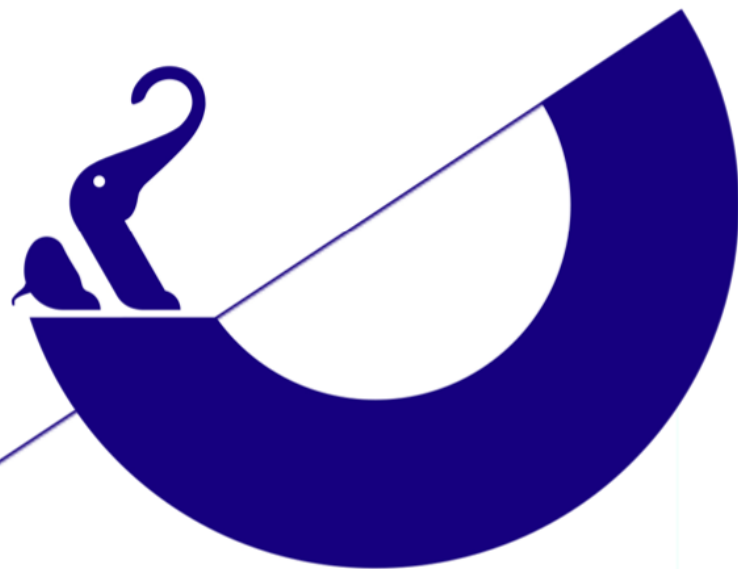


Elefan



QUICK START GUIDE

HOW TO MANUAL

A STRATEGIC
PLANNER FOR
INTENTIONAL LIVING

YEAR AT A GLANCE

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

[illegible]

SELF DISCOVERY

WHAT DOES MY LIFE LOOK LIKE RIGHT NOW?

I'm currently working full-time at a clothing store downtown. I have to commute an hour to get to work and it's draining me. I live in a small apartment by myself and my dog Ralphie. I'm living paycheck to paycheck right now. I stress about money a lot.

AM I HAPPY WITH HOW I HAVE BEEN SPENDING MY TIME?

No. Some days are better than others, but most days when I'm not working I spend a lot of time on social media or sleeping. I barely take Ralphie for walks anymore.

WHAT WOULD AN IDEAL DAY LOOK LIKE FOR ME - MORNING TO NIGHT?

I would wake up before the sunrises to take Ralphie for a walk and do yoga and meditation. I have time to eat breakfast. I only travel 20 minutes to get to work. I enjoy my co-workers. When I get off of work, I have enough energy to take Ralphie to the park, paint, cook, or hang with my family and friends.

WHAT THINGS DO I VALUE MOST IN LIFE?

| | |
|-----------------------------|---------------------------|
| <i>Family & Friends</i> | <i>Good conversations</i> |
| <i>Ralphie</i> | <i>Balance</i> |
| <i>Love</i> | |
| <i>Honesty</i> | |

It is in self discovery that the true answers to life lie.

- Anonymous

WHAT ACTIVITIES / THINGS GIVE ME THE MOST JOY AND SATISFACTION?

Hanging with family and friends Yoga
Playing with Ralphie Meditating
Painting Watching movies
Exploring Nature
Cooking

WHAT IMPORTANT NEEDS DO I HAVE THAT ARE NOT GETTING MET?

Love - I am quite lonely most days
Balance - I have no energy for anything but work really
Fulfillment - I don't feel fulfilled with my current line of work

WHAT BELIEFS ARE HOLDING ME BACK FROM LIVING MY DREAM LIFE?

That I am not smart enough to do anything else and that I'm too hard to love, which is why no one stays around. What I have going on right now is probably as good as it gets.

WHAT IS MY DEFINITION OF SUCCESS?

Success to me is being proud of the life I'm living and that I can genuinely say that I am happy. Everything has good balance.

