

THE SPARK PLANNER

ALL THE TOOLS YOU NEED TO CLOSE
THE GAP BETWEEN DREAMING AND DOING

Hello hello!

First, I want to say thank you for being part of the Spark Planner project. Thanks to you, we were able to bring this planner to life.

In this file are all of the pages that you'd find in the physical Spark Planner, and they are ready and waiting for you to start making magic with them.

This will be the place for all your brilliant ideas, your big plans and dreams, and the roadmap to your success. This will be where your amazing 2016 begins.

I hope this planner brings you luck, joy, and a whole lot of accomplishments. I hope it helps you achieve great things. This book is so special to me, and I hope it becomes very special to you too.

As you use this planner I would love to see your photos, examples, and hear your thoughts about the layouts, the pages, and the content. Send me a note anytime to planner@sparknotebook.com - I would love to hear from you (and I read every single message).

I can't wait to see what amazing things you'll do in 2016. I will be cheering for you.



Kate Matsudaira
Creator

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THIS PLANNER BELONGS TO

2016

JANUARY

S	M	T	W	T	F	S
					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

S	M	T	W	T	F	S
	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					

MARCH

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY

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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

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29	30		

JULY

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST

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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

S	M	T	W	T	F	S
					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

S	M	T	W	T	F	S
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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					

NOVEMBER

S	M	T	W	T	F	S
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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

S	M	T	W	T	F	S
					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						

2016 THEME

BRAINSTORMING

MY THEME IS . . .

THIS YEAR'S TOP GOALS

2016 ACHIEVEMENTS

IN THE BOXES BELOW, WRITE ABOUT YOUR ACHIEVEMENTS RIGHT AFTER THEY HAPPEN. DON'T FORGET TO INCLUDE HOW YOU MADE IT HAPPEN!

ACHIEVEMENT #1

DATE:

ACHIEVEMENT #2

DATE:

ACHIEVEMENT #3

DATE:

ACHIEVEMENT #4

DATE:

ACHIEVEMENT #5

DATE:

JANUARY 2016

S

M

T

W

3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

T

F

S

	1	2	REMINDERS _____ _____ _____ _____ _____
7	8	9	
14	15	16	
21	22	23	
28	29	30	
			NOTES _____ _____ _____ _____ _____ _____ _____

JANUARY GOALS

WHAT AM I GOING TO MAKE HAPPEN?

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

31-DAY CHALLENGE - JANUARY

FOR THE NEXT 31 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

MY PLAN OF ACTION IS . . .

I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 31 DAYS.

X _____

(signature here)

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	

"IT ISN'T WHERE YOU CAME FROM; IT'S WHERE YOU'RE GOING THAT COUNTS." —
ELLA FITZGERALD

Let go of past failures. Imagine the future. Where do you want to be at this time next year?

GOALS - WEEK OF DECEMBER 28

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, DECEMBER 28

TUESDAY, DECEMBER 29

WEDNESDAY, DECEMBER 30

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, DECEMBER 31

MORNING

FRIDAY, JANUARY 1

MORNING

SATURDAY, JANUARY 2

NOON

NOON

SUNDAY, JANUARY 3

NIGHT

NIGHT

“YOU ONLY LIVE ONCE, BUT IF YOU DO IT RIGHT, ONCE IS ENOUGH.”
— MAE WEST

What is one thing you absolutely want to accomplish or see or experience in your life?

GOALS - WEEK OF JANUARY 4

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, JANUARY 4

MORNING

TUESDAY, JANUARY 5

MORNING

WEDNESDAY, JANUARY 6

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JANUARY 7

MORNING

FRIDAY, JANUARY 8

MORNING

SATURDAY, JANUARY 9

NOON

NOON

SUNDAY, JANUARY 10

NIGHT

NIGHT

“FOREVER IS COMPOSED OF NOWS.”

— EMILY DICKINSON

Every day can turn out to be an amazing day. What would you do if you knew for sure that today was going to be a great day?

GOALS - WEEK OF JANUARY 11

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, JANUARY 11

TUESDAY, JANUARY 12

WEDNESDAY, JANUARY 13

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JANUARY 14

MORNING

FRIDAY, JANUARY 15

MORNING

SATURDAY, JANUARY 16

NOON

NOON

SUNDAY, JANUARY 17

NIGHT

NIGHT

GO WITH YOUR GUT.

We all make compromises and go along with things we don't love sometimes. This week, be honest about something. Write out how you really feel right now, and how you can be more authentic and truthful this week.

GOALS - WEEK OF JANUARY 18

- _____
- _____
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- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, JANUARY 18

MORNING

TUESDAY, JANUARY 19

MORNING

WEDNESDAY, JANUARY 20

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JANUARY 21

MORNING

FRIDAY, JANUARY 22

MORNING

SATURDAY, JANUARY 23

NOON

NOON

SUNDAY, JANUARY 24

NIGHT

NIGHT

“BE YOURSELF. EVERYONE ELSE IS TAKEN.”
— OSCAR WILDE

What do you have to offer that no one else does?

