

My Week Designed to Shine

WEEK: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
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8 PM							
9 PM							
10 PM							

*Purpose
My
Life*

HAPPINESS LIFE COACHING

NOTES: _____

Dr. Mel

My Week

Plan Your Sass To Kick Ass

WEEK: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM							
7 AM							
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9 PM							
10 PM							

*Purpose
My
Life*

HAPPINESS LIFE COACHING

NOTES: _____

Dr. Mel

My Week I Will Get Up That Hill

WEEK: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM							
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10 PM							

NOTES: _____

Dr. Mel

My Week I Have A Plan, So I Can

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6 AM							
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9 PM							
10 PM							

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NOTES: _____

Dr. Mel

My Week

When I Plan It, I Will Do It

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM							
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