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PLANNER

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

REVIVIFYMYLIFE.ORG

Welcome!

2024

PLANNER

MY YEAR

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)

DATE ___ / ___ / ___

SELF-CARE

S M T W T F S

CHECKLIST

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

WORKOUT

- CARDIO
- WEIGHT
- YOGA
- STRETCH
- REST DAY
- OTHER

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



THINGS THAT MAKE ME HAPPY TODAY

MOOD



(*Weekly*)

DATE ____ / ____ / ____

SUNDAY RESET

C H E C K L I S T

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



(*Positive*)

DATE ____ / ____ / ____

SELF-TALK

C H E C K L I S T



- | | |
|---|---|
| <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 |



NOTE TO SELF

YOU ARE
enough

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.
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MY VISION BOARD

HEALTH

WEALTH

FAMILY

RELATIONSHIP

CAREER

LIFESTYLE

MY MISSION BOARD

I WANT TO STOP THIS

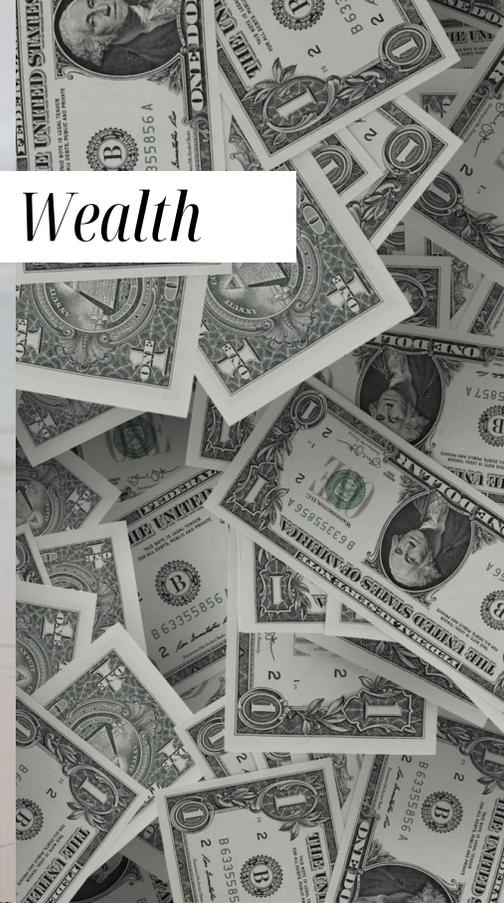
I WANT TO START THIS

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

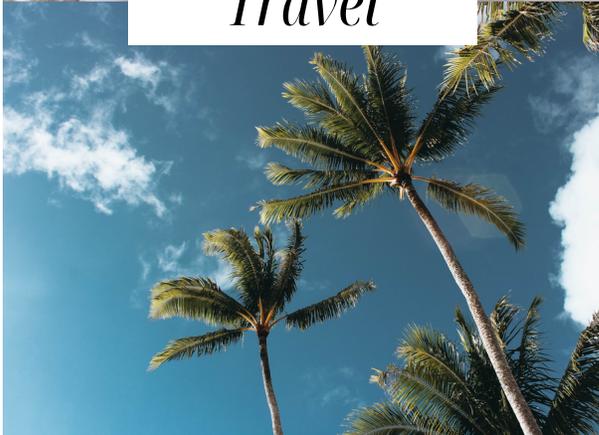
Independance

*Make it
Happen
Vision Board*



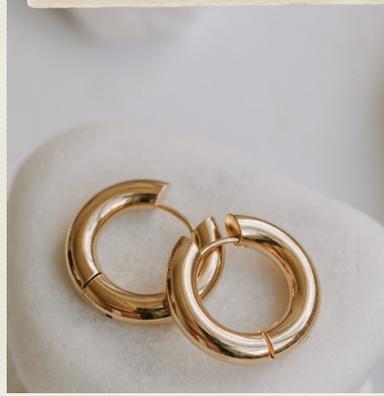
Ocean

Travel



Apartment

BALANCE



SELF-CARE



Do more of what you love.

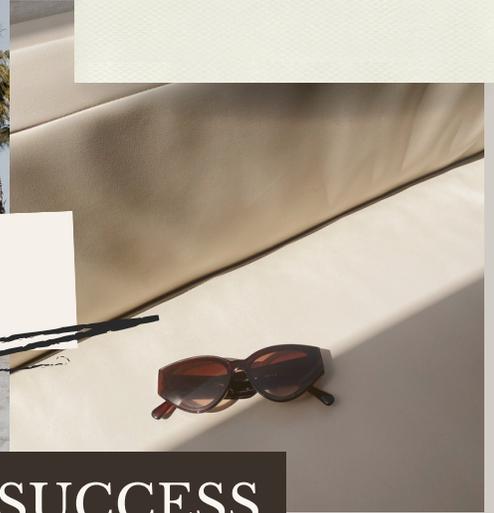


2024

VISION BOARD



SUCCESS



LIVE IN THE MOMENT.