ANALYZE YOUR KEY LIFE AREAS

FILL IN YOUR SATISFACTION LEVEL (1-10) FOR EACH AREA

| | | | | | | | | | | |
|-----------------|---|---|---|---|---|---|---|---|---|----|
| Personal Growth | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----------------|---|---|---|---|---|---|---|---|---|----|

| | | | | | | | | | | |
|--------------|---|---|---|---|---|---|---|---|---|----|
| Spirituality | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--------------|---|---|---|---|---|---|---|---|---|----|

| | | | | | | | | | | |
|-----------|---|---|---|---|---|---|---|---|---|----|
| Nutrition | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----------|---|---|---|---|---|---|---|---|---|----|

| | | | | | | | | | | |
|---------|---|---|---|---|---|---|---|---|---|----|
| Leisure | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---------|---|---|---|---|---|---|---|---|---|----|

| | | | | | | | | | | |
|--------|---|---|---|---|---|---|---|---|---|----|
| Family | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--------|---|---|---|---|---|---|---|---|---|----|

| | | | | | | | | | | |
|---------|---|---|---|---|---|---|---|---|---|----|
| Friends | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---------|---|---|---|---|---|---|---|---|---|----|

| | | | | | | | | | | |
|--------|---|---|---|---|---|---|---|---|---|----|
| Career | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--------|---|---|---|---|---|---|---|---|---|----|

| | | | | | | | | | | |
|----------|---|---|---|---|---|---|---|---|---|----|
| Finances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------|---|---|---|---|---|---|---|---|---|----|

| | | | | | | | | | | |
|-----------|---|---|---|---|---|---|---|---|---|----|
| Education | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----------|---|---|---|---|---|---|---|---|---|----|

| | | | | | | | | | | |
|-------------|---|---|---|---|---|---|---|---|---|----|
| Environment | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-------------|---|---|---|---|---|---|---|---|---|----|

PICK TEN AREAS (MOST RELEVANT)

| | | |
|-----------------|--------------|-------------|
| Personal Growth | Giving | Career |
| Spirituality | Family | Finances |
| Nutrition | Friends | Education |
| Fitness | Relationship | Environment |
| Leisure | Marriage | |

RATE YOUR OVERALL LIFE SATISFACTION

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

WHAT AREA(S) DID YOU RATE THE HIGHEST?

| | |
|------------------------|--------------------|
| <i>Family</i> | <i>Nutrition</i> |
| <i>Spirituality</i> | <i>Friends</i> |
| <i>Personal Growth</i> | <i>Environment</i> |

WHAT AREA(S) DID YOU RATE THE LOWEST?

| | |
|------------------|-----------------|
| <i>Career</i> | <i>Finances</i> |
| <i>Leisure</i> | |
| <i>Education</i> | |

