

2 0 2 4

# PLANNER

A N E W B E G I N N I N G

[REVIVIFYMYLIFE.ORG](http://REVIVIFYMYLIFE.ORG)

Welcome!

2 0 2 4

# PLANNER

M Y   Y E A R

Name

Phone

Email

Address



# SELF-CARE IN 2024 MEANS

ASK  
FOR HELP

PUT YOURSELF  
FIRST

STAYING  
AT HOME

SET  
BOUNDARIES

SPEND TIME  
ALONE

SAY  
'NO'

ASK FOR WHAT  
YOU NEED

FORGIVE  
YOURSELF



# (Daily) SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S M T W T F S

## C H E C K L I S T

- |   |  |
|---|--|
| <input type="checkbox"/> MAKE YOUR BED                    | <input type="checkbox"/> TAKE A LONG BATH            |
| <input type="checkbox"/> TAKE YOUR MEDICATIONS & VITAMINS | <input type="checkbox"/> DO A FACE MASK              |
| <input type="checkbox"/> SKINCARE ROUTINE                 | <input type="checkbox"/> CALL A FRIEND OR FAMILY     |
| <input type="checkbox"/> HEALTHY MEALS                    | <input type="checkbox"/> MEDITATE/PRAY               |
| <input type="checkbox"/> GO FOR A WALK                    | <input type="checkbox"/> WATCH A MOVIE               |
| <input type="checkbox"/> CLEANING HOUSE                   | <input type="checkbox"/> CUDDLE A PET OR HUMAN       |
| <input type="checkbox"/> WASH CLOTHES                     | <input type="checkbox"/> TRY A NEW RESTAURANT        |
| <input type="checkbox"/> LISTEN TO MUSIC                  | <input type="checkbox"/> MAKE TIME TO READ           |
| <input type="checkbox"/> TAKE A POWER NAP                 | <input type="checkbox"/> TRY A NEW RECIPE            |
| <input type="checkbox"/> SOCIAL MEDIA BREAK               | <input type="checkbox"/> NO PHONE 30 MINS BEFORE BED |

### WORKOUT

- |                                  |                                   |                                |
|----------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> CARDIO  | <input type="checkbox"/> WEIGHT   | <input type="checkbox"/> YOGA  |
| <input type="checkbox"/> STRETCH | <input type="checkbox"/> REST DAY | <input type="checkbox"/> OTHER |

### HOURS OF SLEEP (Hours)



### WATER BALANCE (Glass)



### MOOD



THINGS THAT  
MAKE ME  
HAPPY TODAY



( Weekly )

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# SUNDAY RESET

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## C H E C K L I S T

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- |  |   |
|--|---|
| <input type="radio"/> START A LOAD OF LAUNDRY                | <input type="radio"/> LISTEN TO A PODCAST               |
| <input type="radio"/> CHANGE OUT BATH TOWELS & MATS          | <input type="radio"/> CALL A FRIEND OR FAMILY           |
| <input type="radio"/> CHANGE BED SHEETS                      | <input type="radio"/> MEDITATE FOR 10 MINUTES           |
| <input type="radio"/> REFILL PILL ORGANIZER WITH VITAMINS    | <input type="radio"/> CUDDLE A PET OR HUMAN             |
| <input type="radio"/> PLAN THE SCHEDULE FOR THE WEEK         | <input type="radio"/> TRY A NEW RESTAURANT              |
| <input type="radio"/> CLEAN OUT PURSE AND/OR BACKPACK        | <input type="radio"/> MAKE TIME TO READ                 |
| <input type="radio"/> ADD APPOINTMENTS TO A VISABLE CALENDER | <input type="radio"/> TRY A NEW RECIPE                  |
| <input type="radio"/> OPEN MAIL & PAY BILLS                  | <input type="radio"/> CLEAN UP PAPER OR JUNK PILE       |
| <input type="radio"/> CLEAN BATHROOM/KITCHEN FLOORS          | <input type="radio"/> WIPE DOWN FLAT SURFACES           |
| <input type="radio"/> CLEAN OUT REFRIDGERATOR                | <input type="radio"/> DELETE/DECLUTTER PHONE EMAIL/PICS |
| <input type="radio"/> BUY GROCERIES FOR THE WEEK             | <input type="radio"/> TAKE A POWER NAP TO RECHARGE      |
| <input type="radio"/> PLAN WEEKLY MENU & MEAL PREP           | <input type="radio"/> WATER & DUST PLANTS               |
| <input type="radio"/> CLEAN PET HABITAT & BOWLS              | <input type="radio"/> DO A HAIR/FACE/LIP/FOOT MASK      |
| <input type="radio"/> BUY/RE-ORDER PET FOOD                  | <input type="radio"/> UNPLUG 30 MIN BEFORE BED          |
| <input type="radio"/> CALL TO CHECK-UP ON THAT PERSON TODAY  | <input type="radio"/> GO TO BED EARLIER THAN USUAL      |