GOALS - WEEK OF JANUARY 25

- _____
- _____
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- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, JANUARY 25

TUESDAY, JANUARY 26

WEDNESDAY, JANUARY 27

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JANUARY 28

MORNING

FRIDAY, JANUARY 29

MORNING

SATURDAY, JANUARY 30

NOON

NOON

SUNDAY, JANUARY 31

NIGHT

NIGHT

FEBRUARY 2016

S

M

T

W

	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29		

T

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4	5	6	REMINDERS _____ _____ _____	
11	12	13		NOTES _____ _____ _____ _____ _____ _____ _____
18	19	20		
25	26	27		

FEBRUARY GOALS

WHAT AM I GOING TO MAKE HAPPEN?

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- _____
- _____
- _____
- _____
- _____

29-DAY CHALLENGE - FEBRUARY

FOR THE NEXT 29 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

MY PLAN OF ACTION IS . . .

I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 29 DAYS.

X _____

(signature here)

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			

"WE MUST DO THAT WHICH WE THINK WE CANNOT."
— ELEANOR ROOSEVELT

What feels just out of reach? This week, find a way to make progress. Maybe it's emailing someone, or Googling a question. It can be small, but make it happen.

GOALS - WEEK OF FEBRUARY 1

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- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, FEBRUARY 1

MORNING

TUESDAY, FEBRUARY 2

MORNING

WEDNESDAY, FEBRUARY 3

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, FEBRUARY 4

MORNING

FRIDAY, FEBRUARY 5

MORNING

SATURDAY, FEBRUARY 6

NOON

NOON

SUNDAY, FEBRUARY 7

NIGHT

NIGHT

GIVE YOURSELF A CHECK-UP.

How do you feel right now? Tired? Excited? Tense? Go through your whole body and try to relax one part at a time. Jaw...neck...shoulders...and on down. Breathe deeply. Taking a moment to center your physical body can change your whole day.

GOALS - WEEK OF FEBRUARY 8

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REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, FEBRUARY 8

MORNING

TUESDAY, FEBRUARY 9

MORNING

WEDNESDAY, FEBRUARY 10

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, FEBRUARY 11

MORNING

FRIDAY, FEBRUARY 12

MORNING

SATURDAY, FEBRUARY 13

NOON

NOON

SUNDAY, FEBRUARY 14

NIGHT

NIGHT

"SUCCESS IS OFTEN ACHIEVED BY THOSE WHO DON'T KNOW THAT FAILURE IS INEVITABLE."

— COCO CHANEL

What would you do if you knew you couldn't fail? Now imagine that outcome happening in real life. What obstacle between you and that ideal outcome can you take down this week?

GOALS - WEEK OF FEBRUARY 15

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REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, FEBRUARY 15

MORNING

TUESDAY, FEBRUARY 16

MORNING

WEDNESDAY, FEBRUARY 17

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, FEBRUARY 18

MORNING

FRIDAY, FEBRUARY 19

MORNING

SATURDAY, FEBRUARY 20

NOON

NOON

SUNDAY, FEBRUARY 21

NIGHT

NIGHT

"FREEDOM LIES IN BEING BOLD."

— ROBERT FROST

Every week, we make steady progress. This week, though, try taking a great big LEAP ahead. Where can you make a huge impact on your goals?

GOALS - WEEK OF FEBRUARY 22

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REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, FEBRUARY 22

TUESDAY, FEBRUARY 23

WEDNESDAY, FEBRUARY 24

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, FEBRUARY 25

MORNING

FRIDAY, FEBRUARY 26

MORNING

SATURDAY, FEBRUARY 27

NOON

NOON

SUNDAY, FEBRUARY 28

NIGHT

NIGHT

MARCH 2016

S

M

T

W

		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

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F

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3	4	5	REMINDERS _____ _____ _____ _____ _____ _____	
10	11	12		
17	18	19		
24	25	26		NOTES _____ _____ _____ _____ _____ _____ _____
31				

MARCH GOALS

WHAT AM I GOING TO MAKE HAPPEN?

- _____
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- _____
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- _____
- _____

31-DAY CHALLENGE - MARCH

FOR THE NEXT 31 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

MY PLAN OF ACTION IS . . .

I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 31 DAYS.

X _____

(signature here)

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	

"IF WE WAIT UNTIL WE'RE READY, WE'LL BE WAITING THE REST OF OUR LIVES."
— DANIEL HANDLER

What have you been putting off? It's better to share something that's imperfect than to never get it out the door. This week, share it. See what you can learn from putting yourself out there.

GOALS - WEEK OF FEBRUARY 29

- _____
- _____
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- _____
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REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, FEBRUARY 29

MORNING

TUESDAY, MARCH 1

MORNING

WEDNESDAY, MARCH 2

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, MARCH 3

MORNING

FRIDAY, MARCH 4

MORNING

SATURDAY, MARCH 5

NOON

NOON

SUNDAY, MARCH 6

NIGHT

NIGHT

BE THE SUNSHINE IN SOMEONE ELSE'S DAY.

When was the last time you made someone feel truly special, valued, and appreciated? How can you be the person who makes someone else's day this week?

GOALS - WEEK OF MARCH 7

- _____
- _____
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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, MARCH 7

MORNING

TUESDAY, MARCH 8

MORNING

WEDNESDAY, MARCH 9

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, MARCH 10

MORNING

FRIDAY, MARCH 11

MORNING

SATURDAY, MARCH 12

NOON

NOON

SUNDAY, MARCH 13

NIGHT

NIGHT

"DIG THE WELL BEFORE YOU ARE THIRSTY."
— CHINESE PROVERB

What is something you could do this week to make your life easier a month from now?

