



June 2016

	MON	TUE	WED	THU	FRI	SAT/SUN
WK 22						
WK 23						
WK 24						
WK 25						
WK 22						

GOALS FOR THIS MONTH

TO DO / IDEAS

MONTHLY CHECK-IN

- Go back to your passion roadmap and highlight any goals you reached or steps you completed*
- Choose this month's gamechanger from your roadmap. Use the space on the bottom right to break the goal down into smaller steps and assign deadlines for each step*
- Move these steps into their respective weekly layouts as checkpoints to track progress*
- Reflect on the past month with the guided reflection questions on the next two pages*

REMINDERS TO THE FOLLOWING MONTH

NOTES

MEAL & HEALTH LOG

	BREAKFAST	LUNCH	DINNER	SNACKS
30				
31				
1				
2				
3				
4				
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26				
27				
28				
29				
30				
1				
2				
3				

	Sleep	Steps	Notes
30			
31			
1			
2			
3			
4			
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12			
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21			
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27			
28			
29			
30			
1			
2			
3			

HABITS TRACKER

	S	3																						
	S	2																						
	F	1																						
	T	30																						
	W	29																						
	T	28																						
	M	27																						
	S	26																						
	S	25																						
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	F	10																						
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	T	7																						
	M	6																						
	S	5																						
	S	4																						
	F	3																						
	T	2																						
	W	1																						
	T	31																						
	M	30																						
Goals/Review	DAILY HABITS																							

WEEKLY HABITS	26																						
	25																						
	24																						
	23																						
	22																						

GRATITUDE LOG



*Every artist was first an amateur
-Ralph Waldo Emerson*

	Mon	Tue	Wed	Thu	Fri	Sat
6		6	6	6	6	A M
7		7	7	7	7	
8		8	8	8	8	
9		9	9	9	9	
10		10	10	10	10	P M
11		11	11	11	11	
12		12	12	12	12	
13		13	13	13	13	
14		14	14	14	14	Sun
15		15	15	15	15	A M
16		16	16	16	16	
17		17	17	17	17	
18		18	18	18	18	
19		19	19	19	19	P M
20		20	20	20	20	
21		21	21	21	21	
						FOCUS ON
NOTES						

WEEK GOALS**FOCUS ON**

Whenever you find yourself thinking that your goal is impossible. Remember that others who have achieved the same goal were once beginners, too. Take each mistake as a chance to learn and soon enough you too will succeed.

BRAIN DUMP / NOTES / NOT TO DO / REVIEW



You cannot escape the responsibility of tomorrow by evading it today
-Abraham Lincoln

	Mon	Tue	Wed	Thu	Fri	Sat
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10		10	10	10	10	P M
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13		13	13	13	13	
14		14	14	14	14	Sun
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21		21	21	21	21	
						FOCUS ON
NOTES						

WEEK GOALS**FOCUS ON**

Avoid the unnecessary stress that comes with procrastination. Schedule time blocks for each task and challenge yourself to meet those deadlines.

BRAIN DUMP / NOTES / NOT TO DO /REVIEW



Each player must accept the cards life deals him or her: but once they are in hand, he or she alone must decide how to play the cards in order to win the game -Voltaire

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						FOCUS ON
NOTES						

WEEK GOALS

FOCUS ON

Don't think too much about what you don't have. Instead, focus on your strengths and utilize them to get what you want.

BRAIN DUMP / NOTES / NOT TO DO /REVIEW



It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things -

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9		9	9	9	9	
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21		21	21	21	21	
						FOCUS ON
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WEEK GOALS**FOCUS ON**

Instead of waiting for opportunities to come to you, take the initiative to define what you want and go out and find those opportunities. You never know what's out there until you take the time to look

BRAIN DUMP / NOTES / NOT TO DO / REVIEW



Twenty years from now you will be more disappointed by the things that you didn't do...EXPLORE, DREAM, DISCOVER -Mark Twain

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13		13	13	13	13	
14		14	14	14	14	Sun
15		15	15	15	15	A M
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17		17	17	17	17	
18		18	18	18	18	
19		19	19	19	19	P M
20		20	20	20	20	
21		21	21	21	21	
						FOCUS ON
NOTES						

WEEK GOALS**FOCUS ON**

Start that one project that you've been putting off because others have told you "it's impossible" or "it'll never work". Get the ball rolling and see how quickly those who doubted you start to believe

BRAIN DUMP / NOTES / NOT TO DO /REVIEW

REVIEW MONTH

From 1..10, how do you feel overall about this past month?
What was the most memorable part of this past month?

3 biggest lessons you learned.

Review your planner for the past month and assess your priorities. Are you happy with how you spent your time? If not, what steps can you take this next month to adjust them?

Name 3 things you can improve on this coming month. What are concrete actions you can take to work towards these improvements?