Travel



Health



JUST LIVING MY BEST LIFE



Independence



Wealth

*Make it
Happen
Vision Board*



Italy



Renovation



Ocean

MY GOALS MOOD BOARD



SELF
EMPLOYMENT



EXERCISE



MARRIAGE

REST

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 :



Wealth | Investing



Passion



Family



Experience



2024

JANUARY

SU	MO	TU	WE	TH	FR	SA
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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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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

To Improve

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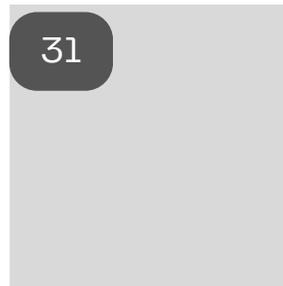
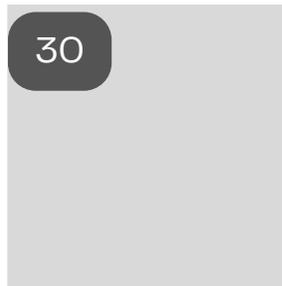
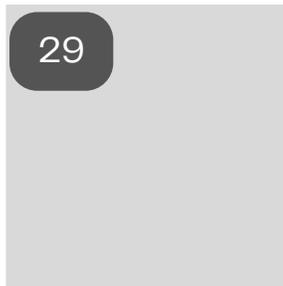
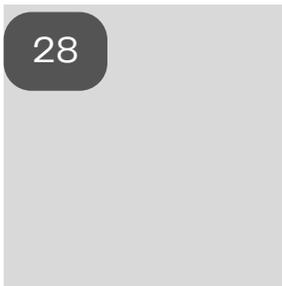
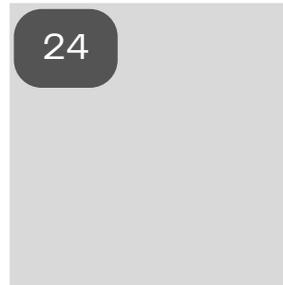
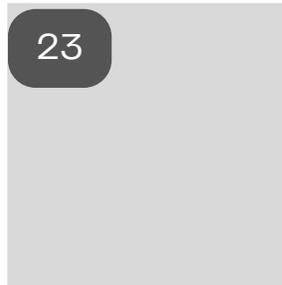
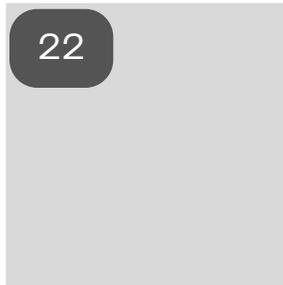
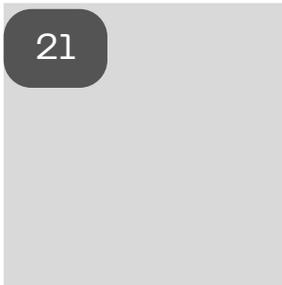
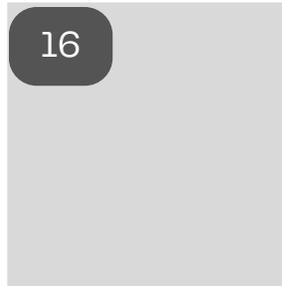
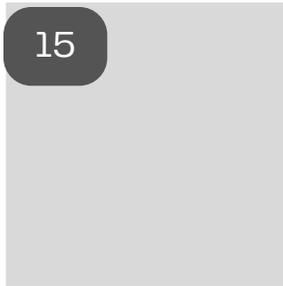
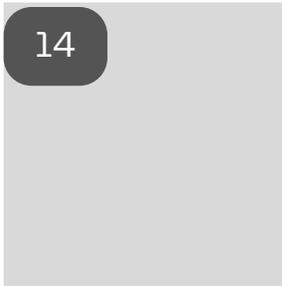
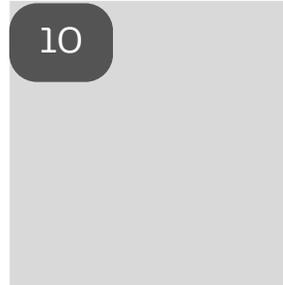
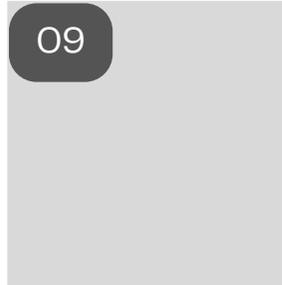
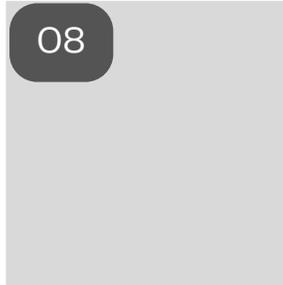
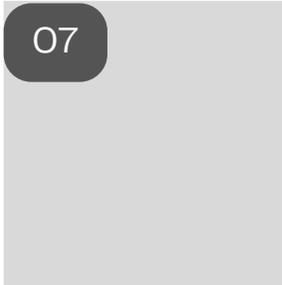
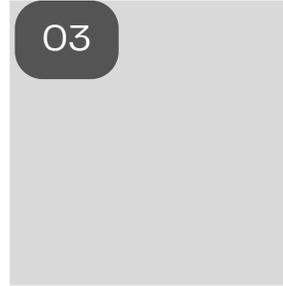
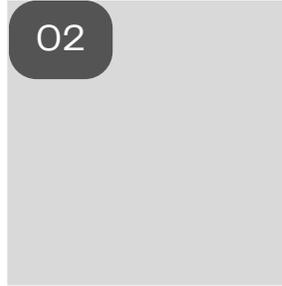
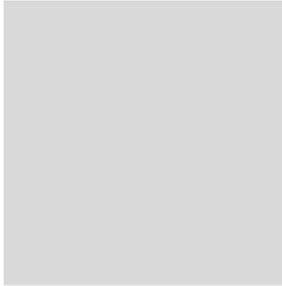
JANUARY 2024

Sunday

Monday

Tuesday

Wednesday



JANUARY 2024

Thursday	Friday	Saturday	Notes
04	05	06
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25	26	27
		