GOALS - WEEK OF MARCH 14

- _____
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- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, MARCH 14

MORNING

TUESDAY, MARCH 15

MORNING

WEDNESDAY, MARCH 16

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, MARCH 17

MORNING

FRIDAY, MARCH 18

MORNING

SATURDAY, MARCH 19

NOON

NOON

SUNDAY, MARCH 20

NIGHT

NIGHT

EVERY BIG TASK IS A SERIES OF SMALL TASKS.

Look at a big challenge you have coming up. Instead of looking at the whole picture, try listing out every single tiny step you'll need to do. Write them here, and watch that huge project turn into many small steps you can do every single day until — voila! — you are done.

GOALS - WEEK OF MARCH 21

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- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, MARCH 21

MORNING

TUESDAY, MARCH 22

MORNING

WEDNESDAY, MARCH 23

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, MARCH 24

MORNING

FRIDAY, MARCH 25

MORNING

SATURDAY, MARCH 26

NOON

NOON

SUNDAY, MARCH 27

NIGHT

NIGHT

"THE UNEXAMINED LIFE IS NOT WORTH LIVING."

— SOCRATES

Give yourself a performance review. Where would you rank yourself on a scale of 1-10? If you're not a 10, what is holding you back right now?

GOALS - WEEK OF MARCH 28

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- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, MARCH 28

MORNING

TUESDAY, MARCH 29

MORNING

WEDNESDAY, MARCH 30

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, MARCH 31

MORNING

FRIDAY, APRIL 1

MORNING

SATURDAY, APRIL 2

NOON

NOON

SUNDAY, APRIL 3

NIGHT

NIGHT

APRIL 2016

S

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3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27

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F

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	1	2	REMINDERS _____ _____ _____ _____ _____
7	8	9	
14	15	16	
21	22	23	
28	29	30	
			NOTES _____ _____ _____ _____ _____ _____

APRIL GOALS

WHAT AM I GOING TO MAKE HAPPEN?

- _____
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- _____
- _____

30-DAY CHALLENGE - APRIL

FOR THE NEXT 30 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

MY PLAN OF ACTION IS . . .

I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 30 DAYS.

X _____

(signature here)

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		

"COURAGE IS GRACE UNDER PRESSURE."
— ERNEST HEMINGWAY

Being successful isn't about being perfect; it's about rising to the occasion. Where can you step up and shine this week?

GOALS - WEEK OF APRIL 4

- _____
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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, APRIL 4

MORNING

TUESDAY, APRIL 5

MORNING

WEDNESDAY, APRIL 6

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, APRIL 7

MORNING

FRIDAY, APRIL 8

MORNING

SATURDAY, APRIL 9

NOON

NOON

SUNDAY, APRIL 10

NIGHT

NIGHT

TAKE A TRIP IN A TIME MACHINE.

One of the best ways to set meaningful goals is to travel to the future and look back on today. Imagine yourself in 20 years. Where do you live? Work? How do you spend your weekends? Who do you talk to?

Now look at your week. Is the life you're living now moving you towards the life you want?

GOALS - WEEK OF APRIL 11

- _____
- _____
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- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, APRIL 11

MORNING

TUESDAY, APRIL 12

MORNING

WEDNESDAY, APRIL 13

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, APRIL 14

MORNING

FRIDAY, APRIL 15

MORNING

SATURDAY, APRIL 16

NOON

NOON

SUNDAY, APRIL 17

NIGHT

NIGHT

YOU'RE IN THE MIDDLE OF IT ALL RIGHT NOW.

Your life isn't waiting to start later — it's happening right now. Every day is a new opportunity to do something amazing. What have you been putting off that you can do today?

GOALS - WEEK OF APRIL 18

- _____
- _____
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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, APRIL 18

MORNING

TUESDAY, APRIL 19

MORNING

WEDNESDAY, APRIL 20

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, APRIL 21

MORNING

FRIDAY, APRIL 22

MORNING

SATURDAY, APRIL 23

NOON

NOON

SUNDAY, APRIL 24

NIGHT

NIGHT

"BE IN LOVE WITH YOUR LIFE. EVERY MINUTE OF IT."
— JACK KEROUAC

What is sparking a fire in your life right now?

GOALS - WEEK OF APRIL 25

- _____
- _____
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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, APRIL 25

MORNING

TUESDAY, APRIL 26

MORNING

WEDNESDAY, APRIL 27

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, APRIL 28

MORNING

FRIDAY, APRIL 29

MORNING

SATURDAY, APRIL 30

NOON

NOON

SUNDAY, MAY 1

NIGHT

NIGHT

MAY 2016

S

M

T

W

1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

T

F

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5	6	7	REMINDERS _____ _____ _____ _____ _____ _____
12	13	14	
19	20	21	
26	27	28	NOTES _____ _____ _____ _____ _____ _____ _____

MAY GOALS

WHAT AM I GOING TO MAKE HAPPEN?

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

31-DAY CHALLENGE - MAY

FOR THE NEXT 31 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

MY PLAN OF ACTION IS . . .

