

evercoach<sup>✓</sup>

# YEARLY PLANNER 2023

# Starting Your Year With Gratitude

As you get the opportunity to write the new pages of your journey for 2023, take a moment to reflect on what 2022 brought to your life.

Notice every step you took forward, celebrate everything you did to improve your life and others, and gently let go of what no longer serves you. This will create the right space to set the vision for what you want to create in this new year!

These are the things that no longer serve me and I am ready to let go of

These are the biggest lessons I learned last year

This is what I'm most grateful for from 2022

# Your BIG Vision

What would you love to create in the next year if you had unlimited resources, where time, money, and skills were not an issue? Imagine that there was no possible way for you to fail! What will your ideal life look like?

Incorporate all aspects of your life: your health & well-being, your meaningful relationships, your growth & development, your career & professional life, and your finances. What if everything you imagined your life to be was possible?

Write down everything you could dream of doing or having that would make you happy or joyful.

**My Ideal Life**

# The AWESOME Model For Setting Goals

This is one of the most effective tools I have found when setting practical goals and creating results in my personal life and business. This is designed to keep your commitment going for long periods, building your motivation and taking the necessary actions to achieve those goals.

The AWESOME model has seven elements to ensure that you can turn your vision into your reality:

- Ambition: This is about focusing on the future and the ideal reality you want to create.
- Why: Your why will fuel your motivation and help you overcome any obstacle between you and your goal.
- Executable: Your goal has to be big enough to make you feel excited but not too big to paralyze you with fear.
- Specific: You must understand all the elements that make up your goal so you can measure if you're on the right track.
- Objective: You must have clarity on the steps you need to take to achieve your goal.
- Measurable: You have to have ways to measure your progress every month to know where you stand.
- Expiration: Your goal has to have an expiring timeline because a deadline will naturally move you into action.

Now let's put the AWESOME model into action!

Take your Big Vision from the last exercise, and let's start organizing your goals for 2023 based on the AWESOME model:

<b><u>My Health &amp; Well-being:</u></b> Habits, nutrition, exercise, sleep, inner peace, etc		
Ambition: What I want	Why it matters to me	Executable: Exciting & doable (Yes/No)
Specific & Objective: What do I need to move towards my goal?	Measurable: How will I measure my progress every month?	Expiration: By when do I want to achieve my goal?

<b><u>My Important Relationships:</u></b> Love relationship, family, friends, colleagues, etc		
Ambition: What I want	Why it matters to me	Executable: Exciting & doable (Yes/No)
Specific & Objective: What do I need to move towards my goal?	Measurable: How will I measure my progress every month?	Expiration: By when do I want to achieve my goal?

<b><u>My Growth &amp; Development:</u></b> New skills, character traits, topics I want to learn about, etc		
Ambition: What I want	Why it matters to me	Executable: Exciting & doable (Yes/No)
Specific & Objective: What do I need to move towards my goal?	Measurable: How will I measure my progress every month?	Expiration: By when do I want to achieve my goal?

<b><u>My Career &amp; Professional Life:</u></b> Career growth, entrepreneurship, impact, etc		
Ambition: What I want	Why it matters to me	Executable: Exciting & doable (Yes/No)
Specific & Objective: What do I need to move towards my goal?	Measurable: How will I measure my progress every month?	Expiration: By when do I want to achieve my goal?

<b><u>My Finances:</u></b> How much I want to make this year, how much I want to save, etc		
Ambition: What I want	Why it matters to me	Executable: Exciting & doable (Yes/No)
Specific & Objective: What do I need to move towards my goal?	Measurable: How will I measure my progress every month?	Expiration: By when do I want to achieve my goal?

# The HAAM Approach To Move Towards Your Goals

Now that you are clear on what goals you want, why they are important for you, how to know if you are moving in the right direction towards your goals, how to measure them, and the timeline they have, it's time for you to create an ecosystem that keeps the momentum going for an extended period until you achieve your desired results.

This is where the HAAM approach comes in!

Habits: These are pre-existing habits you want to build on or new ones that you can slowly incorporate into your routine. They must be easy to achieve, and you develop them over time.