( *Positive* )

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# SELF-TALK

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## C H E C K L I S T

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- |   |   |
|---|---|
| <input type="radio"/> I DESERVE TO BE HAPPY                     | <input type="radio"/> I ACCEPT MYSELF FOR WHO I AM            |
| <input type="radio"/> I APPRECIATE WHO I AM AND LOVE MY LIFE    | <input type="radio"/> I AM FEARLESS                           |
| <input type="radio"/> I AM WORTHY OF LOVE                       | <input type="radio"/> I'M NOT AFRAID TO DO THE RIGHT THING    |
| <input type="radio"/> I WILL NOT ACCEPT BEING TREATED POORLY    | <input type="radio"/> I SET BOUNDARIES                        |
| <input type="radio"/> I AM STRONG OF MIND AND BODY              | <input type="radio"/> I SAY NO TO THINGS THAT DO NOT SERVE ME |
| <input type="radio"/> I AM CREATIVE, TALENTED, AND CONFIDENT    | <input type="radio"/> I MAKE TIME FOR MYSELF                  |
| <input type="radio"/> I HAVE THE WILLPOWER AND COURAGE          | <input type="radio"/> I CAN ADVOCATE FOR MYSELF A             |
| <input type="radio"/> I WILL GET OUT OF AN ABUSIVE RELATIONSHIP | <input type="radio"/> I STAND UP FOR WHAT I BELIEVE IN        |
| <input type="radio"/> I AM SURROUNDED BY LOVE                   | <input type="radio"/> I AM BRAVE                              |
| <input type="radio"/> I FORGIVE MYSELF AND GIVE MYSELF GRACE    | <input type="radio"/> I WILL SPEAK UP FOR MYSELF              |
| <input type="radio"/> I SURROUND MYSELF WITH POSITIVE PEOPLE.   | <input type="radio"/> I AM NOT AFRAID TO ASK FOR HELP         |
| <input type="radio"/> I PRACTICE SELF-CARE ACTIVITIES           | <input type="radio"/> I AM NOT ALONE                          |
| <input type="radio"/> I TAKE CARE OF MY PHYSICAL HEALTH         | <input type="radio"/> WILL TAKE A BREAK AND RESET             |
| <input type="radio"/> I EXERCISE AND EAT WELL.                  | <input type="radio"/> I WILL NEVER GIVE UP ON ME              |



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NOTE TO SELF

YOU ARE  
*enough*

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# MORNING REFLECTIONS

START YOUR DAY WITH INTENTION

DATE

SELF AFFIRMATION

DAILY GOALS

POSITIVE VISUALIZATION

ONE THING TO LEARN

RANDOM ACT OF KINDNESS

THINGS I'M GRATEFUL FOR

# PREP—WORK

## 6 STEPS TO ACHIEVE MY GOALS

1

I WILL BE SPECIFIC  
ABOUT MY  
GOALS WHEN I  
WRITE THEM  
DOWN

2

I WILL PLAN AND  
ASSIGN ACTION  
FOR EACH OF MY  
GOALS

3

I WILL BREAK  
DOWN MY GOALS  
INTO SMALLER  
TASKS

4

I WILL SET AND  
STICK TO MY  
TIMELINE  
AND DEADLINES

5

I WILL TAKE THE  
FIRST STEP AND  
THEN ANOTHER  
UNTIL REACHING  
COMPLETION

6

BE OPEN TO  
ADVICE AND  
SUGGESTIONS

( *improve* )

