

*The* 2024

*Make a Change*

PLANNER

.....

*Reflect. Plan. Change.*

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*The* · 2024 ·  
*Make a Change*  
PLANNER

*My Name:*

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# Reflecting on 2023

The past year has come and gone. A new year has arisen, and we are anxious to move forward with renewed vision, excitement, and hope for the months to come. Yet, before we take that step forward, let's take the time to reflect back upon the previous year. Although we should never dwell upon the past, we can certainly learn from it. Reflect on 2023 and ask yourself (with complete vulnerability & honesty) the following questions:

*What was my overall attitude or feeling about this past year?*

*What were some of my best accomplishments or successes in 2023?*

*What were some of my biggest challenges or disappointments in 2023?*

*How could I have changed myself or circumstances in my environment to bring about a better outcome?*

*On a scale from 1 (not so great) to 5 (great), how do I feel that I did in each of the following areas?*

<b>FAMILY TIME</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>HOME DUTIES</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>PHYSICAL HEALTH</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>MENTAL/SPIRITUAL HEALTH</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>WORK DUTIES</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

*Was I realistic in my expectations for last year? Did I give myself a reasonable amount of time to accomplish all that I wanted to accomplish? Did I give myself grace in difficult areas?*

*Did I learn anything new about myself in 2023? How could this knowledge help me have more realistic expectations for 2024?*

*Did I surround myself with others who encouraged, uplifted, and pushed me toward reaching my goals last year? If not, how/where can I find this kind of community as I start my journey into 2024?*

# Envisioning 2024

*It's time to dive into envisioning all the possibilities of 2024 and set your new goals! As you think about these goals, remember this: you are only one person. Make goals that are realistic, which enable you to make lasting changes and not leave you ragged and weary. Goals should aim to enrich your life, not hinder your health. Let's get started! Choose one or two goals in some or all of the following categories:*

## FAMILY TIME Goals

## HOME DUTIES Goals

## PHYSICAL HEALTH Goals

## MENTAL/SPIRITUAL HEALTH Goals

## WORK DUTIES Goals

*Now make a plan for each of your goals. Get really specific about how you want to implement your goals. For example, if you have a goal to exercise regularly, how will you go about doing that? Which days of the week can you realistically make this a habit? Which type of exercise would provide enough enjoyment for you to look forward to doing it regularly? Where will you exercise? Ask yourself specific questions like these that will make your goals come to life. **And start small.** If your goal is to exercise for 30 minutes 3 times a week, it would be good to start out with 10 or 15 minutes and gradually work up to your final goal. 10 minutes is much more enticing than 30 minutes! The more specific you are about how you want to implement your goals, the greater the chances of having the outcome you want. And most important of all—don't compare yourself to other people! You do you and be proud of what **YOU** can accomplish!*

## FAMILY TIME *Plan*

## HOME DUTIES *Plan*

## PHYSICAL HEALTH *Plan*

## MENTAL/SPIRITUAL HEALTH *Plan*

## WORK DUTIES *Plan*

*Great job! The time you've spent reflecting and planning will guide you toward the changes you seek to bring about in your life! Now for the fun part: it's time to fill up your planner! Each week you will have the space to plan out meals for your family, prepare a shopping list, and keep a list of ongoing reminders. Each day provides separate sections for appointments and to dos. Simply write the specific times of your appointments in the white boxes marked with colons and write the purpose of your appointment on the lines provided. At the end of each month you will have the opportunity to reflect upon the yearly goals you have set for yourself. Take every effort to set aside a portion of time each month to delve through the questions; they will help assess how you are doing with each of your goals, as well as help you work through everyday challenges. Ready, set, go!*

# A GLANCE AT

<i>January</i>						
SU	M	T	W	TR	F	SA
	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			

<i>February</i>						
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18	19	20	21	22	23	24
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<i>March</i>						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

<i>April</i>						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

<i>May</i>						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

<i>June</i>						
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						1
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9	10	11	12	13	14	15
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# YEAR 2024

<i>July</i>						
SU	M	T	W	TR	F	SA
	1	2	3	4	5	6
7	8	9	10	11	12	13
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28	29	30	31			

<i>August</i>						
SU	M	T	W	TR	F	SA
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11	12	13	14	15	16	17
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<i>September</i>						
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15	16	17	18	19	20	21
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<i>October</i>						
SU	M	T	W	TR	F	SA
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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		

<i>November</i>						
SU	M	T	W	TR	F	SA
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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

<i>December</i>						
SU	M	T	W	TR	F	SA
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				

# MONTHLY Reflection

*As water reflects a face, so a man's heart reflects the man. Proverbs 27:19*

## *What I'm grateful for...*

Each month try not to write the same things in this box. Take the time to think of things specifically related to what happened during the month, as well as recognize the progress you have made toward your goals.