Accountability: You need internal or external accountability to keep you on track toward your goals throughout the year.

Achievement & Rewards: You should celebrate each milestone that moves you towards your goal and gives you a sense of accomplishment. Gamify your process! Incorporate gifts and rewards that you can give yourself along the way.

Motivation triggers: Find what motivates you to go forward and make space to incorporate those triggers.

These are the new habits I want to develop in 2023

These are the ways I'm going to keep myself accountable for reaching my goals

These are the people that can help me keep accountable

These are the ways I will celebrate my achievements and the rewards that are exciting for me!

These are my biggest motivation triggers

# Plan Your Year

Write your main focus for each month in order to achieve the desired results you want to create at the end of the year.

MONTH	Income Generation	Quality of Life	Growth & Learning
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			

# The MTO Technique

We are going to take your yearly goals one step further with a technique that breaks goals into three levels. This technique was developed by Raymond Aaron and it's called MTO.

**MTO stands for:**

- Minimum
- Target
- Outrageous

**Minimum:**

What you expect to achieve based on the reality of your past performance. Not on your ideal.

**Target:**

Is the "stretch," which is slightly beyond what you know you can accomplish. It inspires you to keep moving forward because the goal is near.

**Outrageous:**

Is what you still don't believe you can achieve but pushes you to your edge.

When you set goals this way, you go beyond the typical binary result of "If I achieve it, I succeed and feel good. If I don't, I fail and feel bad".

Define 3 main measures of success for 2023, and use the MTO technique to define your Minimum, Target, and Outrageous goals

Measure of Success #1:		
Minimum	Target	Outrageous

Measure of Success #2:		
Minimum	Target	Outrageous

Measure of Success #3:		
Minimum	Target	Outrageous

# January

"The more clarity we get around our dreams, the easier it becomes to take action towards them. The more action we take towards our dreams, the more likely those dreams will come true. "

- *Ajit Nawalkha*

# Welcome 2023!

30	FRIDAY
<u>Main focus for today.</u>	
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31	SATURDAY
<u>Main focus for today.</u>	
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<u>Main focus for today.</u>	
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BIG WINS OF THE WEEK / PROUD MOMENTS

ROOM FOR IMPROVEMENT

2

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Main focus for today

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TUESDAY

Main focus for today

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WEDNESDAY

Main focus for today

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LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

My notes

5	THURSDAY
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6	FRIDAY
Main focus for today	
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7	SATURDAY
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8	SUNDAY
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

## 9 MONDAY

<u>Main focus for today</u>
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## 10 TUESDAY

<u>Main focus for today</u>
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## 11 WEDNESDAY

<b><u>Main focus for today</u></b>
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## My notes

12	THURSDAY
Main focus for today	
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13	FRIDAY
Main focus for today	
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14	SATURDAY
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15	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

16	<u>MONDAY</u>
<u>Main focus for today</u>	
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17	<u>TUESDAY</u>
<u>Main focus for today.</u>	
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18	<u>WEDNESDAY</u>
<u>Main focus for today.</u>	
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**My notes**

19	THURSDAY
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20	FRIDAY
Main focus for today	
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21	SATURDAY
Main focus for today	
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22	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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26	THURSDAY
Main focus for today	
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27	FRIDAY
Main focus for today	
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28	SATURDAY
Main focus for today	
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29	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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# Monthly Review

Area of my life	What got me closer to my goals	What I need to improve
My Health & Well-being		
My Important Relationships		
My Growth & Development		
My Career & Professional Life		
My Finances		
My Contribution		

# February

"The things that excite you are not random.  
They are connected to your purpose."