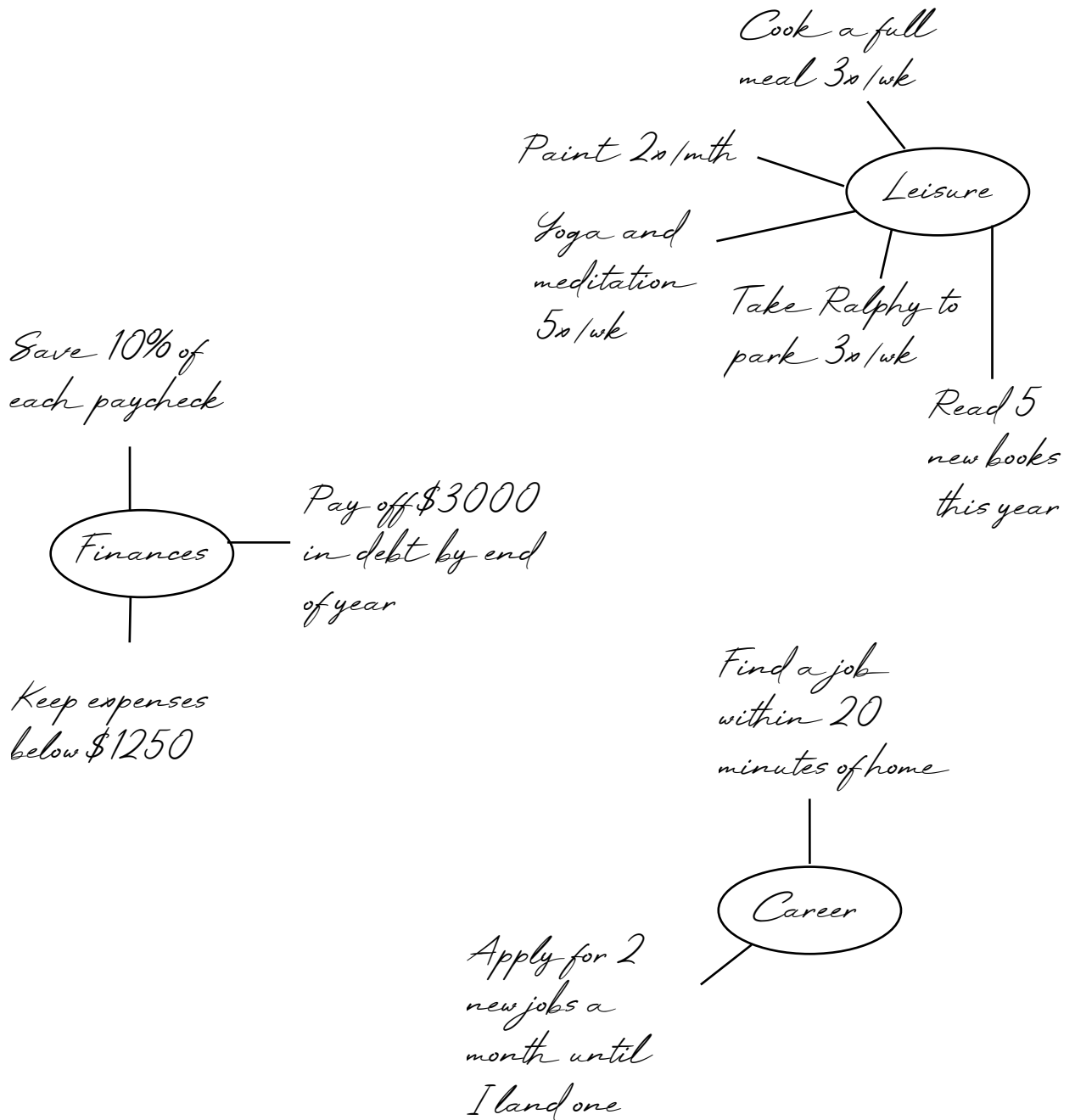
PICK THREE PRIORITY AREAS TO FOCUS ON FOR THIS YEAR

| | | |
|---------------|-----------------|----------------|
| <i>Career</i> | <i>Finances</i> | <i>Leisure</i> |
|---------------|-----------------|----------------|

LIST THREE WAYS YOU CAN IMPROVE EACH CHOSEN AREA

| <i>Career</i> | <i>Finances</i> | <i>Leisure</i> |
|---|--|---|
| <i>Start the day with a positive attitude</i> | <i>Get rid of unnecessary bills and expenses</i> | <i>Play with Ralpy and take on more walks</i> |
| <i>Greet each customer with a smile</i> | <i>Save more</i> | <i>Paint more often</i> |
| <i>Find a new job closer to home</i> | <i>Get debt down</i> | <i>Cook more often</i> |

GOAL BRAINSTORM



DREAM BIG

BE REALISTIC. BE BOLD. BE YOU.

1 YEAR BUCKET LIST

☐ Find a new job that pays more and is closer to home

☐ Try 15 new recipes

☐ Create at least 20 new paintings

☐ Save \$1500

☐ Get debt below \$2000

☐ Go to 5 new parks around the city

☐ Go skinny dipping

☐ Go on at least 2 dates via online dating

☐ Host Thanksgiving at my house

☐ Read 5 new books

☐ Take weekend trip to Austin, TX

☐ Get concealed weapon license

☐ Take a pole dancing class

☐☐☐☐☐

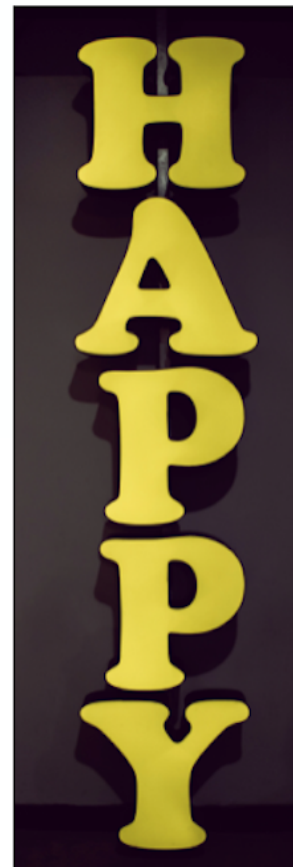
HIGHLIGHT YOUR TOP 5
DO THEY ALIGN WITH YOUR PRIORITY KEY LIFE AREAS?