## *How did I do in meeting my goals?*

Be kind to yourself as you rate how you did in each category each month! As always, be realistic and remember that you are only one person!

FAITH	1	2	3	4	5
HOME DUTIES	1	2	3	4	5
PHYSICAL HEALTH	1	2	3	4	5
MENTAL/SPIRITUAL HEALTH	1	2	3	4	5
WORK DUTIES	1	2	3	4	5

## *What were my successes?*

Try to find at least one way in which you were moving toward reaching a goal during the month—no matter how small it may be.

## *What were my challenges?*

Acknowledge the things or people who may have made it difficult for you to move toward reaching a goal during the month.

## *How could I have approached my challenges differently? Did I give myself grace?*

Thoroughly examine the challenges you face each month. Are these challenges within your control to change? Are they completely outside of your control? Could you have thought a different thought or used different words or actions to respond to those challenges? And did you give yourself grace for being a limited human being in a difficult world?

# MONTHLY Plan

## *How can I change myself or my circumstances to tackle my current challenges?*

Each month search deep into your heart and look around your environment to see if there are changes—even small ones—which can make a more positive impact on your life.

## *Which goal do I want to focus on next month? How can I prepare for success?*

Remember to be realistic and start small. Don't try to be a superhuman all in the beginning. Draw your focus toward successfully working toward one (or two) goal each month. Take the time to get even more detailed about how you will implement your plan!

	Appointments	Things to Do
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31	:	

# JANUARY

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December							January							February							
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	
					1	2		1	2	3	4	5	6						1	2	3
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
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## Shopping List

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## Weekly Meal Plan


## Weekly Notes and Reminders

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*Appointments*

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**JANUARY**  
8-14

December							January							February							
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					1	2		1	2	3	4	5	6						1	2	3
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
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*Shopping List*

*Weekly Meal Plan*

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*Weekly Notes and Reminders*

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## JANUARY

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December							January							February							
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	
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3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
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## Shopping List

## Weekly Meal Plan

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### Weekly Notes and Reminders

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*Appointments*

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**JANUARY**  
22-28

<i>December</i>							<i>January</i>							<i>February</i>							
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	
					1	2		1	2	3	4	5	6						1	2	3
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
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*Weekly Meal Plan*

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*Weekly Notes and Reminders*

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*Appointments* *Things to Do*

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**JAN 29 -**  
**FEB 4**

<i>January</i>							<i>February</i>							<i>March</i>							
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	
	1	2	3	4	5	6					1	2	3							1	2
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9	
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23	
28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30	
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*Shopping List*

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*Weekly Meal Plan*

*Weekly Notes and Reminders*

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# MONTHLY Reflection

[Love] always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13:7

*What I'm grateful for...*

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*How did I do in meeting my goals?*

FAMILY TIME	1	2	3	4	5
HOME DUTIES	1	2	3	4	5
PHYSICAL HEALTH	1	2	3	4	5
MENTAL/SPIRITUAL HEALTH	1	2	3	4	5
WORK DUTIES	1	2	3	4	5

*What were my successes?*

*What were my challenges?*

*How could I have approached my challenges differently? Did I give myself grace?*

## MONTHLY Plan

*How can I change myself or my circumstances to tackle my current challenges?*

*Which goal do I want to focus on next month? How can I prepare for success?*







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*Appointments*

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**FEBRUARY**  
**5-11**

<i>January</i>							<i>February</i>							<i>March</i>						
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	1	2	3	4	5	6					1	2	3						1	2
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23
28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30
														31						

*Shopping List*

*Weekly Meal Plan*

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*Weekly Notes and Reminders*

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*Appointments*

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*Things to Do*

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*Appointments*

*Things to Do*

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**FEBRUARY**  
**12-18**

<i>January</i>							<i>February</i>							<i>March</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
	1	2	3	4	5	6					1	2	3						1	2
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23
28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30
														31						

*Shopping List*

*Weekly Meal Plan*

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<b>MON</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>TUES</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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<b>THUR</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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<b>SAT</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>SUN</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>