I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 31 DAYS.

X _____

(signature here)

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	

YOUR TIME IS AN INVESTMENT.

How do you spend your time? Track the details of how you spend an average day — from wake-up to sleep. Then look at it closely. Time is your most precious commodity. Are you investing it the way you want to?

GOALS - WEEK OF MAY 2

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, MAY 2

MORNING

TUESDAY, MAY 3

MORNING

WEDNESDAY, MAY 4

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, MAY 5

MORNING

FRIDAY, MAY 6

MORNING

SATURDAY, MAY 7

NOON

NOON

SUNDAY, MAY 8

NIGHT

NIGHT

DO SWEAT THE SMALL STUFF SOMETIMES.

Sometimes the smallest things—like someone smiling in the hallway, or taking the time to prepare answers to questions before they're asked—makes the biggest difference. What are the small details in your life that could take your life or work to the next level?

GOALS - WEEK OF MAY 9

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, MAY 9

MORNING

TUESDAY, MAY 10

MORNING

WEDNESDAY, MAY 11

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, MAY 12

MORNING

FRIDAY, MAY 13

MORNING

SATURDAY, MAY 14

NOON

NOON

SUNDAY, MAY 15

NIGHT

NIGHT

LEARN ABOUT YOUR STRENGTHS.

Ask a friend or coworker to tell you what your greatest strengths are. We all hear about our weaknesses often enough; this week embrace your strengths, and offer to return the favor.

GOALS - WEEK OF MAY 16

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, MAY 16

MORNING

TUESDAY, MAY 17

MORNING

WEDNESDAY, MAY 18

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, MAY 19

MORNING

FRIDAY, MAY 20

MORNING

SATURDAY, MAY 21

NOON

NOON

SUNDAY, MAY 22

NIGHT

NIGHT

NURTURE YOUR CONNECTIONS.

Success comes from people. We are only as strong as the people who help us reach our goals. Who should you reconnect with? Who can you thank for their support?

GOALS - WEEK OF MAY 23

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, MAY 23

MORNING

TUESDAY, MAY 24

MORNING

WEDNESDAY, MAY 25

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, MAY 26

MORNING

FRIDAY, MAY 27

MORNING

SATURDAY, MAY 28

NOON

NOON

SUNDAY, MAY 29

NIGHT

NIGHT

JUNE 2016

S

M

T

W

			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

T

F

S

2	3	4	REMINDERS _____ _____ _____
9	10	11	
16	17	18	
23	24	25	NOTES _____ _____ _____ _____ _____ _____
30			

JUNE GOALS

WHAT AM I GOING TO MAKE HAPPEN?

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

30-DAY CHALLENGE - JUNE

FOR THE NEXT 30 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

MY PLAN OF ACTION IS . . .

I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 30 DAYS.

X _____

(signature here)

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		

“THERE MUST BE MORE TO LIFE THAN HAVING EVERYTHING.”
— MAURICE SENDAK

What are the intangibles that you value? Which ones can't you live without?

GOALS - WEEK OF MAY 30

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, MAY 30

MORNING

TUESDAY, MAY 31

MORNING

WEDNESDAY, JUNE 1

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JUNE 2

MORNING

FRIDAY, JUNE 3

MORNING

SATURDAY, JUNE 4

NOON

NOON

SUNDAY, JUNE 5

NIGHT

NIGHT

THE HARD PART IS THE BEST PART.

It's easy to feel smart and strong when things are simple. It's the seemingly impossible challenges that truly help us grow. What parts of your life are challenging you right now? How will you stick it out, and what do you have to gain?

GOALS - WEEK OF JUNE 6

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, JUNE 6

MORNING

TUESDAY, JUNE 7

MORNING

WEDNESDAY, JUNE 8

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JUNE 9

MORNING

FRIDAY, JUNE 10

MORNING

SATURDAY, JUNE 11

NOON

NOON

SUNDAY, JUNE 12

NIGHT

NIGHT

INTERVIEW SOMEONE YOU ADMIRE.

Who has a career you covet? This week, email him or her and ask for advice. Ask things like:

What qualities do you think a great ___ needs?

What's your favorite thing about your job?

What books or resources would you recommend?

How can you incorporate those lessons into your work this week.

GOALS - WEEK OF JUNE 13

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, JUNE 13

MORNING

TUESDAY, JUNE 14

MORNING

WEDNESDAY, JUNE 15

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JUNE 16

MORNING

FRIDAY, JUNE 17

MORNING

SATURDAY, JUNE 18

NOON

NOON

SUNDAY, JUNE 19

NIGHT

NIGHT

"GREAT HOPES MAKE EVERYTHING GREAT POSSIBLE."

— BENJAMIN FRANKLIN

At work and in life, we're often forced to be pragmatists instead of dreamers. Take a few minutes now to dream. If you could do anything today, what would it be?

GOALS - WEEK OF JUNE 20

- _____
- _____
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- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, JUNE 20

MORNING

TUESDAY, JUNE 21

MORNING

WEDNESDAY, JUNE 22

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JUNE 23

MORNING

FRIDAY, JUNE 24

MORNING

SATURDAY, JUNE 25

NOON

NOON

SUNDAY, JUNE 26

NIGHT

NIGHT

SIMPLIFY.