CLAIM YOUR VISION

MY PERSONAL VISION STATEMENT

I will trust myself, trust my goals, and create a life I love.





MAP YOUR JOURNEY | TOP FIVE

| | | | |
|--|----------------|----|-------------|
| 01 | Find a new job | BY | end of June |
| DESCRIBE | | | |
| I want a job no more than 20 minutes away from home that pays at least \$15 an hour. | | | |
| WHY? | | | |
| I am tired of commuting over an hour to get to work. I also am not enjoying working at the clothing store downtown. | | | |
| NEEDED SACRIFICES | | | |
| Primarily time - I need to make time to research and apply for new jobs | | | |
| ACTION PLAN | | | |
| I will update my resume. Join at least 3 job boards. Research job positions related to customer service and/or sales. Apply for new jobs at least 2x/month until I land a new job. | | | |
| SHORT- TERM GOALS | | | ✓ |
| Update my resume by the end of January | | | |
| Join at least 3 job boards | | | |
| Make an excel sheet for the prospective companies | | | |
| Apply at least 6 jobs by April | | | |
| | | | |
| ACHIEVEMENT DATE | | | |

02

Try 15 new recipes

BY

end of 2021

DESCRIBE

I want to try at least 15 new recipes from different cuisines such as Italian, Irish, Mediterranean, African, & Indian.

WHY?

I love cooking, but I rarely cook full meals anymore. I want to step outside my comfort zone and explore different food options

NEEDED SACRIFICES

Primarily time & money - I need to take the time out to cook and I need to stick to my budget so that I can afford the different ingredients throughout the year.

ACTION PLAN

I will create a food budget. I will make a list of the top 3 cuisines I want to try to cook. I will research simple recipes within different cuisines. I will try a new recipe 1-2x/month.

SHORT- TERM GOALS



Create a food budget

Make a list of the top 3 cuisines I want to try

Identify at least 5 different websites with simple recipes

Bookmark at least 5 recipes to choose from a month

Try 6 new recipes by June

ACHIEVEMENT DATE

03 Create at least 20 new paintings BY end of 2021

DESCRIBE

I want to paint abstract art on small canvases using acrylic paints.

WHY?

I love painting abstract art using acrylics, but I have not indulged in this passion of mine in several months.

NEEDED SACRIFICES

Primarily time & money - I need to consciously make time to paint. I also will likely need a few new supplies.

ACTION PLAN

I will check my current inventory of paint supplies and make a list of anything I may need. I will save up the money needed to purchase the supplies. I will schedule 2 days out of the month to paint - likely weekends.

SHORT- TERM GOALS

✓

Create paint supply inventory

Make a list of the needed paint supplies

Purchase paint supplies

Schedule 2 days out of each month to paint

Paint at least 10 paintings by end of June

ACHIEVEMENT DATE

04 Save \$1500

BY end of 2021

DESCRIBE

I want to add an additional \$1500 to my savings account as an emergency fund.

WHY?

Much of my money goes to debt and I don't have much of a savings. I want to start building my savings.

NEEDED SACRIFICES

Focus on my needs and less on my wants while still enjoying life. I will need to live life on a budget and cut some of the unnecessary expenses.

ACTION PLAN

Make a list of my bills and expenses. Determine what I can cut out. Create a budget. Start saving 10% of each of my paychecks. If I have any money left over at the end of the month I will add it to savings as well.

SHORT- TERM GOALS

✓

Make a list of all my bills and expenses

Keep expenses below \$1250

Create a budget

Put 10% of each of my paychecks into savings

Save \$750 by the end of June

ACHIEVEMENT DATE

05 Get debt below \$2000

BY end of 2021

DESCRIBE

I currently have \$4870 worth of personal debt. I would like this number to decrease by \$3000 making my debt below \$2000.

WHY?

Much of my money goes to debt. Once I pay off my debt, I can put that money towards savings or leisure activities.

NEEDED SACRIFICES

Focus on my needs and less on my wants while still enjoying life. I will need to live life on a budget and cut some of the unnecessary expenses.