FEBRUARY

Goal

Action Plan

Date

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Grateful For

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To Improve

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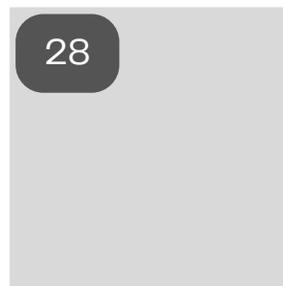
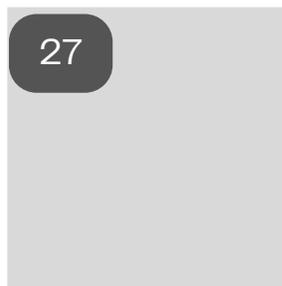
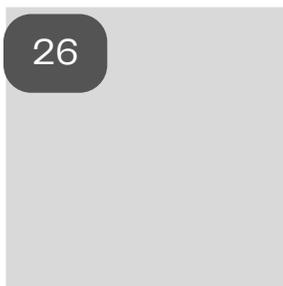
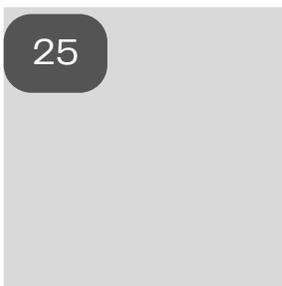
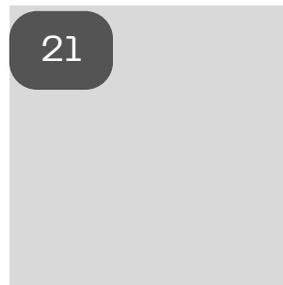
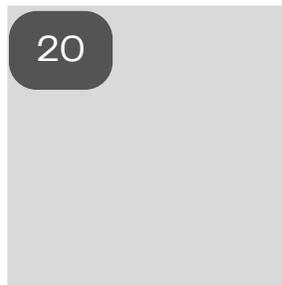
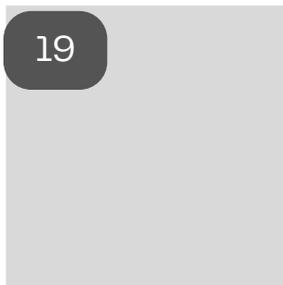
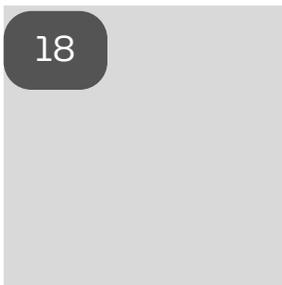
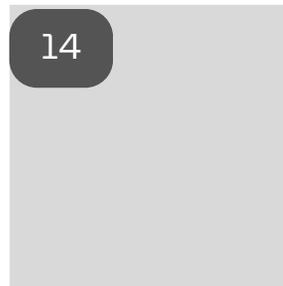
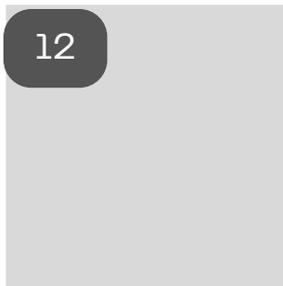
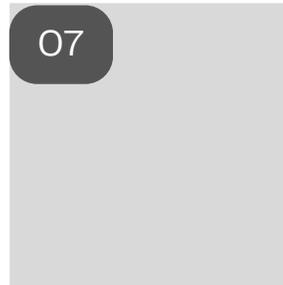
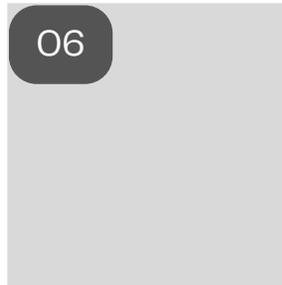
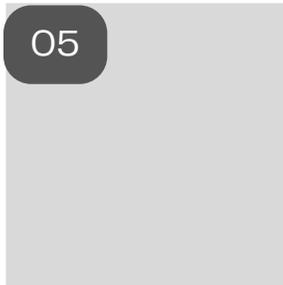
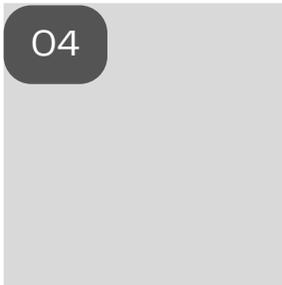
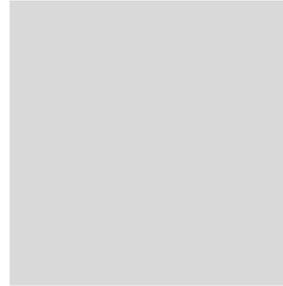
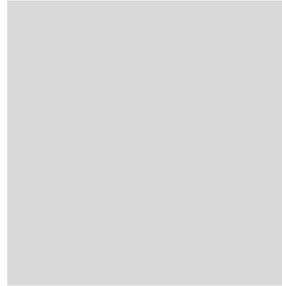
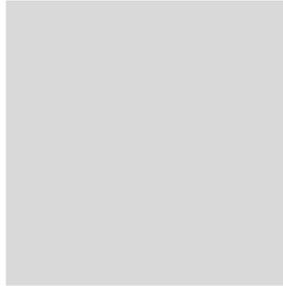
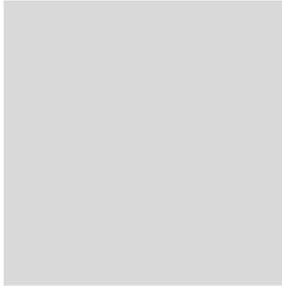
FEBRUARY 2024