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# SELF-DISCIPLINE

## C H E C K L I S T

- ☐ II WILL ELIMINATE TEMPTATIONS
- ☐ II WILL MANAGE MYSELF AND MY SURROUNDINGS
- ☐ II WILL FOCUS ON PRIORITIES THAT MATTER MOST
- ☐ I WILL KEEP TRACK OF MY PROGRESS
- ☐ I WILL STAY FOCUSED ON MY GOALS
- ☐ I WILL BECOME AN EXPERT IN MY OWN BEHAVIOR I I WILL EASILY REGULATE AND ALTER MY HABITS
- ☐ I WILL MANAGE STRESS IN HEALTHY WAYS
- ☐ I WILL GET ENOUGH SLEEP, EXERCISE REGULARLY,
- ☐ I EAT RIGHT TO ENSURE I HAVE THE ENERGY TO KEEP PUSHING FORWARD.
- ☐ I WILL PRIORITIZE TASKS BY MAKING A TO-DO LIST FOR EVERY DAY, WEEK, AND MONTH, SO THAT  
WHEN I FEEL OVERWHELMED, I KNOW I'M MAKING PROGRESS.
- ☐ WILL PRACTICE SELF-FORGIVENESS.
- ☐ I REMIND MYSELF THAT LIFE IS FULL OF FAILURES. I MOVE ON AND FORGIVE MYSELF, BECAUSE
- ☐ WORRYING AND BEATING MYSELF UP ACCOMPLISHES NOTHING,
- ☐ I WILL BUILD SELF-CONTROL AND ACHIEVE AMBITIOUS GOALS, BY LEARNING HOW TO HAPPILY  
GRIND.

# MY VISION BOARD

HEALTH

WEALTH

FAMILY

RELATIONSHIP

CAREER

LIFESTYLE



# MY MISSION BOARD

I WANT TO STOP THIS

I WANT TO START THIS

WHAT IS MY PASSION?

HOW WILL I FOCUS ON  
MY PASSION?

WHAT IS MY PURPOSE?

HOW WILL I ALIGN MYSELF  
TO FULFILL MY PURPOSE?



*Wealth*



*Independance*

*Make it  
Happen  
Vision Board*



*Ocean*



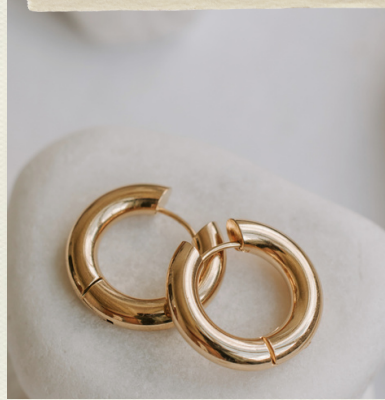
*Travel*



*Apartment*



BALANCE



SELF-CARE



Do more  
of what you  
love.

2024

VISION BOARD



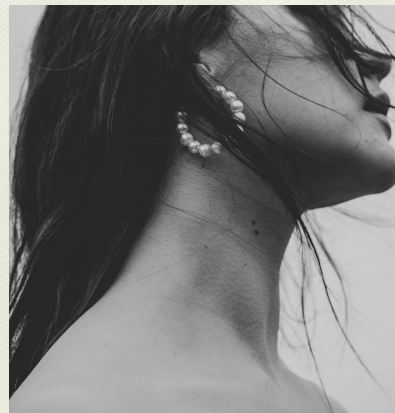
SUCCESS

LIVE IN THE  
MOMENT.

Travel



Health



JUST  
LIVING MY  
BEST LIFE





*Independence*



*Wealth*

*Make it  
Happen  
Vision Board*



*Italy*



*Ocean*



*Renovation*



# MY GOALS MOOD BOARD



REST

SELF  
EMPLOYMENT

MARRIAGE



EXERCISE



## MY GOALS THIS YEAR

LIFE:

CAREER:

OTHER:

## WORDS TO LIVE BY

THRIVE

LOVE

JOY

FUN

WEALTH

INVEST

RELATIONSHIPS

EFFORT

RELAXATION

REST







MY 2024 BUSINESS

# Vision Board


GOALS + MOTIVATION




I am comfortable  
spending money on  
my business




I make a  
comfortable income  
and buy things I like




I make time for  
the things that bring  
me joy



I have a beautiful  
creative space I  
enjoy being in



I help as many  
clients as I can



I do good work and  
get paid well for it



☐ Journey



☐ Exercise



☐ Wish



(2024)