ACTION PLAN

Make a list of my bills and expenses. Determine what I can cut out. Create a budget. Determine how much I can put towards debt with the goal of paying \$250 a month. I will make sure I pay debt payment before it incurs additional interest on the total amount.

SHORT- TERM GOALS

✓

Make a list of all my bills and expenses

Create a budget

Determine how much money I can put towards debt per mth

Pay at least \$250 per month to debt

Get debt below \$3500 by the end of June

ACHIEVEMENT DATE

[illegible]

Aim for the highest

-Andrew Carnegie



MONTHLY VIEW | JANUARY

NOTES

| SUNDAY | MONDAY | TUESDAY |
|--|---|---------------|
| <div></div> | <div></div> | <div></div> |
| <div>3</div> | <div>4</div> <div>Pay Day!</div> | <div>5</div> |
| <div>10</div> <div>Painting Day</div> | <div>11</div> | <div>12</div> |
| <div>17</div> <div>Wash Day</div> | <div>18</div> <div>Pay Car Note</div> <div>Pay Auto Ins</div> | <div>19</div> |
| <div>24</div> <div>Painting Day³¹</div> | <div>25</div> <div>Evelyn leaves</div> | <div>26</div> |

The future turns out to be something that you make instead of find.

-Lewis Lapham

| WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---------------|--|--|
| <div></div> | <div></div> | <div>1</div> <i>Rent Due</i> <i>New Years!</i> | <div>2</div> |
| <div>6</div> | <div>7</div> | <div>8</div> <i>Pay Phone Bill</i> | <div>9</div> <i>Wash Day</i> |
| <div>13</div> | <div>14</div> | <div>15</div> <i>Pay Day!</i> | <div>16</div> <i>Ralphy's Grooming @ 1:30pm</i> |
| <div>20</div> | <div>21</div> | <div>22</div> <i>Evelyn coming into town!</i> | <div>23</div> <i>Evelyn's B-Day! Big 3-0</i> |
| <div>27</div> <i>Pay Netflix</i> | <div>28</div> | <div>29</div> | <div>30</div> |

SPECIAL EVENTS | JANUARY

IMPORTANT

Jan 1 - Rent Due

Jan 8 - Pay Phone Bill

Jan 16 - Ralphie's Grooming Appt @ 1:30pm

Jan 18 - Pay Car Note and Insurance

Jan 27 - Pay Netflix

BIRTHDAYS

Jan 23

Evelyn's Birthday

Turning 30!