Sunday

Monday

Tuesday

Wednesday



FEBRUARY 2024

Thursday	Friday	Saturday	Notes
01	02	03
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MARCH

Goal

Action Plan	Date
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Grateful For

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To Improve

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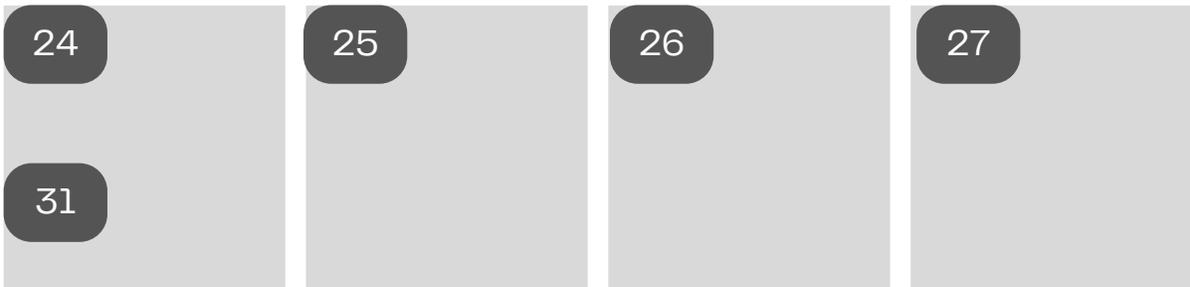
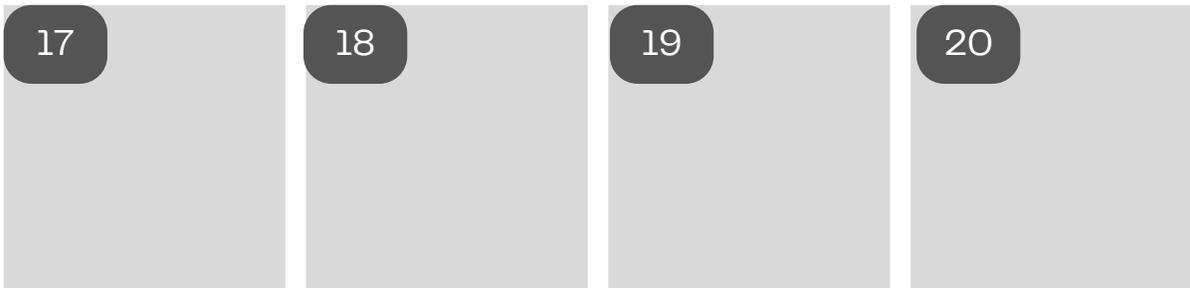
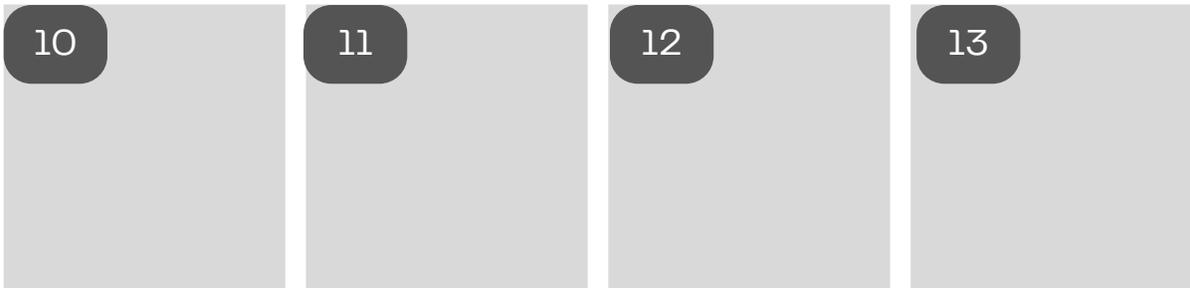
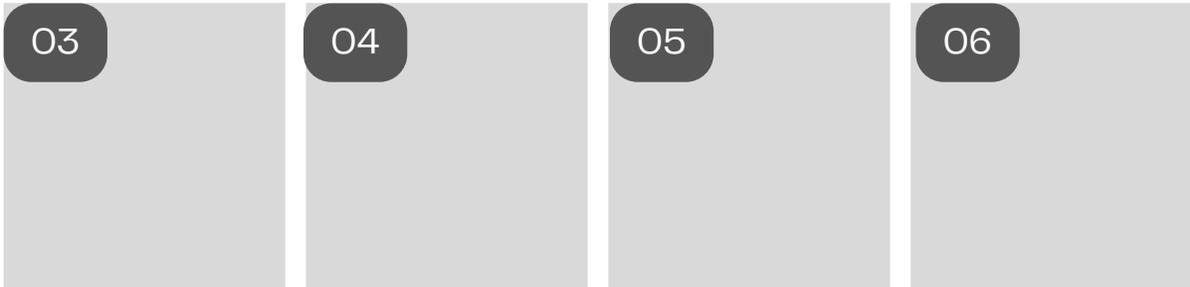
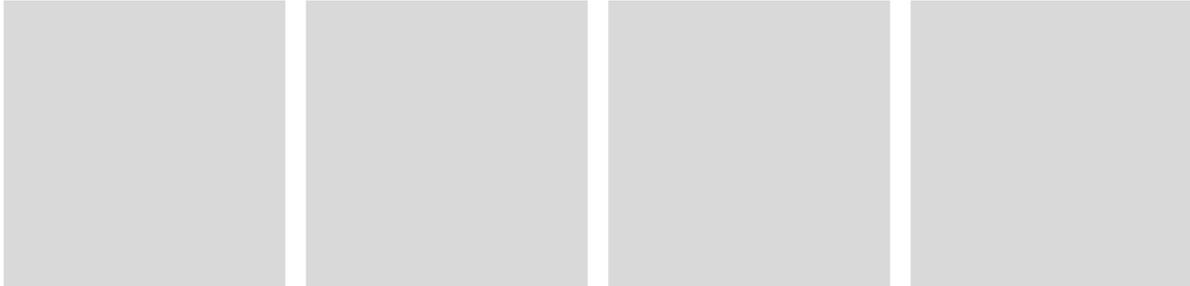
MARCH 2024