*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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**FEBRUARY**  
**19-25**

<i>January</i>							<i>February</i>							<i>March</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
	1	2	3	4	5	6					1	2	3						1	2
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23
28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30
														31						

*Shopping List*

*Weekly Meal Plan*

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**MON**

**TUES**

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*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

**T**  : \_\_\_\_\_  
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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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	<i>Appointments</i>	<i>Things to Do</i>
<b>S</b>	: _____	_____
<b>U</b>	: _____	_____
<b>N</b>	: _____	_____
<b>25</b>	: _____	_____

**FEB 26 -  
MAR 3**

<i>February</i>							<i>March</i>							<i>April</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
				1	2	3						1	2		1	2	3	4	5	6
4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13
11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20
18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27
25	26	27	28	29			24	25	26	27	28	29	30	28	29	30				
							31													

*Shopping List*

*Weekly Meal Plan*

_____	<b>MON</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>TUES</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>WED</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>THUR</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>FRI</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>SAT</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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*Weekly Notes and Reminders*

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# MONTHLY Reflection

*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9*

*What I'm grateful for...*

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*How did I do in meeting my goals?*

FAMILY TIME	1	2	3	4	5
HOME DUTIES	1	2	3	4	5
PHYSICAL HEALTH	1	2	3	4	5
MENTAL/SPIRITUAL HEALTH	1	2	3	4	5
WORK DUTIES	1	2	3	4	5

*What were my successes?*

*What were my challenges?*

*How could I have approached my challenges differently? Did I give myself grace?*

# MONTHLY Plan

*How can I change myself or my circumstances to tackle my current challenges?*

*Which goal do I want to focus on next month? How can I prepare for success?*





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*Appointments*

*Things to Do*

:	_____	_____	_____
:	_____	_____	_____
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:	_____	_____	_____
:	_____	_____	_____
:	_____	_____	_____

**MARCH**  
4-10

<i>February</i>							<i>March</i>							<i>April</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
				1	2	3						1	2		1	2	3	4	5	6
4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13
11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20
18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27
25	26	27	28	29			24	25	26	27	28	29	30	28	29	30				
							31													

*Shopping List*

*Weekly Meal Plan*

_____	<b>MON</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>TUES</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>WED</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>THUR</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>FRI</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>SAT</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments* *Things to Do*

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**MARCH**  
11-17

<i>February</i>							<i>March</i>							<i>April</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
				1	2	3						1	2		1	2	3	4	5	6
4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13
11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20
18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27
25	26	27	28	29			24	25	26	27	28	29	30	28	29	30				
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*Shopping List*

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*Weekly Meal Plan*

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<b>TUES</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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<b>THUR</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>FRI</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>SAT</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>SUN</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>

*Weekly Notes and Reminders*

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*Appointments*

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**MARCH**  
**18-24**

<i>February</i>							<i>March</i>							<i>April</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
				1	2	3						1	2		1	2	3	4	5	6
4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13
11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20
18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27
25	26	27	28	29			24	25	26	27	28	29	30	28	29	30				
							31													

*Shopping List*

*Weekly Meal Plan*

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<b>TUES</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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<b>THUR</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>FRI</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>SAT</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>SUN</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>

*Weekly Notes and Reminders*

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<i>SUN</i>		<i>Appointments</i>	<i>Things to Do</i>
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**MARCH**  
25-31

<i>February</i>							<i>March</i>							<i>April</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
				1	2	3						1	2		1	2	3	4	5	6
4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13
11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20
18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27
25	26	27	28	29			24	25	26	27	28	29	30	28	29	30				
							31													

*Shopping List*

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*Weekly Meal Plan*

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*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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**APRIL**

1-7

March							April							May						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
					1	2		1	2	3	4	5	6				1	2	3	4
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	
31																				

*Shopping List*

*Weekly Meal Plan*

_____	MON			
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_____	WED			
_____	THUR			
_____	FRI			
_____	SAT			
_____	SUN			

*Weekly Notes and Reminders*

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# MONTHLY Reflection

Give careful thought to the paths for your feet and be steadfast in all your ways. Proverbs 4:26

*What I'm grateful for...*

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*How did I do in meeting my goals?*

FAMILY TIME	1	2	3	4	5
HOME DUTIES	1	2	3	4	5
PHYSICAL HEALTH	1	2	3	4	5
MENTAL/SPIRITUAL HEALTH	1	2	3	4	5
WORK DUTIES	1	2	3	4	5