ANNIVERSARIES

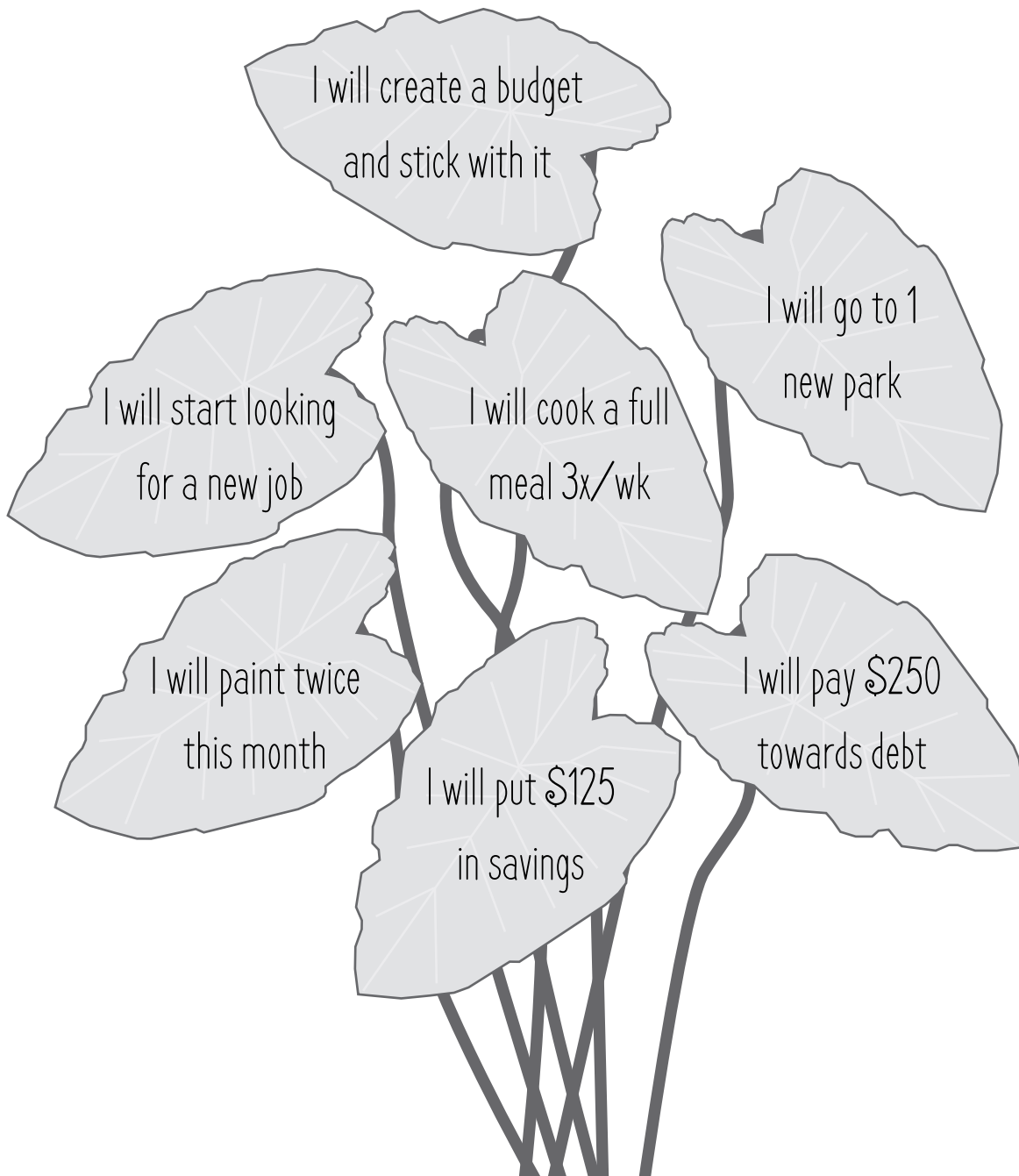
Jan 1 - New Year's Day

[illegible]

INTENTIONS | JANUARY

If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.

-Martin Luther King Jr.



THE BIG THREE | JANUARY

| | | | |
|--|--------------------------|----|------------------|
| 01 | Start job search process | BY | end of month |
| DESCRIBE | | | |
| I need to start looking for a new job closer to home. I will begin the preliminary work. | | | |
| WHY? | | | |
| The only way I will be able to get out of my current job is to find a new one | | | |
| REALISTIC <input checked="" type="checkbox"/> CONTROLLABLE <input checked="" type="checkbox"/> PRIORITY <input checked="" type="checkbox"/> | | | |
| ACTION PLAN | | | |
| I need to update my resume first. Then, I will sign up for at least 3 new job boards. I will create an excel sheet for my prospects. I will ask people if they will be a reference for me. I will then update my reference list. | | | |
| MISSIONS | | ✓ | ACHIEVEMENT DATE |
| Update my resume | | | |
| Research and sign up for 3 job boards | | | |
| Create Excel sheet for prospects | | | |
| Find 3 people to be a reference | | | |
| Update reference list | | | |
| | | | |
| | | | |
| | | | |

02 Create a budget

BY 01/15/2021

DESCRIBE

I want to tell my money where to go, cut out unnecessary expenses, save more, and pay off my debt at a good pace!

WHY?

Many of my goals are dependent upon me creating a budget so I really need to get this thing going.

REALISTIC ☒

CONTROLLABLE ☒

PRIORITY ☒

ACTION PLAN

I need to determine if I'm going to use an app or not to create and track my budget. I then need to outline my current income and expenses. Then I need to determine what can be cut out so that I can save some money or put that money towards debt. Focus on my needs and less on my wants.

MISSIONS

✓

ACHIEVEMENT DATE

Research different apps and tools

Input all my income and expenses

Pick at least 1 expense I can cut

Save \$125

Pay \$250 towards debt

03

Cook full meal 3x/week

BY

end of every week

DESCRIBE

A full meal includes a protein, side dish, and vegetables. I also want to try at least 1 new cuisine this month.