Sunday

Monday

Tuesday

Wednesday



MARCH 2024

Thursday	Friday	Saturday	Notes
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APRIL

Goal

Action Plan

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To Improve

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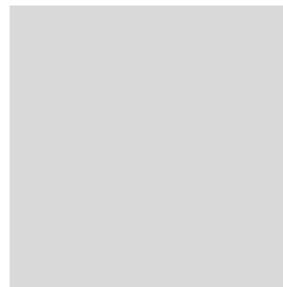
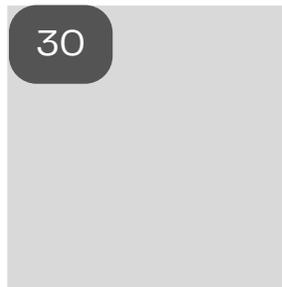
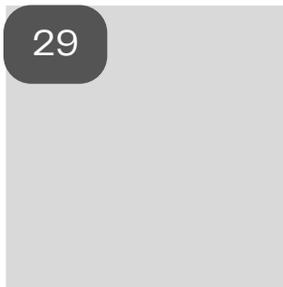
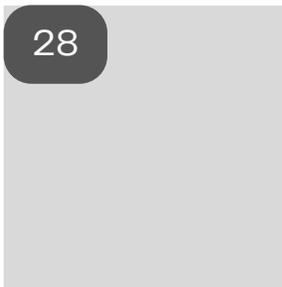
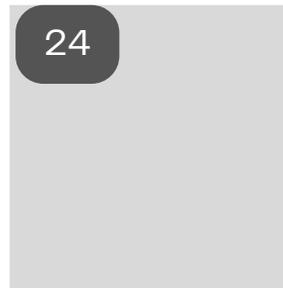
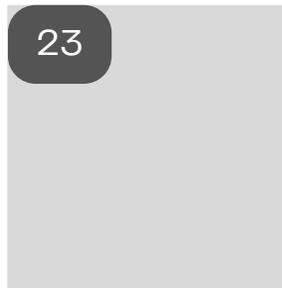
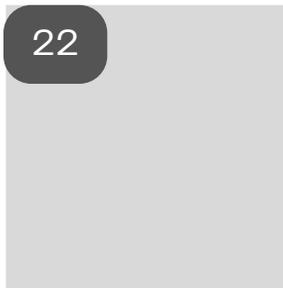
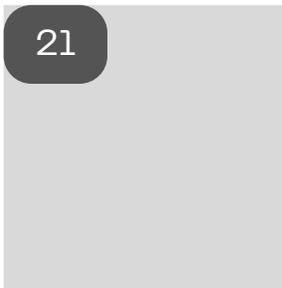
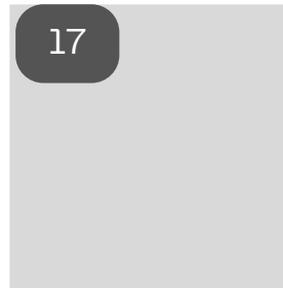
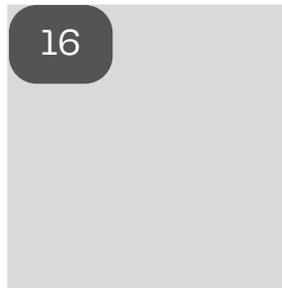
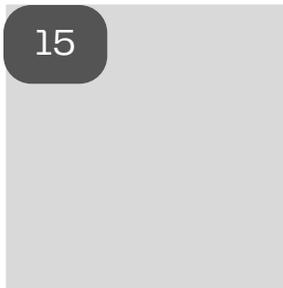
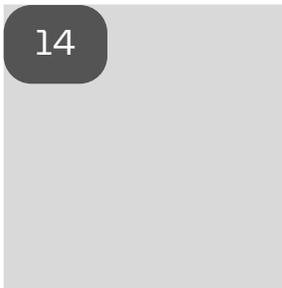
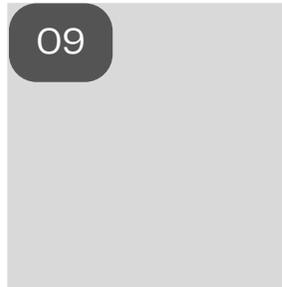
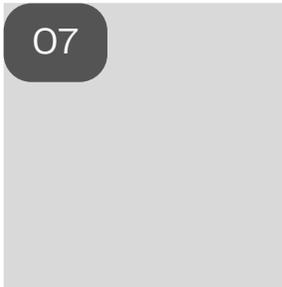
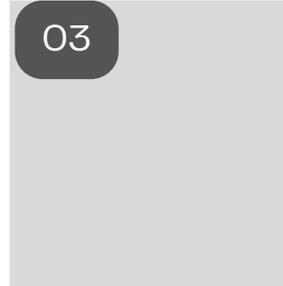
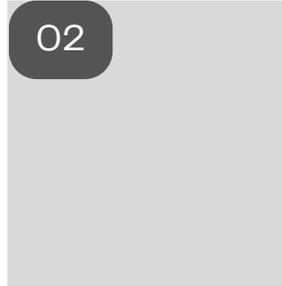
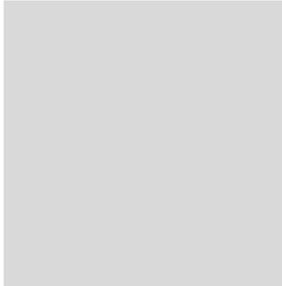
APRIL 2024