*What were my successes?*

*What were my challenges?*

*How could I have approached my challenges differently? Did I give myself grace?*

# MONTHLY Plan

*How can I change myself or my circumstances to tackle my current challenges?*

*Which goal do I want to focus on next month? How can I prepare for success?*



*Appointments*

*Things to Do*

**T**  : \_\_\_\_\_  
**H**  : \_\_\_\_\_  
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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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:	_____	_____	_____
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:	_____	_____	_____
:	_____	_____	_____

**APRIL**

**8-14**

<i>March</i>							<i>April</i>							<i>May</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
					1	2		1	2	3	4	5	6				1	2	3	4
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	
31																				

*Shopping List*

*Weekly Meal Plan*

_____	<b>MON</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>TUES</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>WED</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>THUR</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>FRI</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>SAT</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>SUN</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>

*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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:	_____	_____	_____
:	_____	_____	_____

**APRIL**  
**15-21**

<i>March</i>							<i>April</i>							<i>May</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
					1	2		1	2	3	4	5	6				1	2	3	4
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	
31																				

*Shopping List*

*Weekly Meal Plan*

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<b>MON</b>			
<b>TUES</b>			
<b>WED</b>			
<b>THUR</b>			
<b>FRI</b>			
<b>SAT</b>			
<b>SUN</b>			

*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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		<i>Appointments</i>	<i>Things to Do</i>	
S U N 21	:	_____	_____	_____
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	:	_____	_____	_____
	:	_____	_____	_____
	:	_____	_____	_____

APRIL

22-28

<i>March</i>							<i>April</i>							<i>May</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
					1	2		1	2	3	4	5	6				1	2	3	4
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	
31																				

*Shopping List*

*Weekly Meal Plan*

_____	MON			
_____	TUES			
_____	WED			
_____	THUR			
_____	FRI			
_____	SAT			
_____	SUN			

*Weekly Notes and Reminders*

_____	_____
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<i>Appointments</i>		<i>Things to Do</i>	
<b>S</b>	: _____	_____	_____
<b>U</b>	: _____	_____	_____
<b>N</b>	: _____	_____	_____
<b>28</b>	: _____	_____	_____

**APR 29-**  
**MAY 5**

<i>April</i>							<i>May</i>							<i>June</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
	1	2	3	4	5	6			1	2	3	4							1	
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
														30						

*Shopping List*

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**MON**  
**TUES**  
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*Weekly Meal Plan*

*Weekly Notes and Reminders*

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# MONTHLY Reflection

*He gives strength to the weary and increases the power of the weak. Isaiah 40:29*

*What I'm grateful for...*

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*How did I do in meeting my goals?*

FAMILY TIME	1	2	3	4	5
HOME DUTIES	1	2	3	4	5
PHYSICAL HEALTH	1	2	3	4	5
MENTAL/SPIRITUAL HEALTH	1	2	3	4	5
WORK DUTIES	1	2	3	4	5

*What were my successes?*

*What were my challenges?*

*How could I have approached my challenges differently? Did I give myself grace?*

# MONTHLY Plan

*How can I change myself or my circumstances to tackle my current challenges?*

*Which goal do I want to focus on next month? How can I prepare for success?*





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*Appointments*

*Things to Do*

:	_____	_____	_____
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MAY  
6-12

<i>April</i>							<i>May</i>							<i>June</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
	1	2	3	4	5	6				1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
														30						

*Shopping List*

*Weekly Meal Plan*

_____	MON			
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_____	FRI			
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*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

**T**  :  \_\_\_\_\_

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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<i>Appointments</i>		<i>Things to Do</i>	
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**MAY**  
**13-19**

<i>April</i>							<i>May</i>							<i>June</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
	1	2	3	4	5	6				1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
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*Shopping List*

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**MON**  
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*Weekly Meal Plan*

*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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MAY

20-26

April							May							June						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
	1	2	3	4	5	6			1	2	3	4								1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
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*Shopping List*

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*Weekly Meal Plan*

*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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		<i>Appointments</i>	<i>Things to Do</i>	
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MAY 27 -  
JUN 2

<i>May</i>							<i>June</i>							<i>July</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
			1	2	3	4							1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
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*Shopping List*

*Weekly Meal Plan*

_____	MON			
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_____	SAT			
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*Weekly Notes and Reminders*