WHY?

I have been slacking on cooking and eating healthy and I would like to explore different cuisine options.

REALISTIC ☒CONTROLLABLE ☒PRIORITY ☒

ACTION PLAN

I will identify 3 cuisines I'm yearning to try and pick 1 absolute for the month. I will then find at least 5 different websites with simple recipes. Then I will bookmark any recipes I find and narrow them down to the top 12 I want to try. I will then meal plan within my budget and make grocery lists. I will then cook, cook, cook!

MISSIONS

✓

ACHIEVEMENT DATE

Identify at least 3 cuisines: pick 1

Identify at least 5 different websites

Bookmark recipes to try for the month

Narrow down to 12 recipes

Meal plan each week within budget

Cook my heart out 12x this month

HABIT TRACKER | JANUARY

| | | | | | | | | | | | | | | | | | | | |
|--------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|--------------------------|-------|--------------------------|----|
| No Spend | 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 | | | | |
| GOAL # OF DAYS: 25 | | | | | | | | | | | | | | | MET | <input type="checkbox"/> | UNMET | <input type="checkbox"/> | 31 |

| | | | | | | | | | | | | | | | | | | | |
|--------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|--------------------------|-------|--------------------------|----|
| Walk Ralphy | 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 | | | | |
| GOAL # OF DAYS: 12 | | | | | | | | | | | | | | | MET | <input type="checkbox"/> | UNMET | <input type="checkbox"/> | 31 |

| | | | | | | | | | | | | | | | | | | | |
|--------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|--------------------------|-------|--------------------------|----|
| Take Vitamins | 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 | | | | |
| GOAL # OF DAYS: 31 | | | | | | | | | | | | | | | MET | <input type="checkbox"/> | UNMET | <input type="checkbox"/> | 31 |

| | | | | | | | | | | | | | | | | | | | |
|-------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|--------------------------|-------|--------------------------|----|
| Paint | 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 | | | | |
| GOAL # OF DAYS: 2 | | | | | | | | | | | | | | | MET | <input type="checkbox"/> | UNMET | <input type="checkbox"/> | 31 |

| | | | | | | | | | | | | | | | | | | | |
|--------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|--------------------------|-------|--------------------------|----|
| Cook full meal | 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 | | | | |
| GOAL # OF DAYS: 12 | | | | | | | | | | | | | | | MET | <input type="checkbox"/> | UNMET | <input type="checkbox"/> | 31 |

| | | | | | | | | | | | | | | | | | | | |
|--------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|--------------------------|-------|--------------------------|----|
| Yoga | 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 | | | | |
| GOAL # OF DAYS: 20 | | | | | | | | | | | | | | | MET | <input type="checkbox"/> | UNMET | <input type="checkbox"/> | 31 |

| | | | | | | | | | | | | | | | | | | | |
|--------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|--------------------------|-------|--------------------------|----|
| Meditate | 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 | | | | |
| GOAL # OF DAYS: 20 | | | | | | | | | | | | | | | MET | <input type="checkbox"/> | UNMET | <input type="checkbox"/> | 31 |

[illegible]

WEEKLY VIEW |

January 4th - 10th

| | MONDAY | TUESDAY | WEDNESDAY |
|--|---------------------------------------|---------------------------------|---|
| AFFIRMATION | 4 | 5 | 6 |
| <i>I find peace and joy in all aspects of my life!</i> | Personal + Leisure + Ralphy | | |
| | Vitamins | Take Ralphy To Park Vitamins | Vitamins |
| | Yoga & Meditation | Yoga & Meditation | Yoga & Meditation |
| | Dinner | | |
| NOTES | Cook Full Meal | | Cook Full Meal |
| | Spaghetti Garlic Bread Broccoli | | Ground Beef Taco Casserole with Tortilla Chips |
| | Finances | | |
| | Pay Day! | | |
| | Put 10% in Savings | | |
| | Spent: \$0 | Spent: \$0 | Spent: \$0 |

| THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|-----------------------------|
| 7 | 8 | 9 | 10 |
| Personal + Leisure + Ralphy | | | |
| Take Ralphy To Park Vitamins Yoga & Meditation | Vitamins Yoga & Meditation | Wash Day Take Ralphy To Park Vitamins | Painting Day Vitamins |
| Meals | | | |
| | Cook Full Meal Chicken Marsala Mash Potatoes Creamed Spinach | Meal Plan | Grocery Store Run |
| Finances | | | |
| | Pay Phone Bill \$70.00 Hobby Lobby: Art Supplies \$18.59 | | |
| Spent: \$0 | Spent: \$88.59 | Spent: 0 | Spent: \$75.00 |

