

JANUARY							FEBRUARY							MARCH							JANUARY							FEBRUARY							MARCH																				
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S														
1	2	3	4	5	6		1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7							
7	8	9	10	11	12	13	8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	11	12	13	14	15	16	17	11	12	13	14	15	16	17	11	12	13	14	15	16	17	11	12	13	14	15	16	17	11	12	13	14	15	16	17							
21	22	23	24	25	26	27	18	19	20	21	22	23	24	18	19	20	21	22	23	24	18	19	20	21	22	23	24	18	19	20	21	22	23	24	18	19	20	21	22	23	24	18	19	20	21	22	23	24							
28	29	30	31				25	26	27	28				25	26	27	28	29	30	31	25	26	27	28	29	30	31	25	26	27	28	29			25	26	27	28	29			25	26	27	28	29									
APRIL							MAY							JUNE							APRIL							MAY							JUNE																				
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S														
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22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	17	18	19	20	21	22	23	17	18	19	20	21	22	23	17	18	19	20	21	22	23							
29	30						27	28	29	30	31			24	25	26	27	28	29	30	24	25	26	27	28	29	30	24	25	26	27	28	29	30	24	25	26	27	28	29	30	24	25	26	27	28	29	30							
JULY							AUGUST							SEPTEMBER							JULY							AUGUST							SEPTEMBER																				
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S														
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29	30	31					26	27	28	29	30	31	23	24	25	26	27	28	29	23	24	25	26	27	28	29	23	24	25	26	27	28	29	23	24	25	26	27	28	29	23	24	25	26	27	28	29								
OCTOBER							NOVEMBER							DECEMBER							OCTOBER							NOVEMBER							DECEMBER																				
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S														
1	2	3	4	5	6		1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7							
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21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	16	17	18	19	20	21	22	16	17	18	19	20	21	22	16	17	18	19	20	21	22	16	17	18	19	20	21	22							
28	29	30	31				25	26	27	28	29	30	23	24	25	26	27	28	29	23	24	25	26	27	28	29	23	24	25	26	27	28	29	23	24	25	26	27	28	29	23	24	25	26	27	28	29								

U.S. HOLIDAYS

JAN 1	New Year's Day	APR 19	Good Friday	JUN 16	Father's Day	OCT 31	Halloween
JAN 21	Martin Luther King Jr. Day	APR 21	Easter Sunday	JUL 4	Independence Day	NOV 11	Veterans Day
FEB 14	Valentine's Day	MAY 12	Mother's Day	SEP 2	Labor Day	NOV 28	Thanksgiving Day
FEB 18	Presidents' Day	MAY 27	Memorial Day	OCT 14	Explorers Day	DEC 25	Christmas Day

U.S. HOLIDAYS

JAN 1	New Year's Day	APR 10	Good Friday	JUN 21	Father's Day	OCT 31	Halloween
JAN 20	Martin Luther King Jr. Day	APR 12	Easter Sunday	JUL 4	Independence Day	NOV 11	Veterans Day
FEB 14	Valentine's Day	MAY 10	Mother's Day	SEP 7	Labor Day	NOV 26	Thanksgiving Day
FEB 17	Presidents' Day	MAY 25	Memorial Day	OCT 12	Explorers Day	DEC 25	Christmas Day

NOTES

Notes area for 2019 calendar.

NOTES

Notes area for 2020 calendar.

step 1: my vision What do I want this year to look like? To feel like?

Within each circle ask yourself what is most important to you and what you can do to improve upon these areas for a more balanced life.

physical health

mental health

spiritual health

personal growth

marriage / partner

family / friends

career

home

pure joy / fun

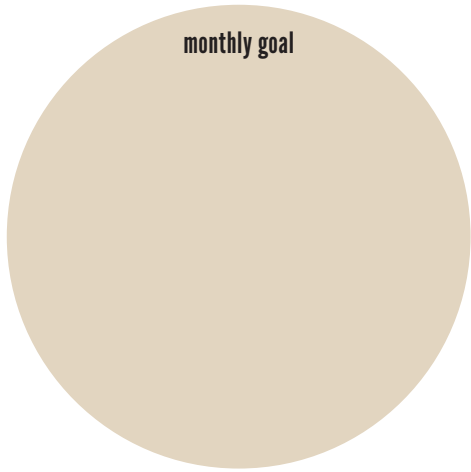
adventure / travel

community

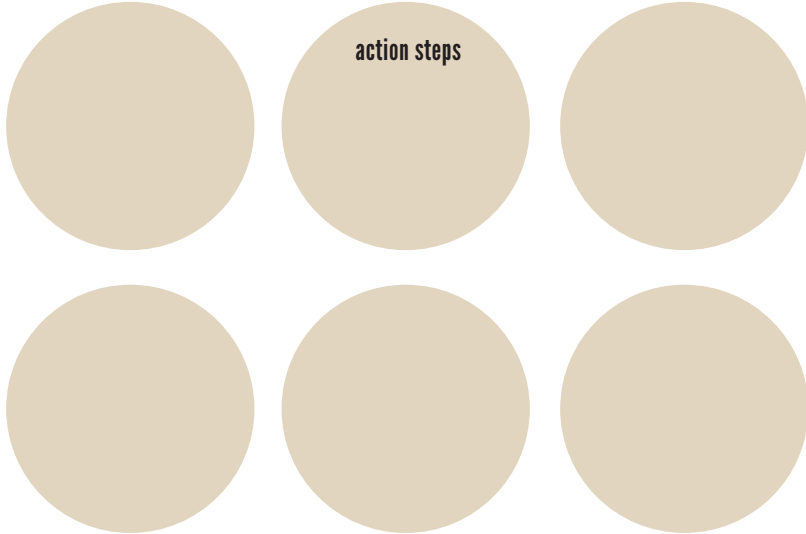
finances

FEBRUARY

**CHANGE
NOTHING
AND
NOTHING
CHANGES.**



monthly goal



action steps

3 COMMIT

30-DAY CHALLENGE

This month, I commit to:

.....
.....
.....



This month I did / did not reach my goal. Why?

.....
.....

Overall I would rate my effort towards my goal (1-10)

.....
.....

Next steps:

.....
.....

My reward:

.....
.....

commit. plan. succeed.

FEB 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

28

29

30

31

1

2

groundhog day

3

NOTES

4

5

6

7

8

9

10

11

12

13

14

valentine's day

15

16

17

18

president's day

19

20

21

22

23

24

25

26

27

28

1

2

3

FEB 25-MAR 3

MONDAY 25

TUESDAY 26

WEDNESDAY 27

THURSDAY 28

FRIDAY 1

SATURDAY 2

SUNDAY 3

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

5			
6			
7			
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