Sunday

Monday

Tuesday

Wednesday



APRIL 2024

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

MAY

Goal

Action Plan	Date
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Grateful For

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To Improve

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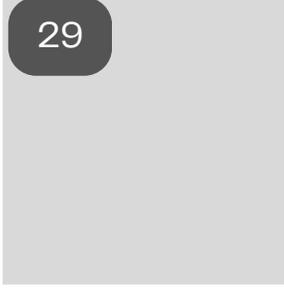
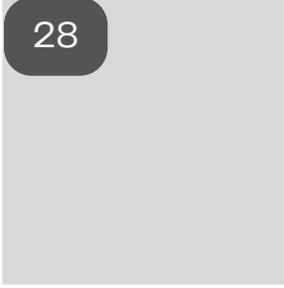
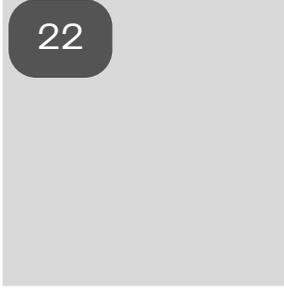
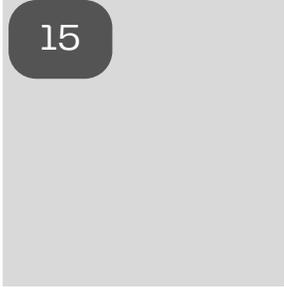
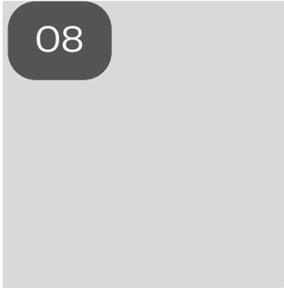
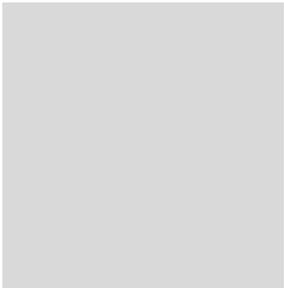
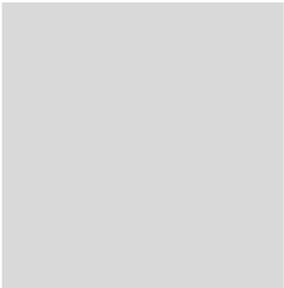
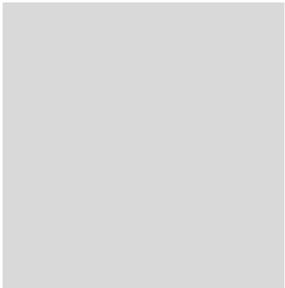
MAY 2024

