

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

AUGUST

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