It's easy to make things difficult. It's difficult to make things easy. Spend your time and energy making things easy, and you'll be successful. - Martin Lange

GOALS - WEEK OF JUNE 27

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, JUNE 27

MORNING

TUESDAY, JUNE 28

MORNING

WEDNESDAY, JUNE 29

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JUNE 30

MORNING

FRIDAY, JULY 1

MORNING

SATURDAY, JULY 2

NOON

NOON

SUNDAY, JULY 3

NIGHT

NIGHT

JULY 2016

S

M

T

W

3	4	5	6
10	11	12	13
17	18	19	20
24 31	25	26	27

T

F

S

	1	2	REMINDERS _____ _____ _____ _____ _____ _____
7	8	9	
14	15	16	
21	22	23	
28	29	30	

JULY GOALS

WHAT AM I GOING TO MAKE HAPPEN?

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

31-DAY CHALLENGE - JULY

FOR THE NEXT 31 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

MY PLAN OF ACTION IS . . .

I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 31 DAYS.

X _____

(signature here)

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	

“THE MOST BASIC FORM OF HUMAN STUPIDITY IS FORGETTING WHAT WE ARE TRYING TO ACCOMPLISH.”
— FRIEDRICH NIETZSCHE

Look back at your yearly theme. Are you making progress? If you've gotten off course, what is one thing you can do this week to make headway on your yearly goals?

GOALS - WEEK OF JULY 4

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, JULY 4

MORNING

TUESDAY, JULY 5

MORNING

WEDNESDAY, JULY 6

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JULY 7

MORNING

FRIDAY, JULY 8

MORNING

SATURDAY, JULY 9

NOON

NOON

SUNDAY, JULY 10

NIGHT

NIGHT

“THE MAN WHO CHASES TWO RABBITS CATCHES NEITHER.”
— CONFUCIUS

Where do you need to be laser-focused this week?

GOALS - WEEK OF JULY 11

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, JULY 11

MORNING

TUESDAY, JULY 12

MORNING

WEDNESDAY, JULY 13

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JULY 14

MORNING

NOON

NIGHT

FRIDAY, JULY 15

MORNING

NOON

NIGHT

SATURDAY, JULY 16

SUNDAY, JULY 17

THERE IS POWER IN SAYING NO.

You should only say yes to things that move you forward or make your life feel more fulfilled. What obligations are you putting up with? Why?

GOALS - WEEK OF JULY 18

- _____
- _____
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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, JULY 18

MORNING

TUESDAY, JULY 19

MORNING

WEDNESDAY, JULY 20

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JULY 21

MORNING

NOON

NIGHT

FRIDAY, JULY 22

MORNING

NOON

NIGHT

SATURDAY, JULY 23

SUNDAY, JULY 24

THERE WILL ALWAYS BE A GOOD REASON NOT TO DO SOMETHING.

If you're waiting for the perfect moment to start something, you may be waiting forever. It's always possible to find a good reason not to take a risk. What excuses are you making? Give one of them up this week.

GOALS - WEEK OF JULY 25

- _____
- _____
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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, JULY 25

MORNING

TUESDAY, JULY 26

MORNING

WEDNESDAY, JULY 27

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, JULY 28

MORNING

FRIDAY, JULY 29

MORNING

SATURDAY, JULY 30

NOON

NOON

SUNDAY, JULY 31

NIGHT

NIGHT

AUGUST 2016

S

M

T

W

	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

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4	5	6	REMINDERS _____ _____ _____ _____ _____ _____
11	12	13	
18	19	20	
25	26	27	NOTES _____ _____ _____ _____ _____ _____ _____

AUGUST GOALS

WHAT AM I GOING TO MAKE HAPPEN?

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

31-DAY CHALLENGE - AUGUST

FOR THE NEXT 31 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

MY PLAN OF ACTION IS . . .

I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 31 DAYS.

X _____

(signature here)

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	

CHANGE STARTS FROM THE INSIDE.

What does your inner dialogue sound like? Notice how often you think negative things about yourself and how often you think positive things. We are who we believe we are. Do you like the stories you are telling yourself?

GOALS - WEEK OF AUGUST 1

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, AUGUST 1

MORNING

TUESDAY, AUGUST 2

MORNING

WEDNESDAY, AUGUST 3

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, AUGUST 4

MORNING

FRIDAY, AUGUST 5

MORNING

SATURDAY, AUGUST 6

NOON

NOON

SUNDAY, AUGUST 7

NIGHT

NIGHT

"YOUR GREATNESS IS MEASURED BY YOUR HORIZONS."
— MICHELANGELO

Instead of week-to-week, imagine where you want to be in 10 years. Think about where you want to be, and then take a look at where you are today. Are you spending time on the things that will take you as far as you want to go in the future?

GOALS - WEEK OF AUGUST 8

- _____
- _____
- _____
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- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, AUGUST 8

MORNING

TUESDAY, AUGUST 9

MORNING

WEDNESDAY, AUGUST 10

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, AUGUST 11

MORNING

FRIDAY, AUGUST 12

MORNING

SATURDAY, AUGUST 13

NOON

NOON

SUNDAY, AUGUST 14

NIGHT

NIGHT

"NEVER COMMIT TO MEMORY WHAT CAN BE EASILY LOOKED UP IN BOOKS."
— ALBERT EINSTEIN

Not every job is worth doing, and your time should be spent where you have the most value to add. Where can you streamline your process?