Sunday

Monday

Tuesday

Wednesday



MAY 2024

Thursday	Friday	Saturday	Notes
02	03	04
09	10	11
16	17	18
23	24	25
30	31	

JUNE

Goal

Action Plan

Date

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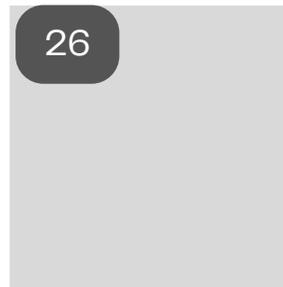
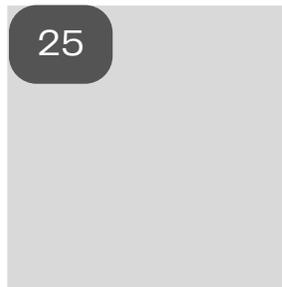
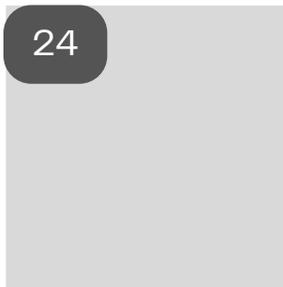
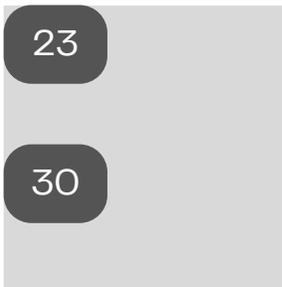
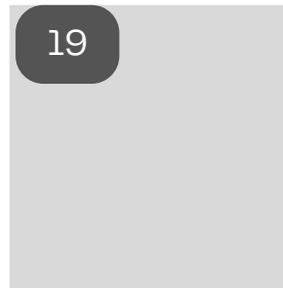
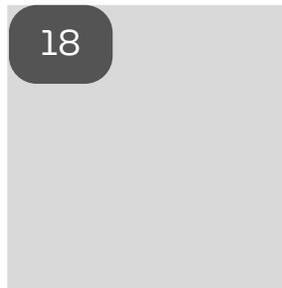
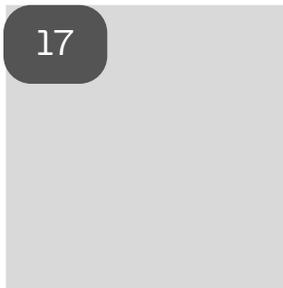
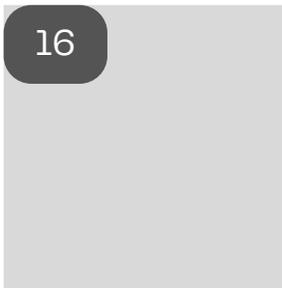
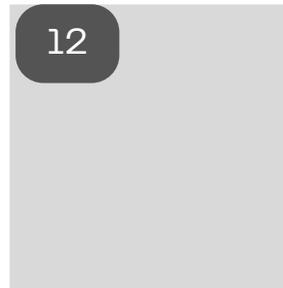
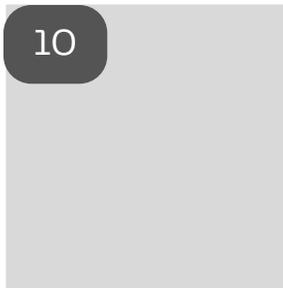
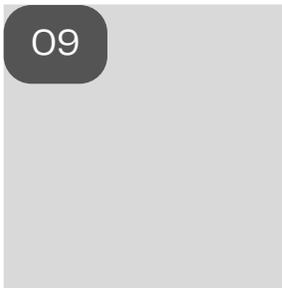
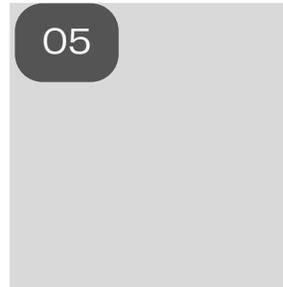
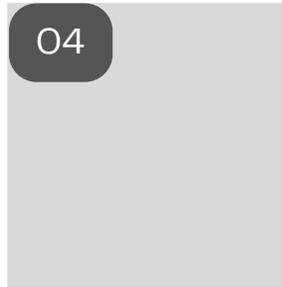
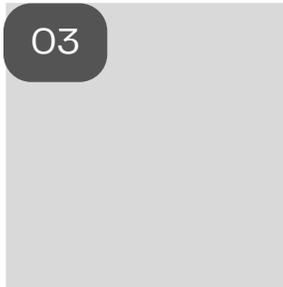
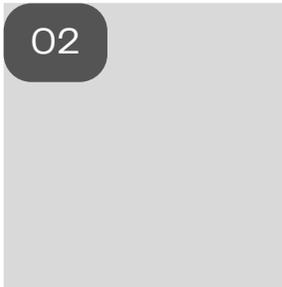
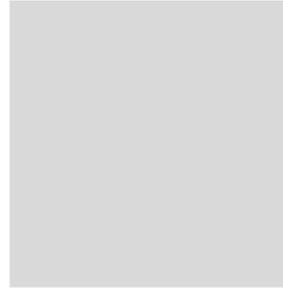
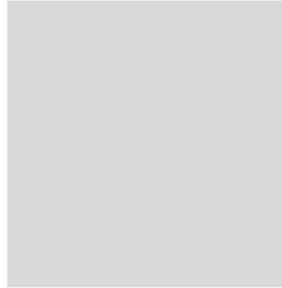
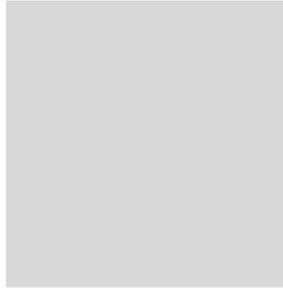
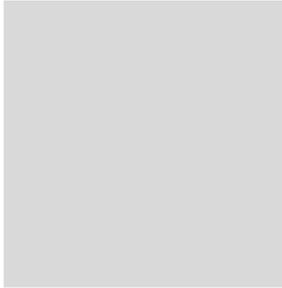
JUNE 2024

