

DAILY CHECKLIST

TAKE MEDS AND VITAMINS
EAT BREAKFAST
MORNING YOGA

BLOG MAINTENANCE
GO TO CLASS
GO TO WORK
WORK ON FREELANCE
DO HOMEWORK
STUDY AHEAD
WRITE SOMETHING
READ SOMETHING

DRINK 2 LITERS OF WATER
EAT/PREPARE A HANDMADE MEAL
PACK BAG FOR TOMORROW
PICK CLOTHES FOR TOMORROW
PACK LUNCH FOR TOMORROW
QUICK PICKUP

SELF-CARE
EVENING YOGA
BED BY MIDNIGHT

GOALS

WEEKLY CHECKLIST

DO THE DISHES
CLEAR OUT THE FRIDGE
TAKE OUT THE TRASH
CLEAN THE CAT BOXES
DO LAUNDRY
VACUUM
WIPE THE BATHROOM

PRINT COUPONS
MAKE GROCERY LIST
GROCERY SHOPPING
COOK AHEAD

BLOG 3 TIMES
MAINTAIN BLOG & SM
MAKE 5 BLOG CONNECTIONS

WRITE 2K OF FICTION
READ A BOOK/STORY

IMPORTANT

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>SUCCESS IS THE SUM OF SMALL EFFORTS REPEATED DAY IN AND DAY OUT. ROBERT COLLIER</div>				1 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	2 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	3 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
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18 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	19 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	20 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	21 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	22 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	23 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	24 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
25 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	26 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	27 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	28 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	29 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	30 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	31 <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>

IMPORTANT DATES

GOALS

[illegible]

JANUARY BUDGET

ITEM	AMOUNT	DUE DATE
INCOME		
EXPENSES		
TOTAL INCOME		
TOTAL EXPENSES		

[illegible]

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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22 <div></div>	23 <div></div>	24 <div></div>	25 <div></div>	26 <div></div>	27 <div></div>	28 <div></div>

IN THIS WORLD THERE ARE ONLY TWO TRAGEDIES.
ONE IS NOT GETTING WHAT ONE WANTS, AND THE OTHER IS GETTING IT.
OSCAR WILDE

[illegible]

FEBRUARY BUDGET

ITEM	AMOUNT	DUE DATE
INCOME		
EXPENSES		
TOTAL INCOME		
TOTAL EXPENSES		

UPCOMING

[illegible]

GROCERIES

[illegible]

NEEDS

This is a blank sheet of white paper with ten horizontal blue ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

DEBTS

[illegible]

GOALS

[illegible]

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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22 <div></div>	23 <div></div>	24 <div></div>	25 <div></div>	26 <div></div>	27 <div></div>	28 <div></div>
29 <div></div>	30 <div></div>	31 <div></div>	SUCCESS IS LIKING YOURSELF, LIKING WHAT YOU DO, AND LIKING HOW YOU DO IT. MAYA ANGELOU			

[illegible]

MARCH BUDGET

ITEM	AMOUNT	DUE DATE
INCOME		
EXPENSES		
TOTAL INCOME		
TOTAL EXPENSES		

[illegible]

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>LEADERS DON'T CREATE FOLLOWERS.</div> <div>THEY CREATE MORE LEADERS.</div> <div>TOM PETERS</div>			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	<div>DOUBT KILLS</div> <div>MORE DREAMS</div> <div>THAN FAILURE</div> <div>EVER WILL.</div> <div>KARIM SEDDIKI</div>	

[illegible]

APRIL BUDGET

ITEM	AMOUNT	DUE DATE
INCOME		
EXPENSES		
TOTAL INCOME		
TOTAL EXPENSES		

[illegible]

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>SUCCESS IS THE ABILITY TO GO FROM ONE FAILURE TO ANOTHER WITH NO LOSS OF ENTHUSIASM. WINSTON CHURCHILL</div>					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						

IMPORTANT DATES

GOALS

[illegible]

MAY BUDGET

ITEM	AMOUNT	DUE DATE
INCOME		
EXPENSES		
TOTAL INCOME		
TOTAL EXPENSES		

[illegible]

JUNE

[illegible][illegible]

JUNE BUDGET

ITEM	AMOUNT	DUE DATE
INCOME		
EXPENSES		
TOTAL INCOME		
TOTAL EXPENSES		

[illegible]