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# MONTHLY Reflection

*Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:12*

*What I'm grateful for...*

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*How did I do in meeting my goals?*

FAMILY TIME	1	2	3	4	5
HOME DUTIES	1	2	3	4	5
PHYSICAL HEALTH	1	2	3	4	5
MENTAL/SPIRITUAL HEALTH	1	2	3	4	5
WORK DUTIES	1	2	3	4	5

*What were my successes?*

*What were my challenges?*

*How could I have approached my challenges differently? Did I give myself grace?*

## MONTHLY Plan

*How can I change myself or my circumstances to tackle my current challenges?*

*Which goal do I want to focus on next month? How can I prepare for success?*







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*Appointments*

*Things to Do*

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:	_____	_____	_____
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**JUNE**  
3-9

<i>May</i>							<i>June</i>							<i>July</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
			1	2	3	4							1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
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*Shopping List*

*Weekly Meal Plan*

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*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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**JUNE**  
**10-16**

<i>May</i>							<i>June</i>							<i>July</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
			1	2	3	4							1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
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*Shopping List*

*Weekly Meal Plan*

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*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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**JUNE**  
**17-23**

<i>May</i>							<i>June</i>							<i>July</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
			1	2	3	4							1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
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*Shopping List*

*Weekly Meal Plan*

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<b>TUES</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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*Weekly Notes and Reminders*

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	Appointments	Things to Do
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**JUNE**  
**24-30**

May							June							July						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
			1	2	3	4							1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
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*Shopping List*

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**MON**  
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*Weekly Meal Plan*


*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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		<i>Appointments</i>	<i>Things to Do</i>	
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JULY  
1-7

<i>June</i>							<i>July</i>							<i>August</i>							
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	
						1		1	2	3	4	5	6						1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31	
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*Shopping List*

*Weekly Meal Plan*

_____	MON			
_____	TUES			
_____	WED			
_____	THUR			
_____	FRI			
_____	SAT			
_____	SUN			

*Weekly Notes and Reminders*

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# MONTHLY Reflection

*A glad heart makes a happy face.... Proverbs 15:13*

*What I'm grateful for...*

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*How did I do in meeting my goals?*

FAMILY TIME	1	2	3	4	5
HOME DUTIES	1	2	3	4	5
PHYSICAL HEALTH	1	2	3	4	5
MENTAL/SPIRITUAL HEALTH	1	2	3	4	5
WORK DUTIES	1	2	3	4	5

*What were my successes?*

*What were my challenges?*

*How could I have approached my challenges differently? Did I give myself grace?*

## MONTHLY Plan

*How can I change myself or my circumstances to tackle my current challenges?*

*Which goal do I want to focus on next month? How can I prepare for success?*





*Appointments*

*Things to Do*

**T**  :  \_\_\_\_\_  
**H**  :  \_\_\_\_\_  
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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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**JULY**  
**8-14**

<i>June</i>							<i>July</i>							<i>August</i>							
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	
						1		1	2	3	4	5	6						1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31	
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*Shopping List*

*Weekly Meal Plan*

_____	<b>MON</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>TUES</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>WED</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>THUR</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>FRI</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>SAT</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>SUN</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>

*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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**JULY**  
**15-21**

<i>June</i>							<i>July</i>							<i>August</i>							
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	
						1		1	2	3	4	5	6						1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31	
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*Shopping List*

*Weekly Meal Plan*

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*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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### Appointments

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## JULY 22-28

June							July							August							
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	
						1		1	2	3	4	5	6						1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31	
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### Shopping List

### Weekly Meal Plan

_____	MON			
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_____	SUN			

### Weekly Notes and Reminders

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<i>Appointments</i>		<i>Things to Do</i>	
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**JUL 29 -  
AUG 4**

<i>July</i>							<i>August</i>							<i>September</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
	1	2	3	4	5	6					1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31	29	30					

*Shopping List*

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**MON**  
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*Weekly Meal Plan*

*Weekly Notes and Reminders*

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# MONTHLY Reflection

*A peaceful heart leads to a healthy body... Proverbs 14:30*

*What I'm grateful for...*

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*How did I do in meeting my goals?*

FAMILY TIME	1	2	3	4	5
HOME DUTIES	1	2	3	4	5
PHYSICAL HEALTH	1	2	3	4	5
MENTAL/SPIRITUAL HEALTH	1	2	3	4	5
WORK DUTIES	1	2	3	4	5

