
























































MONTHLY PLANNER

MONTH _____

YEAR _____

MON	TUE	WED	THU	FRI	SAT	SUN
						
						
						
						
						
						
						
						



Habit Tracker

MONTH OF :

.....

HABIT								
		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

HABIT								
		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

HABIT								
		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

INTENTIONS FOR THE DAY

DATE:

S M T W T F S

INTENTIONS FOR THE DAY

DATE:

S M T W T F S

DETOX & EMBODY IN THE NOW

DATE:

S M T W T F S

**DETOX THE DOUBT – DISPROVE WHY YOU THINK ITS IMPOSSIBLE
WITH ENCOURAGING YOURSELF WHY IT CAN BE POSSIBLE.**

NOW, IF I EMBODIED THIS WHAT WOULD I BELIEVE, SEE & DO DIFFERENTLY?

EMBODY THE AFFIRMATION AS TRUTH:

THE MIND-BODY UPLEVEL

DATE:

(S) (M) (T) (W) (T) (F) (S)

DAY:

“ MANTRA ”

FOCUS GOAL



ENERGY



HOW I DESIRE TO FEEL:

DAILY TASKS:

-
-
-
-
-
-

WATER INTAKE:



WEEKLY GOALS:

MIND BODY RITUALS:

MIND:

BODY:

SOUL:

Track it!

REFLECT/NOTES:

PERSONAL PLEASURES:

MOVEMENT:

ABS BODY ARM FLEX BOOTY REST

.....

THE MIND-BODY UPLEVEL

DATE:

(S) (M) (T) (W) (T) (F) (S)

DAY:

“ MANTRA ”

FOCUS GOAL



ENERGY



DAILY TASKS:

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-
-
-

HOW I DESIRE TO FEEL:

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WEEKLY GOALS:

MIND BODY RITUALS:

MIND:

BODY:

SOUL:

Track it!

PERSONAL PLEASURES:

REFLECT/NOTES:

MOVEMENT:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ABS	BODY	ARM	FLEX	BOOTY	REST
<input type="checkbox"/>				

THE MIND-BODY UPLEVEL

DATE:

DAY:

(S) (M) (T) (W) (T) (F) (S)

“ MANTRA ”

FOCUS GOAL



ENERGY



HOW I DESIRE TO FEEL:

DAILY TASKS:

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PERSONAL PLEASURES:

MOVEMENT:

ABS BODY ARM FLEX BOOTY REST

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THE MIND-BODY UPLEVEL

DATE:

(S) (M) (T) (W) (T) (F) (S)

DAY:

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FOCUS GOAL



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MOVEMENT:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ABS	BODY	ARM	FLEX	BOOTY	REST
<input type="checkbox"/>				

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FOCUS GOAL



ENERGY



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REFLECT/NOTES:

MOVEMENT:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ABS	BODY	ARM	FLEX	BOOTY	REST
<input type="checkbox"/>				

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FOCUS GOAL



ENERGY




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THE MIND-BODY UPLEVEL

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(S) (M) (T) (W) (T) (F) (S)

DAY:

“ MANTRA

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FOCUS GOAL



ENERGY



DAILY TASKS:

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REFLECT/NOTES:

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MIND:

BODY:

SOUL:

Track it!

PERSONAL PLEASURES:

MOVEMENT:

ABS BODY ARM FLEX BOOTY REST

.....

WEEKLY REFLECTION

DATE:



MY FOCUS THIS PAST WEEK:

BIGGEST ACCOMPLISHMENTS & VICTORIES:

WHAT IS WORKING & SERVING ME:

DEFINE THE WHY: WHY IS MY INTENTIONS & GOALS IMPORTANT?

WHAT ISN'T WORKING OR SERVING ME :

WHAT BELIEFS SUPPORT MY VISION?

GOALS FOR NEXT WEEK - BRAINSPILL