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>I NEVER DREAMED ABOUT SUCCESS. I WORKED FOR IT. ESTEE LAUDER</div>			1	2	3	4
7	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	<div>BE SO GOOD THEY CAN'T IGNORE YOU. STEVE MARTIN</div>

IMPORTANT DATES

GOALS

[illegible]

JULY BUDGET

ITEM	AMOUNT	DUE DATE
INCOME		
EXPENSES		
TOTAL INCOME		
TOTAL EXPENSES		

[illegible]

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>“DON’T BE PUSHED BY YOUR PROBLEMS. BE LED BY YOUR DREAMS.” RALPH WALDO EMERSON</div>						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					

IMPORTANT DATES

GOALS

[illegible]

AUGUST BUDGET

ITEM	AMOUNT	DUE DATE
INCOME		
EXPENSES		
TOTAL INCOME		
TOTAL EXPENSES		

[illegible]

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>EVERYTHING YOU WANT IS ON THE OTHER SIDE OF FEAR. JACK CANFIELD</div>		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	<div>NOTHING IS IMPOSSIBLE. THE WORD ITSELF SAYS I'M POSSIBLE. AUBREY HEPBURN</div>		

[illegible]

SEPTEMBER BUDGET

ITEM	AMOUNT	DUE DATE
INCOME		
EXPENSES		
TOTAL INCOME		
TOTAL EXPENSES		

[illegible]

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOU'LL NEVER CHANGE YOUR LIFE IF YOU DON'T CHANGE SOMETHING YOU DO DAILY. THE SECRET OF YOUR SUCCESS IS FOUND IN YOUR DAILY ROUTINE. JOHN MAXWELL				1 <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	2 <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	3 <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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IMPORTANT DATES

GOALS

[illegible]

OCTOBER BUDGET

[illegible]

UPCOMING

GROCERIES

NEEDS

DEBTS

GOALS

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <div></div>	2 <div></div>	3 <div></div>	4 <div></div>	5 <div></div>	6 <div></div>	7 <div></div>
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22 <div></div>	23 <div></div>	24 <div></div>	25 <div></div>	26 <div></div>	27 <div></div>	28 <div></div>
29 <div></div>	30 <div></div>	DON'T QUIT. SUFFER NOW AND LIVE THE REST OF YOUR LIFE A CHAMPION. MUHAMMAD ALI				

[illegible]

NOVEMBER BUDGET

ITEM	AMOUNT	DUE DATE
INCOME		
EXPENSES		
TOTAL INCOME		
TOTAL EXPENSES		

[illegible]

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>EVERYTHING WILL BE OKAY IN THE END. IF IT'S NOT OKAY, IT'S NOT THE END. JOHN LENNON</div>		<div>1</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>2</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>3</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>4</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>5</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
<div>6</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>7</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>8</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>9</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>10</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>11</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>12</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
<div>13</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>14</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>15</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>16</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>17</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>18</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>19</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
<div>20</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>21</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>22</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>23</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>24</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>25</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>26</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
<div>27</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>28</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>29</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>30</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>31</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>I DON'T HAVE DREAMS. I HAVE PLANS. RACHEL WOOD</div>	

IMPORTANT DATES	GOALS
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DECEMBER BUDGET

ITEM	AMOUNT	DUE DATE
INCOME		
EXPENSES		
TOTAL INCOME		
TOTAL EXPENSES		

[illegible]

FRIDAY	SATURDAY	SUNDAY	UPCOMING
08:00 08:30 09:00 09:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00 15:30 16:00 16:30 17:00 17:30 18:00 18:30 19:00 19:30 20:00 20:30 21:00 21:30 22:00 22:30 23:00 23:30	08:00 08:30 09:00 09:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00 15:30 16:00 16:30 17:00 17:30 18:00 18:30 19:00 19:30 20:00 20:30 21:00 21:30 22:00 22:30 23:00 23:30	08:00 08:30 09:00 09:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00 15:30 16:00 16:30 17:00 17:30 18:00 18:30 19:00 19:30 20:00 20:30 21:00 21:30 22:00 22:30 23:00 23:30	
			RESEARCH
			SHOP
DO	DO	DO	
READ	READ	READ	CLEAN
WRITE	WRITE	WRITE	BLOG
EAT	EAT	EAT	WEEK OF