GOALS - WEEK OF AUGUST 15

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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, AUGUST 15

MORNING

TUESDAY, AUGUST 16

MORNING

WEDNESDAY, AUGUST 17

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, AUGUST 18

MORNING

FRIDAY, AUGUST 19

MORNING

SATURDAY, AUGUST 20

NOON

NOON

SUNDAY, AUGUST 21

NIGHT

NIGHT

"THE TROUBLE WITH TALKING TOO FAST IS YOU MAY SAY SOMETHING YOU HAVEN'T THOUGHT OF YET."

— ANN LANDERS

Practice being present this week. Listen more than you speak, and think through what you want to say before you open your mouth. What do you learn when you talk less?

GOALS - WEEK OF AUGUST 22

- _____
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REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, AUGUST 22

TUESDAY, AUGUST 23

WEDNESDAY, AUGUST 24

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, AUGUST 25

MORNING

FRIDAY, AUGUST 26

MORNING

SATURDAY, AUGUST 27

NOON

NOON

SUNDAY, AUGUST 28

NIGHT

NIGHT

"IT'S NOT THE LOAD THAT BREAKS YOU DOWN; IT'S THE WAY YOU CARRY IT."
— LENA HORNE

Where are you making life harder than it needs to be?

GOALS - WEEK OF AUGUST 29

- _____
- _____
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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, AUGUST 29

MORNING

TUESDAY, AUGUST 30

MORNING

WEDNESDAY, AUGUST 31

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, SEPTEMBER 1

MORNING

FRIDAY, SEPTEMBER 2

MORNING

SATURDAY, SEPTEMBER 3

NOON

NOON

SUNDAY, SEPTEMBER 4

NIGHT

NIGHT

SEPTEMBER 2016

S

M

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W

4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

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1	2	3	REMINDERS _____ _____ _____ _____ _____
8	9	10	
15	16	17	
22	23	24	
29	30		
			NOTES _____ _____ _____ _____ _____ _____ _____

SEPTEMBER GOALS

WHAT AM I GOING TO MAKE HAPPEN?

- _____
- _____
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- _____
- _____

30-DAY CHALLENGE - SEPTEMBER

FOR THE NEXT 30 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

MY PLAN OF ACTION IS . . .

I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 30 DAYS.

X _____

(signature here)

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		

"I WOULD ALWAYS RATHER BE HAPPY THAN DIGNIFIED."
—CHARLOTTE BRONTË

What would make you REALLY happy to do this week? What puts a smile on your face?

GOALS - WEEK OF SEPTEMBER 5

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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, SEPTEMBER 5

MORNING

TUESDAY, SEPTEMBER 6

MORNING

WEDNESDAY, SEPTEMBER 7

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, SEPTEMBER 8

MORNING

FRIDAY, SEPTEMBER 9

MORNING

SATURDAY, SEPTEMBER 10

NOON

NOON

SUNDAY, SEPTEMBER 11

NIGHT

NIGHT

WHAT DO YOU WANT TO BE KNOWN FOR?

What do you want people to think of when they think of you? Knowing how you want to be perceived will help you be more deliberate in your actions.

GOALS - WEEK OF SEPTEMBER 12

- _____
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- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, SEPTEMBER 12

TUESDAY, SEPTEMBER 13

WEDNESDAY, SEPTEMBER 14

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, SEPTEMBER 15

MORNING

FRIDAY, SEPTEMBER 16

MORNING

SATURDAY, SEPTEMBER 17

NOON

NOON

SUNDAY, SEPTEMBER 18

NIGHT

NIGHT

"YOU ARE NOT BEATEN UNTIL YOU ADMIT IT."
— GEORGE PATTON

Success is in the eye of the beholder. Where is life beating you right now? Take a few steps back. What will it take for you to pick yourself up and keep climbing?

GOALS - WEEK OF SEPTEMBER 19

- _____
- _____
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- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, SEPTEMBER 19

TUESDAY, SEPTEMBER 20

WEDNESDAY, SEPTEMBER 21

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, SEPTEMBER 22

MORNING

FRIDAY, SEPTEMBER 23

MORNING

SATURDAY, SEPTEMBER 24

NOON

NOON

SUNDAY, SEPTEMBER 25

NIGHT

NIGHT

"IF YOU DON'T STAND FOR SOMETHING, YOU'LL FALL FOR ANYTHING."
— PETER MARSHALL

What do you know to be true? Where won't you compromise?

GOALS - WEEK OF SEPTEMBER 26

- _____
- _____
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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, SEPTEMBER 26

TUESDAY, SEPTEMBER 27

WEDNESDAY, SEPTEMBER 28

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, SEPTEMBER 29

MORNING

FRIDAY, SEPTEMBER 30

MORNING

SATURDAY, OCTOBER 1

NOON

NOON

SUNDAY, OCTOBER 2

NIGHT

NIGHT

OCTOBER 2016

S

M

T

W

2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

T

F

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		1	REMINDERS _____ _____ _____ _____ _____ _____ _____
6	7	8	
13	14	15	
20	21	22	
27	28	29	
			NOTES _____ _____ _____ _____ _____ _____ _____

OCTOBER GOALS

WHAT AM I GOING TO MAKE HAPPEN?

