
	Month													
	Year													

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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S	How am I connecting to God and a higher purpose for my life?																	
														Quiet Time				

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	Exercise												Eat Well									
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I	What am I reading? What am I learning about this week?
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?
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Notes																					
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I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

December 22 - 28, 2019

Sunday, December 22 - Day 356

Monday, December 23 - Day 357

Tuesday, December 24 - Day 358

Wednesday, December 25 - Day 359

Thursday, December 26 - Day 360

Friday, December 27 - Day 361

Saturday, December 28 - Day 362

Just keep on going and keep believing in your own original vision, no matter what odds you have to overcome. And especially don't be stopped by your own fears.

- Angelina Maccarone

I	Am I living according to my internal values?													
	Goals							Habits						
	Week													
	Month													
	Year													

N	What do I need this week? What do I need to do? Financial / Priorities / Tasks
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													Quiet Time				

P	How am I caring for my physical body?																				
	Exercise											Eat Well									
	Water											Sleep									

I	What am I reading? What am I learning about this week?
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R	How am I planning for restoration and relaxation this week? What am I doing for fun?
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E	How am I showing care for family and friends and reaching out to others this week?																				

Notes																					
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I am inspired by

Internal | Necessary | Spiritual | Physical | Intellectual | Recreational | External

December 29, 2019 - January 4, 2020

Sunday, December 29 - Day 363

Monday, December 30 - Day 364

Tuesday, December 31 - Day 365

Wednesday, January 1 - Day 1

Thursday, January 2 - Day 2

Friday, January 3 - Day 3

Saturday, January 4 - Day 4

December 29, 2019 - January 4, 2020

The one thing that you have that nobody else has is **you**. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and **live as only you can**.
- Neil Gaiman

I

Am I living according to my internal values?

Goals

Habits

Week

Month

Year

N

What do I need this week? What do I need to do? Financial / Priorities / Tasks

S

How am I connecting to God and a higher purpose for my life?

Quiet Time

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How am I caring for my physical body?

Exercise

Eat Well

Water

Sleep

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What am I reading? What am I learning about this week?

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How am I planning for restoration and relaxation this week? What am I doing for fun?

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How am I showing care for family and friends and reaching out to others this week?

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Notes on 2019

What went well this year? What would you do differently? Use these pages both to take notes throughout the year and to look back at year's end to assess the good and the not so good.

Humans are the only creatures with the ability to dive deep in the sea, fly high in the sky, send instant messages around the globe, **reflect** on the past, **assess** the present and **imagine** the future.

- Sylvia Earle

Ideas for 2020

What are your dreams and plans for next year? Use these pages to brainstorm.

A **dream** doesn't become **reality** through magic;
it takes **sweat, determination** and
hard work.
- Colin Powell

Twelve Month Planner - 2020

Use this page to plan ahead for next year.

January

February

March

April

May

June

July

August

September

October

November

December

Notes:

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Parting Thoughts and a Disclaimer

Please note that all motivational quotes here are to be taken at face value, as an attempt to encourage and inspire you. Enjoy them and use them for what they are. The fact that I have included a certain person's quote doesn't mean that I agree with everything that person has said, their religious or political views, or their lifestyle choices.

Please leave a comment at myinspiredyear.com to let me know how you're enjoying the book. Your suggestions for the next edition are welcome.

Also, if you haven't registered yet, please do so! My hope is for you to get way more than your money's worth out of My Inspired Year. The Weekly Planner is only one part of the package. Get the daily email and the series on how to use your planner. I want you to have your best year yet!

Norma Esler