FRIDAY | January 8th

TO DO

SCHEDULE

| | | | |
|--------------------------|---|--|--|
| PRIORITY | Pay Phone Bill | 6 AM | Wake up & Walk Ralphy Yoga & Meditation |
| | Cook Dinner | 7 AM | Shower Breakfast |
| | | 8 AM | Commute |
| | Research and sign up for at least 1 job board | | |
| | Take Vitamins | 9 AM | Work |
| | 20-minute Yoga & Meditation | 10 AM | |
| | Hobby Lobby: pick up supplies | 11 AM | |
| | Continue updating resume | 12 PM | |
| | | 1 PM | Lunch Break: Pay Phone Bill |
| | | 2 PM | |
| | | 3 PM | |
| | | 4 PM | |
| | | 5 PM | Commute |
| | | 6 PM | Hobby Lobby |
| | | 7 PM | Cook Eat |
| | | 8 PM | Research + Sign up for job board |
| | | 9 PM | Continue updating resume |
| | | 10 PM | |
| TODAY, I AM GRATEFUL FOR | | NOTES | |
| Fri-yays! | | Chicken Marsala, Mash Potatoes & Creamed Spinach for Dinner | |
| OVERALL, TODAY WAS | | | |
| ELEFANTASTIC | FUN | DEFEATING | |
| SATISFYING | BORING | TRAGIC | |
| GOOD | MEH | | |

SATURDAY | _____

| TO DO | | SCHEDULE | |
|--------------------------|--------|-----------|--|
| PRIORITY | | 6 AM | |
| | | 7 AM | |
| | | 8 AM | |
| | | 9 AM | |
| | | 10 AM | |
| | | 11 AM | |
| | | 12 PM | |
| | | 1 PM | |
| | | 2 PM | |
| | | 3 PM | |
| | | 4 PM | |
| | | 5 PM | |
| | | 6 PM | |
| | | 7 PM | |
| | | 8 PM | |
| | | 9 PM | |
| | | 10 PM | |
| TODAY, I AM GRATEFUL FOR | | NOTES | |
| | | | |
| OVERALL, TODAY WAS | | | |
| ELEFANTASTIC | FUN | DEFEATING | |
| SATISFYING | BORING | TRAGIC | |
| GOOD | MEH | | |

GOALS IN REVIEW | JANUARY

PROGRESS SUMMARY

INTENTIONS

How many intentions did you follow through with?

5 OUT OF 7 = 71 %

BIG GOALS

How many big goals did you achieve?

1 OUT OF 3 = 33 %

WHAT WORKED FOR YOU?

Meal planning worked really well and I didn't have to stress about what I was going to cook. Scheduling out painting days. Yoga & meditation in the morning was an amazing start to my day.

WHAT OBSTACLES DID YOU ENCOUNTER?

A lot of the jobs on the boards don't seem like a good fit so I only applied to one. I didn't always feel like cooking a full meal 3x/week despite my best effort. I ate out more than I should so I didn't always stick to budget and save as much.

HOW CAN YOU IMPROVE NEXT MONTH?

Need to find quicker recipes for days I want to eat a full meal, but don't feel like cooking. Need to get more clear on what other kind of job I want.

MONTH IN REVIEW | JANUARY

RATE THIS MONTH

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

WHY?

This month was overall pretty good. I got to see my best friend. I created some pretty cool paintings. I paid \$250 to my debt! I ate pretty good this month and tried some pretty amazing dishes. Ralphie has also really enjoyed the walks and parks.

HIGHLIGHTS

*Evelyn coming to visit for her birthday
Completing two amazing paintings
Irish bacon and cabbage soup I made*

LESSONS LEARNED

Even if I have the time, I still need the energy.

NOTES

NOTES