- AjiT Nawalkha



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Main focus for today	
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3	FRIDAY
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4	SATURDAY
Main focus for today	
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5	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

6

MONDAY

Main focus for today

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TUESDAY

Main focus for today

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WEDNESDAY

Main focus for today

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My notes

9	THURSDAY
Main focus for today	
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10	FRIDAY
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11	SATURDAY
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12	SUNDAY
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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13

MONDAY

Main focus for today

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TUESDAY

Main focus for today

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WEDNESDAY

Main focus for today

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LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

My notes

16	THURSDAY
Main focus for today	
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17	FRIDAY
Main focus for today	
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18	SATURDAY
Main focus for today	
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19	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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<div>LIST OF TO-DO'S</div>	20	MONDAY	21	TUESDAY	22	WEDNESDAY
	Main focus for today		Main focus for today		Main focus for today	
	Before 8am		Before 8am		Before 8am	
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	1pm		1pm		1pm	
	2pm		2pm		2pm	
	3pm		3pm		3pm	
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<div>MAIN FOCUS OF THE WEEK</div>	After 6pm		After 6pm		After 6pm	

My notes

23	THURSDAY
Main focus for today	
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24	FRIDAY
Main focus for today	
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25	SATURDAY
Main focus for today	
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26	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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# Monthly Review

Area of my life	What got me closer to my goals	What I need to improve
My Health & Well-being		
My Important Relationships		
My Growth & Development		
My Career & Professional Life		
My Finances		
My Contribution		

# March

"If you could make just one decision today,  
what if it was 'I am good enough.'"

- *Ajit Nawalkha*

## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

27	<u>MONDAY</u>
<u>Main focus for today</u>	
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28	<u>TUESDAY</u>
<u>Main focus for today.</u>	
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1	<u>WEDNESDAY</u>
<u>Main focus for today.</u>	
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## My notes

2	THURSDAY
Main focus for today	
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3	FRIDAY
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4	SATURDAY
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5	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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9	THURSDAY
Main focus for today	
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10	FRIDAY
Main focus for today	
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11	SATURDAY
Main focus for today	
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12	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

13	<u>MONDAY</u>
<u>Main focus for today</u>	
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14	<u>TUESDAY</u>
<u>Main focus for today.</u>	
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15	<u>WEDNESDAY</u>
<u>Main focus for today.</u>	
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**My notes**

16	THURSDAY
Main focus for today	
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After 6pm	

17	FRIDAY
Main focus for today	
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After 6pm	

18	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

19	SUNDAY
Main focus for today	
Before 8am	
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6pm	
After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

20	<u>MONDAY</u>
<u>Main focus for today</u>	
Before 8am	
8am	
9am	
10am	
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21	<u>TUESDAY</u>
<u>Main focus for today.</u>	
Before 8am	
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After 6pm	

22	<u>WEDNESDAY</u>
<u>Main focus for today.</u>	
Before 8am	
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After 6pm	

**My notes**

23	THURSDAY
Main focus for today	
Before 8am	
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24	FRIDAY
Main focus for today	
Before 8am	
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After 6pm	

25	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

26	SUNDAY
Main focus for today	
Before 8am	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

27	<u>MONDAY</u>
<u>Main focus for today</u>	
Before 8am	
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28	<u>TUESDAY</u>
<u>Main focus for today.</u>	
Before 8am	
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After 6pm	

29	<u>WEDNESDAY</u>
<u>Main focus for today.</u>	
Before 8am	
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After 6pm	

**My notes**

# Monthly Review

Area of my life	What got me closer to my goals	What I need to improve
My Health & Well-being		
My Important Relationships		
My Growth & Development		
My Career & Professional Life		
My Finances		
My Contribution		

# April

"Confidence is a skill, not a feeling."

- *Ajit Nawalkha*

30	THURSDAY
Main focus for today	
Before 8am	
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31	FRIDAY
Main focus for today	
Before 8am	
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1	SATURDAY
Main focus for today	
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2	SUNDAY
Main focus for today	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

3

MONDAY

Main focus for today

Before 8am

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4

TUESDAY

Main focus for today

Before 8am

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WEDNESDAY

Main focus for today

Before 8am

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After 6pm

My notes

6	THURSDAY
Main focus for today	
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7	FRIDAY
Main focus for today	
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8	SATURDAY
Main focus for today	
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9	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