# Make it Happen Vision Board

Notes :

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☐ Wealth | Investing



☐ Passion



☐ Family



☐ Experience



# 2024

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## JANUARY

SU	MO	TU	WE	TH	FR	SA
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## FEBRUARY

SU	MO	TU	WE	TH	FR	SA
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

## MARCH

SU	MO	TU	WE	TH	FR	SA
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## APRIL

SU	MO	TU	WE	TH	FR	SA
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## MAY

SU	MO	TU	WE	TH	FR	SA
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## JUNE

SU	MO	TU	WE	TH	FR	SA
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## JULY

SU	MO	TU	WE	TH	FR	SA
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## AUGUST

SU	MO	TU	WE	TH	FR	SA
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## SEPTEMBER

SU	MO	TU	WE	TH	FR	SA
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## OCTOBER

SU	MO	TU	WE	TH	FR	SA
	01	02	03	04	05	
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## NOVEMBER

SU	MO	TU	WE	TH	FR	SA
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## DECEMBER

SU	MO	TU	WE	TH	FR	SA
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# RECAP

## Who am I?

Example: I am Sophia2.. I am a better version of myself. I am a mother, sister, daughter, co-worker, and friend.

## Accomplishments?

Example: Bachelors Degree; Own Business,  
Blogger, Founder of Non-Profit Org,

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## Certificates; Licensures?

Example: Real Estate License

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## Grateful For?

Example: My Health, My Kids, My Home  
My Job, My Family, My Friends.

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## Answered Prayers?

Example: My health results came back  
negative.

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## What do I love about myself?

Example: I love that I never give up. I am resilient. I am a good mother. I am strong, brave,  
giving, and kind. I am enough.

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# JANUARY

Goal

Action Plan

Date

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Grateful For

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To Improve

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# JANUARY 2024

Sunday	Monday	Tuesday	Wednesday
	01	02	03
07	08	09	10
14	15	16	17
21	22	23	24
28	29	30	31

# JANUARY 2024

Thursday	Friday	Saturday	Notes
04	05	06	..... ..... ..... .....
11	12	13	..... ..... ..... .....
18	19	20	..... ..... ..... .....
25	26	27	..... ..... ..... .....
			..... ..... ..... .....

# JANUARY 2024

Monthly Budget

Income	
Income 1	
Income 2	
Other Income	
Total	

Expenses
Month
Budget

To be paid	Due Date	Amount	Paid	Notes

Summary		
Total Income	Total Expenses	Difference

Notes

# FEBRUARY

Goal

Action Plan

Date

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Grateful For

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To Improve

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# FEBRUARY 2024

Sunday

Monday

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Wednesday

04	05	06	07
11	12	13	14
18	19	20	21
25	26	27	28

# FEBRUARY 2024

Thursday	Friday	Saturday	Notes
01	02	03	..... ..... ..... .....
08	09	10	..... ..... ..... .....
15	16	17	..... ..... ..... .....
22	23	24	..... ..... ..... .....
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# FEBRUARY 2024

Monthly Budget

Income	
Income 1	
Income 2	
Other Income	
Total	

Expenses
Month
Budget

To be paid	Due Date	Amount	Paid	Notes

Summary		
Total Income	Total Expenses	Difference

Notes

# MARCH

Goal

Action Plan

Date

Grateful For

To Improve

Notes

# MARCH 2024

Sunday

Monday

Tuesday

Wednesday

03	04	05	06
10	11	12	13
17	18	19	20
24	25	26	27
31			

# MARCH 2024

Thursday	Friday	Saturday	Notes
	01	02	..... ..... ..... .....
07	08	09	..... ..... ..... .....
14	15	16	..... ..... ..... .....
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28	29	30	..... ..... ..... .....