*What were my successes?*

*What were my challenges?*

*How could I have approached my challenges differently? Did I give myself grace?*

## MONTHLY Plan

*How can I change myself or my circumstances to tackle my current challenges?*

*Which goal do I want to focus on next month? How can I prepare for success?*

*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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**AUGUST**  
5-11

<i>July</i>							<i>August</i>							<i>September</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
	1	2	3	4	5	6					1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31	29	30					

*Shopping List*

*Weekly Meal Plan*

_____	MON			
_____	TUES			
_____	WED			
_____	THUR			
_____	FRI			
_____	SAT			
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*Weekly Notes and Reminders*

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*Appointments*

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*Appointments*

*Things to Do*

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**AUGUST**  
**12-18**

<i>July</i>							<i>August</i>							<i>September</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
	1	2	3	4	5	6					1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31	29	30					

*Shopping List*

*Weekly Meal Plan*

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<b>FRI</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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**AUGUST**  
**19-25**

<i>July</i>							<i>August</i>							<i>September</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
	1	2	3	4	5	6					1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31	29	30					

*Shopping List*

*Weekly Meal Plan*

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*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

**T**  : \_\_\_\_\_  
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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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	<i>Appointments</i>	<i>Things to Do</i>
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**AUG 26 -  
SEPT 1**

<i>July</i>							<i>August</i>							<i>September</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
	1	2	3	4	5	6					1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31	29	30					

*Shopping List*

*Weekly Meal Plan*

_____	<b>MON</b>			
_____	<b>TUES</b>			
_____	<b>WED</b>			
_____	<b>THUR</b>			
_____	<b>FRI</b>			
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_____	<b>SUN</b>			

*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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SEPTEMBER  
2-8

<i>August</i>							<i>September</i>							<i>October</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

*Shopping List*

*Weekly Meal Plan*

_____	MON			
_____	TUES			
_____	WED			
_____	THUR			
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_____	SAT			
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*Weekly Notes and Reminders*

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# MONTHLY Reflection

For if someone does not know how to manage his own household, how will he care for God's church? 1 Timothy 3:5

*What I'm grateful for...*

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*How did I do in meeting my goals?*

FAMILY TIME	1	2	3	4	5
HOME DUTIES	1	2	3	4	5
PHYSICAL HEALTH	1	2	3	4	5
MENTAL/SPIRITUAL HEALTH	1	2	3	4	5
WORK DUTIES	1	2	3	4	5

*What were my successes?*

*What were my challenges?*

*How could I have approached my challenges differently? Did I give myself grace?*

# MONTHLY Plan

*How can I change myself or my circumstances to tackle my current challenges?*

*Which goal do I want to focus on next month? How can I prepare for success?*



*Appointments*

*Things to Do*

**T**  : \_\_\_\_\_  
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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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**SEPTEMBER**  
**9-15**

<i>August</i>							<i>September</i>							<i>October</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

*Shopping List*

*Weekly Meal Plan*

_____	<b>MON</b>			
_____	<b>TUES</b>			
_____	<b>WED</b>			
_____	<b>THUR</b>			
_____	<b>FRI</b>			
_____	<b>SAT</b>			
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*Weekly Notes and Reminders*

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		<i>Appointments</i>	<i>Things to Do</i>	
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	:	_____	_____	_____
	:	_____	_____	_____

**SEPTEMBER**  
**16-22**

<i>August</i>							<i>September</i>							<i>October</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

*Shopping List*

*Weekly Meal Plan*

_____	<b>MON</b>			
_____	<b>TUES</b>			
_____	<b>WED</b>			
_____	<b>THUR</b>			
_____	<b>FRI</b>			
_____	<b>SAT</b>			
_____	<b>SUN</b>			

*Weekly Notes and Reminders*

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S		Appointments	Things to Do
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SEPTEMBER  
23-29

August							September							October						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

Shopping List

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Weekly Meal Plan


Weekly Notes and Reminders

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		<i>Appointments</i>	<i>Things to Do</i>	
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SEPT 30-  
OCT 6

<i>September</i>							<i>October</i>							<i>November</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
1	2	3	4	5	6	7			1	2	3	4	5						1	2
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

*Shopping List*

*Weekly Meal Plan*

_____	<b>MON</b>			
_____	<b>TUES</b>			
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_____	<b>THUR</b>			
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*Weekly Notes and Reminders*