10

MONDAY

Main focus for today

Before 8am

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11

TUESDAY

Main focus for today

Before 8am

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WEDNESDAY

Main focus for today

Before 8am

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My notes

13	THURSDAY
Main focus for today	
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14	FRIDAY
Main focus for today	
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15	SATURDAY
Main focus for today	
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16	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

## 17 MONDAY

## Main focus for today

Before 8am

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## 18 TUESDAY

## Main focus for today

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19 **WEDNESDAY**

## Main focus for today

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After 6pm

## My notes

20	THURSDAY
Main focus for today	
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21	FRIDAY
Main focus for today	
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22	SATURDAY
Main focus for today	
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23	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

24	<u>MONDAY</u>
<u>Main focus for today</u>	
Before 8am	
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25	<u>TUESDAY</u>
<u>Main focus for today.</u>	
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26	<u>WEDNESDAY</u>
<u>Main focus for today.</u>	
Before 8am	
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## My notes

27	THURSDAY
Main focus for today	
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28	FRIDAY
Main focus for today	
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29	SATURDAY
Main focus for today	
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30	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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# Monthly Review

Area of my life	What got me closer to my goals	What I need to improve
My Health & Well-being		
My Important Relationships		
My Growth & Development		
My Career & Professional Life		
My Finances		
My Contribution		

# May

That podcast? Launch it.

That blog? Start it.

That book? Write it.

That idea? Flesh it out.

That app? Develop it.

That gift? Put it to use.

That life? Live it!

– *Ajit Nawalkha*



4	THURSDAY
Main focus for today	
Before 8am	
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After 6pm	

5	FRIDAY
Main focus for today	
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6	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

7	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

8

MONDAY

Main focus for today

Before 8am

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TUESDAY

Main focus for today

Before 8am

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WEDNESDAY

Main focus for today

Before 8am

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After 6pm

My notes

11	THURSDAY
Main focus for today	
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12	FRIDAY
Main focus for today	
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After 6pm	

13	SATURDAY
Main focus for today	
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After 6pm	

14	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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15

MONDAY

Main focus for today

Before 8am

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After 6pm

16

TUESDAY

Main focus for today

Before 8am

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After 6pm

17

WEDNESDAY

Main focus for today

Before 8am

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After 6pm

LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

My notes

18	THURSDAY
Main focus for today	
Before 8am	
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After 6pm	

19	FRIDAY
Main focus for today	
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20	SATURDAY
Main focus for today	
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21	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

22	<u>MONDAY</u>
<u>Main focus for today</u>	
Before 8am	
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23	<u>TUESDAY</u>
<u>Main focus for today.</u>	
Before 8am	
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After 6pm	

24	<u>WEDNESDAY</u>
<u>Main focus for today.</u>	
Before 8am	
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After 6pm	

## My notes

25	THURSDAY
Main focus for today	
Before 8am	
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26	FRIDAY
Main focus for today	
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After 6pm	

27	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

28	SUNDAY
Main focus for today	
Before 8am	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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<div>LIST OF TO-DO'S</div>	29	MONDAY	30	TUESDAY	31	WEDNESDAY
	Main focus for today.		Main focus for today.		Main focus for today.	
	Before 8am		Before 8am		Before 8am	
	8am		8am		8am	
	9am		9am		9am	
	10am		10am		10am	
	11am		11am		11am	
	12md		12md		12md	
	1pm		1pm		1pm	
	2pm		2pm		2pm	
	3pm		3pm		3pm	
	4pm		4pm		4pm	
	5pm		5pm		5pm	
	6pm		6pm		6pm	
<div>MAIN FOCUS OF THE WEEK</div>	After 6pm		After 6pm		After 6pm	

My notes

# Monthly Review

Area of my life	What got me closer to my goals	What I need to improve
My Health & Well-being		
My Important Relationships		
My Growth & Development		
My Career & Professional Life		
My Finances		
My Contribution		

# June

"It's all about taking 3 steps:  
Working on yourself  
Working on your methodology  
and Designing an ecosystem that works."