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

31-DAY CHALLENGE - OCTOBER

FOR THE NEXT 31 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

MY PLAN OF ACTION IS . . .

I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 31 DAYS.

X _____

(signature here)

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	

"LOST TIME IS NEVER FOUND AGAIN."

— BENJAMIN FRANKLIN

Where do you lose time during your days? It might be with tasks that don't add value to your life, or maybe it's dawdling at the office and missing out on your workout. How will you make every minute valuable this week?

GOALS - WEEK OF OCTOBER 3

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, OCTOBER 3

MORNING

TUESDAY, OCTOBER 4

MORNING

WEDNESDAY, OCTOBER 5

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, OCTOBER 6

MORNING

FRIDAY, OCTOBER 7

MORNING

SATURDAY, OCTOBER 8

NOON

NOON

SUNDAY, OCTOBER 9

NIGHT

NIGHT

"NOT ALL THOSE WHO WANDER ARE LOST."

— J.R.R. TOLKIEN

Deviating from your plans can be an amazing way to reinvigorate your mind and body. How can you shake up your routine this week?

GOALS - WEEK OF OCTOBER 10

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, OCTOBER 10

MORNING

TUESDAY, OCTOBER 11

MORNING

WEDNESDAY, OCTOBER 12

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, OCTOBER 13

MORNING

FRIDAY, OCTOBER 14

MORNING

SATURDAY, OCTOBER 15

NOON

NOON

SUNDAY, OCTOBER 16

NIGHT

NIGHT

SEND GOOD NEWS UP THE CHAIN AND THANK YOU'S DOWN.

Did you have a success last week? Don't assume your boss knows about it. Be in charge of your own career and make sure to share good news upwards. Thank someone on your team or someone who helped you accomplish your good news. When you spread positivity, the value comes back to you.

GOALS - WEEK OF OCTOBER 17

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, OCTOBER 17

MORNING

TUESDAY, OCTOBER 18

MORNING

WEDNESDAY, OCTOBER 19

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, OCTOBER 20

MORNING

FRIDAY, OCTOBER 21

MORNING

SATURDAY, OCTOBER 22

NOON

NOON

SUNDAY, OCTOBER 23

NIGHT

NIGHT

"IT TAKES A GREAT DEAL OF COURAGE TO SEE THE WORLD IN ALL ITS TAINTED
GLORY AND STILL TO LOVE IT."
— OSCAR WILDE

Success rarely looks the same to every person, and it rarely includes perfection. What does success mean to you? What does it mean for YOU to live a rich, successful life?

GOALS - WEEK OF OCTOBER 24

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, OCTOBER 24

MORNING

TUESDAY, OCTOBER 25

MORNING

WEDNESDAY, OCTOBER 26

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, OCTOBER 27

MORNING

FRIDAY, OCTOBER 28

MORNING

SATURDAY, OCTOBER 29

NOON

NOON

SUNDAY, OCTOBER 30

NIGHT

NIGHT

NOVEMBER 2016

S

M

T

W

		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

T

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3	4	5	<p>REMINDERS</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
10	11	12		
17	18	19		
24	25	26		<p>NOTES</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

NOVEMBER GOALS

WHAT AM I GOING TO MAKE HAPPEN?

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

30-DAY CHALLENGE - NOVEMBER

FOR THE NEXT 30 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

MY PLAN OF ACTION IS . . .

I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 30 DAYS.

X _____

(signature here)

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		

"IT DOES NOT MATTER HOW SLOWLY YOU GO AS LONG AS YOU DO NOT STOP."
— CONFUCIUS

What have you been working on for a long time? How much farther do you have to go? Take one step this week. And another next week. You will get there.

GOALS - WEEK OF OCTOBER 31

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- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, OCTOBER 31

TUESDAY, NOVEMBER 1

WEDNESDAY, NOVEMBER 2

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, NOVEMBER 3

MORNING

FRIDAY, NOVEMBER 4

MORNING

SATURDAY, NOVEMBER 5

NOON

NOON

SUNDAY, NOVEMBER 6

NIGHT

NIGHT

“WHAT YOU THINK YOU BECOME. WHAT YOU FEEL YOU ATTRACT. WHAT YOU IMAGINE YOU CREATE.”

-BUDDHA

Check in with yourself for a moment. Are you thinking thoughts of abundance, happiness and success? Spend some time this week focusing on you and make sure your thoughts are in line with your goals.

GOALS - WEEK OF NOVEMBER 7

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- _____
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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, NOVEMBER 7

MORNING

TUESDAY, NOVEMBER 8

MORNING

WEDNESDAY, NOVEMBER 9

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, NOVEMBER 10

MORNING

FRIDAY, NOVEMBER 11

MORNING

SATURDAY, NOVEMBER 12

NOON

NOON

SUNDAY, NOVEMBER 13

NIGHT

NIGHT

YOU HAVE TO DO THE HARD THINGS.

These are the things that scare you. The things that no one else is doing. The things that require you to dig deep to find the courage to move forward.