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# MONTHLY Reflection

*He gives strength to the weary and increases the power of the weak. Isaiah 40:29*

*What I'm grateful for...*

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*How did I do in meeting my goals?*

FAMILY TIME	1	2	3	4	5
HOME DUTIES	1	2	3	4	5
PHYSICAL HEALTH	1	2	3	4	5
MENTAL/SPIRITUAL HEALTH	1	2	3	4	5
WORK DUTIES	1	2	3	4	5

*What were my successes?*

*What were my challenges?*

*How could I have approached my challenges differently? Did I give myself grace?*

## MONTHLY Plan

*How can I change myself or my circumstances to tackle my current challenges?*

*Which goal do I want to focus on next month? How can I prepare for success?*



*Appointments*

*Things to Do*

**T**  : \_\_\_\_\_  
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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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**OCTOBER**  
**7-13**

<i>September</i>							<i>October</i>							<i>November</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
1	2	3	4	5	6	7			1	2	3	4	5						1	2
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

*Shopping List*

*Weekly Meal Plan*

_____	MON			
_____	TUES			
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*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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**OCTOBER**  
**14-20**

<i>September</i>							<i>October</i>							<i>November</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
1	2	3	4	5	6	7			1	2	3	4	5						1	2
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

*Shopping List*

*Weekly Meal Plan*

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<b>WED</b>			
<b>THUR</b>			
<b>FRI</b>			
<b>SAT</b>			
<b>SUN</b>			

*Weekly Notes and Reminders*

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		<i>Appointments</i>	<i>Things to Do</i>	
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	:	_____	_____	_____

## OCTOBER 21-27

<i>September</i>							<i>October</i>							<i>November</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
1	2	3	4	5	6	7			1	2	3	4	5						1	2
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

### *Shopping List*

### *Weekly Meal Plan*

_____	<b>MON</b>			
_____	<b>TUES</b>			
_____	<b>WED</b>			
_____	<b>THUR</b>			
_____	<b>FRI</b>			
_____	<b>SAT</b>			
_____	<b>SUN</b>			

### *Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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<i>Appointments</i>		<i>Things to Do</i>	
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OCT 28 -  
NOV 3

<i>October</i>							<i>November</i>							<i>December</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
		1	2	3	4	5						1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

*Shopping List*

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*Weekly Meal Plan*


*Weekly Notes and Reminders*

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# MONTHLY Reflection

Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you. Ephesians 4:32

What I'm grateful for...

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How did I do in meeting my goals?

FAMILY TIME	1	2	3	4	5
HOME DUTIES	1	2	3	4	5
PHYSICAL HEALTH	1	2	3	4	5
MENTAL/SPIRITUAL HEALTH	1	2	3	4	5
WORK DUTIES	1	2	3	4	5

What were my successes?

What were my challenges?

How could I have approached my challenges differently? Did I give myself grace?

# MONTHLY Plan

How can I change myself or my circumstances to tackle my current challenges?

Which goal do I want to focus on next month? How can I prepare for success?



*Appointments*

*Things to Do*

**T**  : \_\_\_\_\_  
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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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**NOVEMBER**  
4-10

October							November							December						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
		1	2	3	4	5						1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

*Shopping List*

*Weekly Meal Plan*

_____	<b>MON</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>TUES</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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_____	<b>THUR</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>FRI</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>SAT</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>SUN</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>

*Weekly Notes and Reminders*

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*Appointments*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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NOVEMBER  
11-17

October							November							December						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
		1	2	3	4	5						1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

*Shopping List*

*Weekly Meal Plan*

_____	MON			
_____	TUES			
_____	WED			
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_____	SAT			
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*Weekly Notes and Reminders*

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<i>Appointments</i>		<i>Things to Do</i>	
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<i>October</i>								<i>November</i>								<i>December</i>							
SU	M	T	W	TR	F	SA		SU	M	T	W	TR	F	SA		SU	M	T	W	TR	F	SA	
		1	2	3	4	5							1	2		1	2	3	4	5	6	7	
6	7	8	9	10	11	12		3	4	5	6	7	8	9		8	9	10	11	12	13	14	
13	14	15	16	17	18	19		10	11	12	13	14	15	16		15	16	17	18	19	20	21	
20	21	22	23	24	25	26		17	18	19	20	21	22	23		22	23	24	25	26	27	28	
27	28	29	30	31				24	25	26	27	28	29	30		29	30	31					