- *Ajit Nawalkha*

1	THURSDAY
Main focus for today	
Before 8am	
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After 6pm	

2	FRIDAY
Main focus for today	
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After 6pm	

3	SATURDAY
Main focus for today	
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After 6pm	

4	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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8	THURSDAY
Main focus for today	
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After 6pm	

9	FRIDAY
Main focus for today	
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After 6pm	

10	SATURDAY
Main focus for today	
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After 6pm	

11	SUNDAY
Main focus for today	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
--------------------------------------

ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

12	<u>MONDAY</u>
<u>Main focus for today</u>	
Before 8am	
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13	<u>TUESDAY</u>
<u>Main focus for today.</u>	
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14	<u>WEDNESDAY</u>
<b><u>Main focus for today.</u></b>	
Before 8am	
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After 6pm	

## My notes

15	THURSDAY
Main focus for today	
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After 6pm	

16	FRIDAY
Main focus for today	
Before 8am	
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After 6pm	

17	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

18	SUNDAY
Main focus for today	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

19	<u>MONDAY</u>
<u>Main focus for today</u>	
Before 8am	
8am	
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After 6pm	

20	<u>TUESDAY</u>
<u>Main focus for today.</u>	
Before 8am	
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After 6pm	

21	<u>WEDNESDAY</u>
<u>Main focus for today.</u>	
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After 6pm	

## My notes

22	THURSDAY
Main focus for today	
Before 8am	
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After 6pm	

23	FRIDAY
Main focus for today	
Before 8am	
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After 6pm	

24	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

25	SUNDAY
Main focus for today	
Before 8am	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

26	<u>MONDAY</u>
<u>Main focus for today</u>	
Before 8am	
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27	TUESDAY
<u>Main focus for today</u>	
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28	WEDNESDAY
Main focus for today.	
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After 6pm	

## My notes

29	THURSDAY
Main focus for today	
Before 8am	
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After 6pm	

30	FRIDAY
Main focus for today	
Before 8am	
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1	SATURDAY
Main focus for today	
Before 8am	
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2	SUNDAY
Main focus for today	
Before 8am	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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# Monthly Review

Area of my life	What got me closer to my goals	What I need to improve
My Health & Well-being		
My Important Relationships		
My Growth & Development		
My Career & Professional Life		
My Finances		
My Contribution		

# July

"Always be YOU. You will be happier building whatever you want to build."

- *Ajit Nawalkha*

## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

### 3 MONDAY

<u>Main focus for today</u>
Before 8am
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After 6pm

## 4 TUESDAY

<u>Main focus for today</u>
Before 8am
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After 6pm

## 5 WEDNESDAY

<u>Main focus for today</u>
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After 6pm

**My notes**

6	THURSDAY
Main focus for today	
Before 8am	
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7	FRIDAY
Main focus for today	
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8	SATURDAY
Main focus for today	
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9	SUNDAY
Main focus for today	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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10

MONDAY

Main focus for today

Before 8am

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After 6pm

11

TUESDAY

Main focus for today

Before 8am

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After 6pm

12

WEDNESDAY

Main focus for today

Before 8am

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After 6pm

MAIN FOCUS OF THE WEEK

My notes

13	THURSDAY
Main focus for today	
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14	FRIDAY
Main focus for today	
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15	SATURDAY
Main focus for today	
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After 6pm	

16	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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20	THURSDAY
Main focus for today	
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After 6pm	

21	FRIDAY
Main focus for today	
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22	SATURDAY
Main focus for today	
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After 6pm	

23	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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27	THURSDAY
Main focus for today	
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After 6pm	

28	FRIDAY
Main focus for today	
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After 6pm	

29	SATURDAY
Main focus for today	
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After 6pm	

30	SUNDAY
Main focus for today	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
----------------------

# Monthly Review

Area of my life	What got me closer to my goals	What I need to improve
My Health & Well-being		
My Important Relationships		
My Growth & Development		
My Career & Professional Life		
My Finances		
My Contribution		

# August

"Success is not how much money you have in your bank account. Success is who you are and how you show up in the world. "