These are the things that define you. They are the things that create your future. What can you tackle that will take you away from mediocrity and into the realm of success?

GOALS - WEEK OF NOVEMBER 14

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- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, NOVEMBER 14

MORNING

TUESDAY, NOVEMBER 15

MORNING

WEDNESDAY, NOVEMBER 16

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, NOVEMBER 17

MORNING

FRIDAY, NOVEMBER 18

MORNING

SATURDAY, NOVEMBER 19

NOON

NOON

SUNDAY, NOVEMBER 20

NIGHT

NIGHT

"INSPIRATION IS FOR AMATEURS. THE REST OF US JUST SHOW UP AND GET TO WORK."

— CHUCK CLOSE

Brainstorm five crazy, creative, maybe-even-impossible solutions to a problem you're stuck on this week. You just might find a solution in brute force imagination.

GOALS - WEEK OF NOVEMBER 21

- _____
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REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, NOVEMBER 21

TUESDAY, NOVEMBER 22

WEDNESDAY, NOVEMBER 23

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, NOVEMBER 24

MORNING

FRIDAY, NOVEMBER 25

MORNING

SATURDAY, NOVEMBER 26

NOON

NOON

SUNDAY, NOVEMBER 27

NIGHT

NIGHT

"I HAVE FAILED MANY TIMES, BUT I HAVE NEVER GONE INTO A GAME EXPECTING MYSELF TO FAIL."

— MICHAEL JORDAN

Imagine yourself succeeding wildly at something this week. What would it look like if you knocked it out of the park? How good would it feel?

GOALS - WEEK OF NOVEMBER 28

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- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, NOVEMBER 28

TUESDAY, NOVEMBER 29

WEDNESDAY, NOVEMBER 30

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, DECEMBER 1

MORNING

NOON

NIGHT

FRIDAY, DECEMBER 2

MORNING

NOON

NIGHT

SATURDAY, DECEMBER 3

SUNDAY, DECEMBER 4

DECEMBER 2016

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4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

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F

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1	2	3	REMINDERS _____ _____ _____	
8	9	10		_____ _____ _____
15	16	17		_____ _____
			NOTES	
22	23	24	_____ _____ _____	
29	30	31	_____ _____ _____	

DECEMBER GOALS

WHAT AM I GOING TO MAKE HAPPEN?

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- _____

31-DAY CHALLENGE - DECEMBER

FOR THE NEXT 31 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

MY PLAN OF ACTION IS . . .

I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 31 DAYS.

X _____

(signature here)

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	

"WHY FIT IN WHEN YOU WERE BORN TO STAND OUT?"

— DR. SEUSS

What are your talents that make you special? How can you make them shine?

GOALS - WEEK OF DECEMBER 5

- _____
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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, DECEMBER 5

MORNING

TUESDAY, DECEMBER 6

MORNING

WEDNESDAY, DECEMBER 7

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, DECEMBER 8

MORNING

FRIDAY, DECEMBER 9

MORNING

SATURDAY, DECEMBER 10

NOON

NOON

SUNDAY, DECEMBER 11

NIGHT

NIGHT

"FEAR DEFEATS MORE PEOPLE THAN ANY OTHER ONE THING IN THE WORLD."
— RALPH WALDO EMERSON

It is often fear of failure that holds us back more than failure itself. What are you afraid of? Instead of thinking about failure, imagine how it would feel to overcome it.

GOALS - WEEK OF DECEMBER 12

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- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, DECEMBER 12

TUESDAY, DECEMBER 13

WEDNESDAY, DECEMBER 14

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, DECEMBER 15

MORNING

FRIDAY, DECEMBER 16

MORNING

SATURDAY, DECEMBER 17

NOON

NOON

SUNDAY, DECEMBER 18

NIGHT

NIGHT

"WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE IS NOT AN ACT, BUT
A HABIT."
— ARISTOTLE

What's one good habit that could make you more successful? Maybe it's setting aside time every day to focus completely on a task. Maybe it's waking up an hour earlier to exercise before work. Brainstorm ideas for good habits and try one this week.

GOALS - WEEK OF DECEMBER 19

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- _____
- _____
- _____

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, DECEMBER 19

TUESDAY, DECEMBER 20

WEDNESDAY, DECEMBER 21

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, DECEMBER 22

MORNING

FRIDAY, DECEMBER 23

MORNING

SATURDAY, DECEMBER 24

NOON

NOON

SUNDAY, DECEMBER 25

NIGHT

NIGHT

"LIFE SHRINKS OR EXPANDS IN PROPORTION TO ONE'S COURAGE."
— ANAÏS NIN

You control your destiny. So, where do you want to go?

GOALS - WEEK OF DECEMBER 26

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

REFLECT + CELEBRATE

REVIEW

- Yearly Goals
- Monthly Goals
- Last Week's Progress
- 30-Day Challenge

WEEKLY OUTLOOK

MONDAY, DECEMBER 26

TUESDAY, DECEMBER 27

WEDNESDAY, DECEMBER 28

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY, DECEMBER 29

MORNING

FRIDAY, DECEMBER 30

MORNING

SATURDAY, DECEMBER 31

NOON

NOON

SUNDAY, JANUARY 1

NIGHT

NIGHT

