

Week of: \_\_\_\_\_

Monday

Tuesday

Wednesday

Thursday

Best Year  
Ever

\_\_\_\_\_ to \_\_\_\_\_, \_\_\_\_\_

Property of:

\_\_\_\_\_

**2015**

January						
S	M	T	W	T	F	S
				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

February						
S	M	T	W	T	F	S
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

March						
S	M	T	W	T	F	S
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				

April						
S	M	T	W	T	F	S
			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		

May						
S	M	T	W	T	F	S
					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						

June						
S	M	T	W	T	F	S
	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				

July						
S	M	T	W	T	F	S
			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	

August						
S	M	T	W	T	F	S
						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					

September						
S	M	T	W	T	F	S
		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			

October						
S	M	T	W	T	F	S
				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

November						
S	M	T	W	T	F	S
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					

December						
S	M	T	W	T	F	S
		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		

*Friday*

*Saturday*

*Sunday*

*My Goals / Reflections for This Week*

Week of: \_\_\_\_\_

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

2016

**January**

S	M	T	W	T	F	S
					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						

**February**

S	M	T	W	T	F	S
	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					

**March**

S	M	T	W	T	F	S
		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		

**April**

S	M	T	W	T	F	S
					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

**May**

S	M	T	W	T	F	S
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				

**June**

S	M	T	W	T	F	S
			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		

**July**

S	M	T	W	T	F	S
					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						

**August**

S	M	T	W	T	F	S
	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	31	31			

**September**

S	M	T	W	T	F	S
				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	

**October**

S	M	T	W	T	F	S
						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					

**November**

S	M	T	W	T	F	S
		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			

**December**

S	M	T	W	T	F	S
				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

*My Lifelist*

*Year* \_\_\_\_\_

<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	<i>Notes</i>

*My Goals for This Year*

Month: \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday

My Monthly Goals


*My 3-Month Plan*

*Year:* \_\_\_\_\_

<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	<i>Notes</i>

Month: \_\_\_\_\_

Thoughts

Monday	Tuesday	Wednesday	Thursday

Month: \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday

Year: \_\_\_\_\_

Friday	Saturday	Sunday	Notes



Week of: \_\_\_\_\_

Year: \_\_\_\_\_

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

My Goals / Reflections for This Week

## End of Month Review

## Thoughts

What went well or got accomplished? Why?

What didn't go well or get accomplished? Why?

Look at this month's goals - drop irrelevant ones & transfer others that didn't get done - a success rate of 80% accomplished is good

Set goals and plan specifics for next month - decide on the next actions required to further each goal (major actions, not micro-actions) - break these down into micro-actions and schedule them into your weeks

Add possible *Life List* goals that may or may not happen this year - some may turn into real projects, some will be postponed, and some will be dropped eventually

## Reflections on This Month

## End of Month Review

Year: \_\_\_\_\_

What went well or got accomplished? Why?

What didn't go well or get accomplished? Why?

Look at this month's goals - drop irrelevant ones & transfer others that didn't get done - a success rate of 80% accomplished is good

Set goals and plan specifics for next month - decide on the next actions required to further each goal (major actions, not micro-actions) - break these down into micro-actions and schedule them into your weeks

Add possible *Life List* goals that may or may not happen this year - some may turn into real projects, some will be postponed, and some will be dropped eventually

Reflections on This Month

Friday

Saturday

Sunday

My Goals / Reflections for This Week

Week of: \_\_\_\_\_

Thoughts

Monday

Tuesday

Wednesday

Thursday

*Thoughts*

### 3-Month Review

What went well or got accomplished out of my 3-Month Plan? Why?

What didn't go well or get accomplished out of my 3-Month Plan? Why?

Look at this 3 months' goals - drop irrelevant ones & transfer others that didn't get done - a success rate of 80% accomplished is good

Set goals and plan specifics for the next 3 months - decide on the next actions required to further each goal (major actions, not micro-actions) - break these down into micro-actions and schedule them into your weeks

Add possible Life List goals that may or may not happen this year - some may turn into real projects, some will be postponed, and some will be dropped eventually

Reflections on This 3 Months



*Things I am Happy About*

A large grid of graph paper, consisting of 20 columns and 30 rows of small squares, intended for writing or drawing.

*Things I Am Grateful For*







Project: \_\_\_\_\_

The Goal:

Notes and Ideas:

Start Date:

End Date:

What needs to be done to make this happen? Break it down into small steps, then record them here and on your weekly plan. Give yourself a start and end date for each step.

Step 1

Step 2

Step 3

Step 4

Step 5

Project: \_\_\_\_\_

The Goal:

Notes and Ideas:

Start Date:

End Date:

What needs to be done to make this happen? Break it down into small steps, then record them here and on your weekly plan. Give yourself a start and end date for each step.

Step 1

Step 2

Step 3

Step 4

Step 5

Printing notes:

Signature 1

1/2 (print page 2 on the back side of page 1)

3/4

5/6

7/8

Signature 2

9/9 x 3

9/10

Signature 3

11/9

9/11

12/9

9/9

Signature 4

13/14

13/15

16/17

18/19