- AjiT Nawalkha

31

MONDAY

Main focus for today

Before 8am

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After 6pm

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TUESDAY

Main focus for today

Before 8am

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After 6pm

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WEDNESDAY

Main focus for today

Before 8am

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After 6pm

LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

My notes

3	THURSDAY
Main focus for today	
Before 8am	
8am	
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After 6pm	

4	FRIDAY
Main focus for today	
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After 6pm	

5	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

6	SUNDAY
Main focus for today	
Before 8am	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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10	THURSDAY
Main focus for today	
Before 8am	
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After 6pm	

11	FRIDAY
Main focus for today	
Before 8am	
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After 6pm	

12	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

13	SUNDAY
Main focus for today	
Before 8am	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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17	THURSDAY
Main focus for today	
Before 8am	
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After 6pm	

18	FRIDAY
Main focus for today	
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After 6pm	

19	SATURDAY
Main focus for today	
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20	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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21

MONDAY

Main focus for today

Before 8am

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After 6pm

22

TUESDAY

Main focus for today

Before 8am

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After 6pm

23

WEDNESDAY

Main focus for today

Before 8am

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After 6pm

LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

My notes

24	THURSDAY
Main focus for today	
Before 8am	
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25	FRIDAY
Main focus for today	
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26	SATURDAY
Main focus for today	
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27	SUNDAY
Main focus for today	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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<div>LIST OF TO-DO'S</div>	28	MONDAY	29	TUESDAY	30	WEDNESDAY
	Main focus for today		Main focus for today		Main focus for today	
	Before 8am		Before 8am		Before 8am	
	8am		8am		8am	
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	10am		10am		10am	
	11am		11am		11am	
	12md		12md		12md	
	1pm		1pm		1pm	
	2pm		2pm		2pm	
	3pm		3pm		3pm	
	4pm		4pm		4pm	
	5pm		5pm		5pm	
	6pm		6pm		6pm	
<div>MAIN FOCUS OF THE WEEK</div>	After 6pm		After 6pm		After 6pm	

My notes

# Monthly Review

Area of my life	What got me closer to my goals	What I need to improve
My Health & Well-being		
My Important Relationships		
My Growth & Development		
My Career & Professional Life		
My Finances		
My Contribution		

# September

"Learn a skill not because it looks good on your profile. Learn it because it looks good on you."

- AjiT Nawalkha

31	THURSDAY
Main focus for today	
Before 8am	
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1	FRIDAY
Main focus for today	
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2	SATURDAY
Main focus for today	
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After 6pm	

3	SUNDAY
Main focus for today	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

4

MONDAY

Main focus for today

Before 8am

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TUESDAY

Main focus for today

Before 8am

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WEDNESDAY

Main focus for today

Before 8am

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My notes

7	THURSDAY
Main focus for today	
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8	FRIDAY
Main focus for today	
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9	SATURDAY
Main focus for today	
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10	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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11

MONDAY

Main focus for today

Before 8am

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After 6pm

12

TUESDAY

Main focus for today

Before 8am

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After 6pm

13

WEDNESDAY

Main focus for today

Before 8am

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After 6pm

LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

My notes

14	THURSDAY
Main focus for today	
Before 8am	
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15	FRIDAY
Main focus for today	
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After 6pm	

16	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

17	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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21	THURSDAY
Main focus for today	
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22	FRIDAY
Main focus for today	
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23	SATURDAY
Main focus for today	
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After 6pm	

24	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

25	<u>MONDAY</u>
<u>Main focus for today</u>	
Before 8am	
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26	<u>TUESDAY</u>
<u>Main focus for today.</u>	
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After 6pm	

27	<u>WEDNESDAY</u>
<u>Main focus for today.</u>	
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After 6pm	

## My notes

28	THURSDAY
Main focus for today	
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29	FRIDAY
Main focus for today	
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After 6pm	

30	SATURDAY
Main focus for today	
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After 6pm	

1	SUNDAY
Main focus for today	
Before 8am	
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6pm	
After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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# Monthly Review

Area of my life	What got me closer to my goals	What I need to improve
My Health & Well-being		
My Important Relationships		
My Growth & Development		
My Career & Professional Life		
My Finances		
My Contribution		

# October

"I don't know what my future will bring.  
All I know is I can make my present epic."