# MARCH 2024

Monthly Budget

Income	
Income 1	
Income 2	
Other Income	
Total	

Expenses
Month
Budget

To be paid	Due Date	Amount	Paid	Notes

Summary		
Total Income	Total Expenses	Difference

Notes

# APRIL

Goal

Action Plan

Date

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Grateful For

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To Improve

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# APRIL 2024

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# APRIL 2024

Thursday	Friday	Saturday	Notes
04	05	06	..... ..... ..... .....
11	12	13	..... ..... ..... .....
18	19	20	..... ..... ..... .....
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APRIL 2024

Monthly Budget

Income	
Income 1	
Income 2	
Other Income	
Total	

Expenses
Month
Budget

To be paid	Due Date	Amount	Paid	Notes

Summary		
Total Income	Total Expenses	Difference

Notes

# MAY

Goal

Action Plan

Date

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Grateful For

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# MAY 2024

Sunday

Monday

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# MAY 2024

Thursday	Friday	Saturday	Notes
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09	10	11	..... ..... ..... .....
16	17	18	..... ..... ..... .....
23	24	25	..... ..... ..... .....
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# MAY 2024

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Income 2	
Other Income	
Total	

Expenses
Month
Budget

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Summary		
Total Income	Total Expenses	Difference

Notes

# JUNE

Goal

Action Plan

Date

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Grateful For

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To Improve

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# JUNE 2024

Sunday

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# JUNE 2024

Thursday	Friday	Saturday	Notes
		01	..... ..... ..... .....
06	07	08	..... ..... ..... .....
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27	28	29	..... ..... ..... .....



# JUNE 2024

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# JULY

Goal

Action Plan

Date

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Grateful For

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To Improve

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# JULY 2024

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# JULY 2024

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# AUGUST

Goal

Action Plan

Date

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Grateful For

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To Improve

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# AUGUST 2024

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# SEPTEMBER

Goal

Action Plan

Date

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# SEPTEMBER 2024

Sunday

Monday

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Wednesday

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08	09	10	11
15	16	17	18
22	23	24	25
29	30		

# SEPTEMBER 2024

Thursday	Friday	Saturday	Notes
05	06	07	..... ..... ..... .....
12	13	14	..... ..... ..... .....
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			..... ..... ..... .....



# SEPTEMBER 2024

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# OCTOBER

Goal

Action Plan

Date

Grateful For

To Improve

Notes

# OCTOBER 2024

Sunday

Monday

Tuesday

Wednesday

01

02

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# OCTOBER 2024

Thursday	Friday	Saturday	Notes
03	04	05	..... ..... ..... .....
10	11	12	..... ..... ..... .....
17	18	19	..... ..... ..... .....
24	25	26	..... ..... ..... .....
31			..... ..... ..... .....

# OCTOBER 2024

## Monthly Budget

Income	
Income 1	
Income 2	
Other Income	
Total	

Expenses
Month
Budget

To be paid	Due Date	Amount	Paid	Notes

Summary		
Total Income	Total Expenses	Difference

Notes

# NOVEMBER

Goal

Action Plan

Date

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Grateful For

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To Improve

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# NOVEMBER 2024

Sunday

Monday

Tuesday

Wednesday

03	04	05	06
10	11	12	13
17	18	19	20
24	25	26	27



# NOVEMBER 2024

Thursday	Friday	Saturday	Notes
	01	02	..... ..... ..... .....
07	08	09	..... ..... ..... .....
14	15	16	..... ..... ..... .....
21	22	23	..... ..... ..... .....
28	29	30	..... ..... ..... .....

# NOVEMBER 2024

Monthly Budget

Income	
Income 1	
Income 2	
Other Income	
Total	

Expenses
Month
Budget

To be paid	Due Date	Amount	Paid	Notes

Summary		
Total Income	Total Expenses	Difference

Notes

# DECEMBER

Goal

Action Plan

Date

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Grateful For

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To Improve

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Notes

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# DECEMBER 2024

Sunday

Monday

Tuesday

Wednesday

01

02

03

04

08

09

10

11

15

16

17

18

22

23

24

25

29

30

31

# DECEMBER 2024

Thursday	Friday	Saturday	Notes
05	06	07	..... ..... ..... .....
12	13	14	..... ..... ..... .....
19	20	21	..... ..... ..... .....
26	27	28	..... ..... ..... .....
			..... ..... ..... .....

# DECEMBER 2024

## Monthly Budget

Income	
Income 1	
Income 2	
Other Income	
Total	

Expenses
Month
Budget

To be paid	Due Date	Amount	Paid	Notes

Summary		
Total Income	Total Expenses	Difference

Notes

See you next year...



2024

# PLANNER

BY GÉNESIS NÚÑEZ