**NOVEMBER**  
**18-24**

*Shopping List*

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*Weekly Meal Plan*

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*Weekly Notes and Reminders*

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*Appointments*

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*Appointments*

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NOV 25 -  
DEC 1

October							November							December						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
		1	2	3	4	5						1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

Shopping List

Weekly Meal Plan

_____	MON			
_____	TUES			
_____	WED			
_____	THUR			
_____	FRI			
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Weekly Notes and Reminders

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*Appointments*

*Things to Do*

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DECEMBER

2-8

<i>November</i>							<i>December</i>							<i>January</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
					1	2	1	2	3	4	5	6	7				1	2	3	4
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

*Shopping List*

*Weekly Meal Plan*

_____	MON			
_____	TUES			
_____	WED			
_____	THUR			
_____	FRI			
_____	SAT			
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*Weekly Notes and Reminders*

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# MONTHLY Reflection

Let each of you look not only to your own interests, but also to the interests of others. Philippians 2:4

What I'm grateful for...

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How did I do in meeting my goals?

FAMILY TIME	1	2	3	4	5
HOME DUTIES	1	2	3	4	5
PHYSICAL HEALTH	1	2	3	4	5
MENTAL/SPIRITUAL HEALTH	1	2	3	4	5
WORK DUTIES	1	2	3	4	5

What were my successes?

What were my challenges?

How could I have approached my challenges differently? Did I give myself grace?

# MONTHLY Plan

How can I change myself or my circumstances to tackle my current challenges?

Which goal do I want to focus on next month? How can I prepare for success?



*Appointments*

*Things to Do*

**T**  : \_\_\_\_\_  
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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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**DECEMBER**

9-15

<i>November</i>							<i>December</i>							<i>January</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
					1	2	1	2	3	4	5	6	7				1	2	3	4
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

*Shopping List*

*Weekly Meal Plan*

_____	<b>MON</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>TUES</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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_____	<b>FRI</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
_____	<b>SAT</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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*Weekly Notes and Reminders*

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*Appointments*

*Things to Do*

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*Appointments*

*Things to Do*

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*Things to Do*

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*Appointments*

*Things to Do*

:	_____	_____	_____
:	_____	_____	_____
:	_____	_____	_____
:	_____	_____	_____
:	_____	_____	_____
:	_____	_____	_____

DECEMBER

16-22

<i>November</i>							<i>December</i>							<i>January</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
					1	2	1	2	3	4	5	6	7				1	2	3	4
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

*Shopping List*

*Weekly Meal Plan*

_____	MON			
_____	TUES			
_____	WED			
_____	THUR			
_____	FRI			
_____	SAT			
_____	SUN			

*Weekly Notes and Reminders*

_____	_____
_____	_____
_____	_____
_____	_____





<b>S</b>  <b>U</b>  <b>N</b>  <b>22</b>	<i>Appointments</i>	<i>Things to Do</i>	
	:		
	:		
	:		
	:		
	:		
	:		

<b>DECEMBER</b>  <b>23-29</b>	<i>November</i>							<i>December</i>							<i>January</i>						
	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
						1	2	1	2	3	4	5	6	7				1	2	3	4
	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31		

<i>Shopping List</i>  <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		<i>Weekly Meal Plan</i>		
	<b>MON</b>			
	<b>TUES</b>			
	<b>WED</b>			
	<b>THUR</b>			
	<b>FRI</b>			
	<b>SAT</b>			
	<b>SUN</b>			

*Weekly Notes and Reminders*

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		<i>Appointments</i>	<i>Things to Do</i>
<b>S</b> <b>U</b> <b>N</b> <b>29</b>	:	_____	_____
	:	_____	_____
	:	_____	_____
	:	_____	_____
	:	_____	_____
	:	_____	_____

**DEC 30-**  
**JAN 5**

<i>December</i>							<i>January</i>							<i>February</i>						
SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA	SU	M	T	W	TR	F	SA
1	2	3	4	5	6	7				1	2	3	4							1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31					26	27	28	29	30	31		23	24	25	26	27	28	

*Weekly Meal Plan*

_____	<b>MON</b>			
_____	<b>TUES</b>			
_____	<b>WED</b>			
_____	<b>THUR</b>			
_____	<b>FRI</b>			
_____	<b>SAT</b>			
_____	<b>SUN</b>			

*Weekly Notes and Reminders*

_____	_____
_____	_____
_____	_____
_____	_____