- *Ajit Nawalkha*



5	THURSDAY
Main focus for today	
Before 8am	
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6	FRIDAY
Main focus for today	
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7	SATURDAY
Main focus for today	
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8	SUNDAY
Main focus for today	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
--------------------------------------

ROOM FOR IMPROVEMENT
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9

MONDAY

Main focus for today

Before 8am

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After 6pm

10

TUESDAY

Main focus for today

Before 8am

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After 6pm

11

WEDNESDAY

Main focus for today

Before 8am

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12md

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After 6pm

LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

My notes

12	THURSDAY
Main focus for today	
Before 8am	
8am	
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After 6pm	

13	FRIDAY
Main focus for today	
Before 8am	
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14	SATURDAY
Main focus for today	
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15	SUNDAY
Main focus for today	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

16	MONDAY
Main focus for today	
Before 8am	
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17	TUESDAY
Main focus for today	
Before 8am	
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18	WEDNESDAY
Main focus for today	
Before 8am	
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My notes

19	THURSDAY
Main focus for today	
Before 8am	
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After 6pm	

20	FRIDAY
Main focus for today	
Before 8am	
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After 6pm	

21	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

22	SUNDAY
Main focus for today	
Before 8am	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
--------------------------------------

ROOM FOR IMPROVEMENT
----------------------

## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

23	<u>MONDAY</u>
<u>Main focus for today</u>	
Before 8am	
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After 6pm	

24	<u>TUESDAY</u>
<u>Main focus for today.</u>	
Before 8am	
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After 6pm	

25	<u>WEDNESDAY</u>
<u>Main focus for today.</u>	
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After 6pm	

## My notes

26	THURSDAY
Main focus for today	
Before 8am	
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After 6pm	

27	FRIDAY
Main focus for today	
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28	SATURDAY
Main focus for today	
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After 6pm	

29	SUNDAY
Main focus for today	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
--------------------------------------

ROOM FOR IMPROVEMENT
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# Monthly Review

Area of my life	What got me closer to my goals	What I need to improve
My Health & Well-being		
My Important Relationships		
My Growth & Development		
My Career & Professional Life		
My Finances		
My Contribution		

# November

"Abundance will come easily when you shift your perspective and adjust your reference point."

– *Ajit Nawalkha*

LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

30	MONDAY
Main focus for today	
Before 8am	
8am	
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After 6pm	

31	TUESDAY
Main focus for today	
Before 8am	
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1	WEDNESDAY
Main focus for today	
Before 8am	
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After 6pm	

My notes

2	THURSDAY
Main focus for today	
Before 8am	
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3	FRIDAY
Main focus for today	
Before 8am	
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After 6pm	

4	SATURDAY
Main focus for today	
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5	SUNDAY
Main focus for today	
Before 8am	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
--------------------------------------

ROOM FOR IMPROVEMENT
----------------------

LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

6

MONDAY

Main focus for today

Before 8am

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After 6pm

7

TUESDAY

Main focus for today

Before 8am

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After 6pm

8

WEDNESDAY

Main focus for today

Before 8am

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My notes

9	THURSDAY
Main focus for today	
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10	FRIDAY
Main focus for today	
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After 6pm	

11	SATURDAY
Main focus for today	
Before 8am	
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12	SUNDAY
Main focus for today	
Before 8am	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

## MAIN FOCUS OF THE WEEK

13	<u>MONDAY</u>
<u>Main focus for today</u>	
Before 8am	
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14	<u>TUESDAY</u>
<u>Main focus for today.</u>	
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15	<u>WEDNESDAY</u>
<u>Main focus for today.</u>	
Before 8am	
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After 6pm	

## My notes

16	THURSDAY
Main focus for today	
Before 8am	
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17	FRIDAY
Main focus for today	
Before 8am	
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After 6pm	

18	SATURDAY
Main focus for today	
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19	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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23	THURSDAY
Main focus for today	
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24	FRIDAY
Main focus for today	
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25	SATURDAY
Main focus for today	
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26	SUNDAY
Main focus for today	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

27	MONDAY
Main focus for today	
Before 8am	
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After 6pm	

28	TUESDAY
Main focus for today	
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29	WEDNESDAY
Main focus for today	
Before 8am	
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After 6pm	

My notes

# Monthly Review

Area of my life	What got me closer to my goals	What I need to improve
My Health & Well-being		
My Important Relationships		
My Growth & Development		
My Career & Professional Life		
My Finances		
My Contribution		

# December

"Don't let your fear of failure hold you back.  
Let your desire become your wings."

- AjiT Nawalkha

30	THURSDAY
Main focus for today	
Before 8am	
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1	FRIDAY
Main focus for today	
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2	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

3	SUNDAY
Main focus for today	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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LIST OF TO-DO'S

MAIN FOCUS OF THE WEEK

4

MONDAY

Main focus for today

Before 8am

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TUESDAY

Main focus for today

Before 8am

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After 6pm

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WEDNESDAY

Main focus for today

Before 8am

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After 6pm

My notes

7	THURSDAY
Main focus for today	
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8	FRIDAY
Main focus for today	
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9	SATURDAY
Main focus for today	
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10	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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14	THURSDAY
Main focus for today	
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After 6pm	

15	FRIDAY
Main focus for today	
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16	SATURDAY
Main focus for today	
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17	SUNDAY
Main focus for today	
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BIG WINS OF THE WEEK / PROUD MOMENTS
--------------------------------------

ROOM FOR IMPROVEMENT
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## LIST OF TO-DO'S

# MAIN FOCUS OF THE WEEK

18	<u>MONDAY</u>
<u>Main focus for today</u>	
Before 8am	
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After 6pm	

19	<u>TUESDAY</u>
<u>Main focus for today</u>	
Before 8am	
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20	<u>WEDNESDAY</u>
<u>Main focus for today.</u>	
Before 8am	
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After 6pm	

## My notes

21	THURSDAY
Main focus for today	
Before 8am	
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22	FRIDAY
Main focus for today	
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After 6pm	

23	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

24	SUNDAY
Main focus for today	
Before 8am	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
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ROOM FOR IMPROVEMENT
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<div>LIST OF TO-DO'S</div>	25	MONDAY	26	TUESDAY	27	WEDNESDAY
	Main focus for today		Main focus for today		Main focus for today	
	Before 8am		Before 8am		Before 8am	
	8am		8am		8am	
	9am		9am		9am	
	10am		10am		10am	
	11am		11am		11am	
	12md		12md		12md	
	1pm		1pm		1pm	
	2pm		2pm		2pm	
	3pm		3pm		3pm	
	4pm		4pm		4pm	
	5pm		5pm		5pm	
<div>MAIN FOCUS OF THE WEEK</div>	6pm		6pm		6pm	
	After 6pm		After 6pm		After 6pm	

My notes

28	THURSDAY
Main focus for today	
Before 8am	
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After 6pm	

29	FRIDAY
Main focus for today	
Before 8am	
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After 6pm	

30	SATURDAY
Main focus for today	
Before 8am	
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After 6pm	

31	SUNDAY
Main focus for today	
Before 8am	
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After 6pm	

BIG WINS OF THE WEEK / PROUD MOMENTS
--------------------------------------

ROOM FOR IMPROVEMENT
----------------------

# Yearly Review

What a wonderful journey! I hope that everything you learned, and every experience you had this year contributed greatly to your overall happiness, well-being, and the impact that you create in the world!

Please take a moment to celebrate yourself. Celebrate your wins. Celebrate your failures. Celebrate your resilience, your drive, your testing, and your growth. YOU ARE AMAZING!

CELEBRATION TIME: Here are the most amazing highlights of my year!

What I'm most grateful for

What I am letting go of

## What's Coming Next!

**"Choose goals that challenge & inspire you. The Universe knows exactly how to manifest our goals for us."**

**- Ajit Nawalkha**

This is what I'm looking forward to creating next year!