Sunday

Monday

Tuesday

Wednesday



JUNE 2024

Thursday	Friday	Saturday	Notes
		01
06	07	08
13	14	15
20	21	22
27	28	29

JUNE 2024

Monthly Budget

Income	
Income 1	
Income 2	
Other Income	
Total	

Expenses
Month
<input type="text"/>
Budget
<input type="text"/>

To be paid	Due Date	Amount	Paid	Notes

Summary		
Total Income	Total Expenses	Difference

Notes

JULY

Goal

Action Plan

Date

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Grateful For

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To Improve

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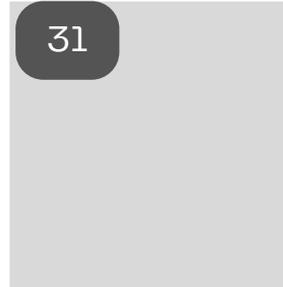
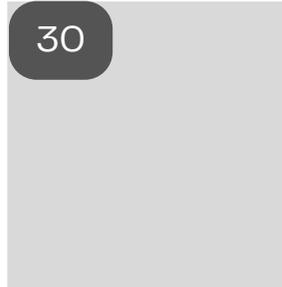
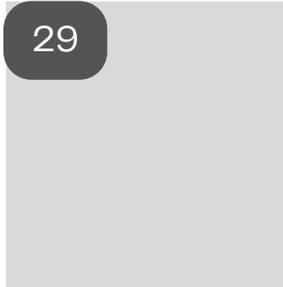
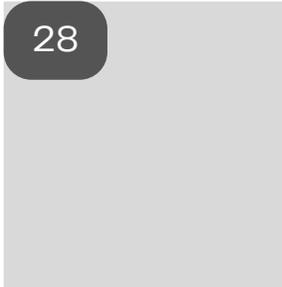
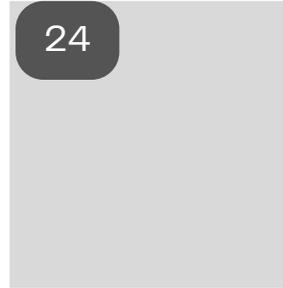
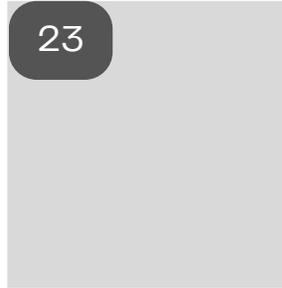
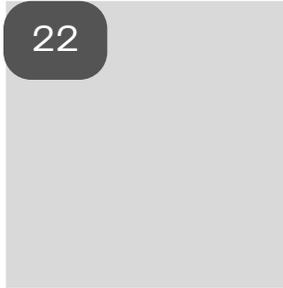
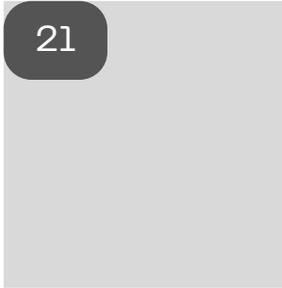
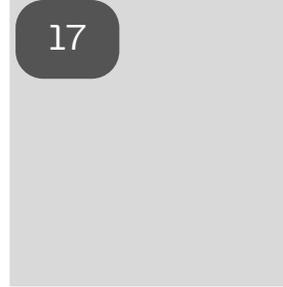
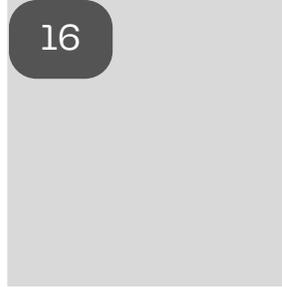
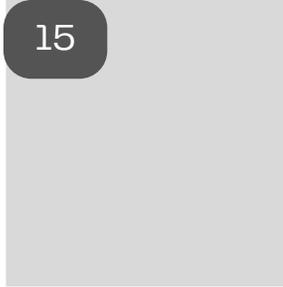
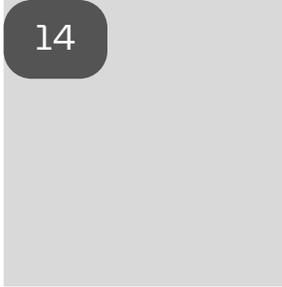
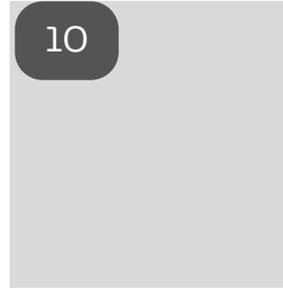
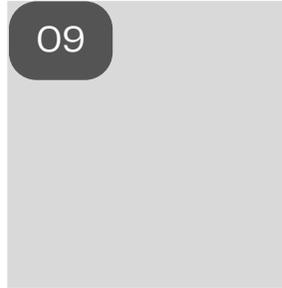
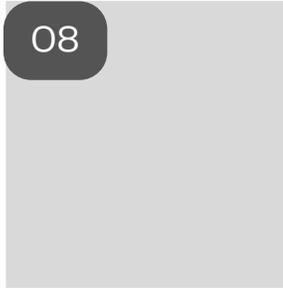
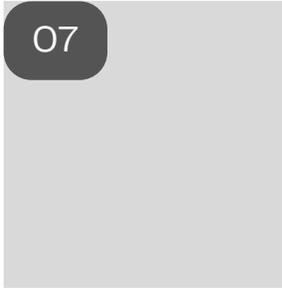
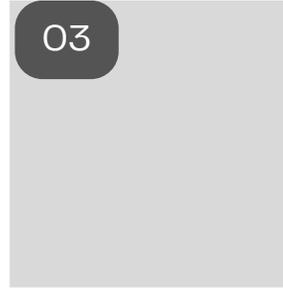
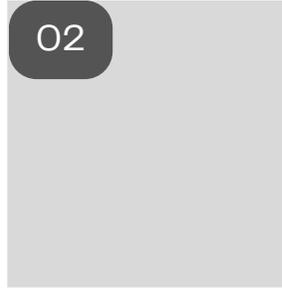
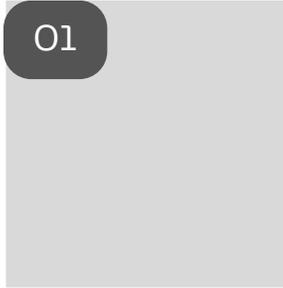
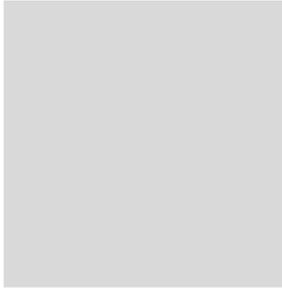
JULY 2024

Sunday

Monday

Tuesday

Wednesday



JULY 2024

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

AUGUST

Goal

Action Plan

Date

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To Improve

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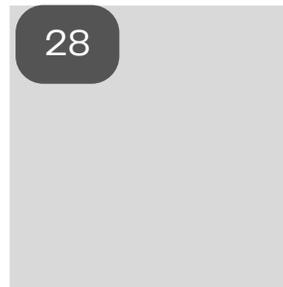
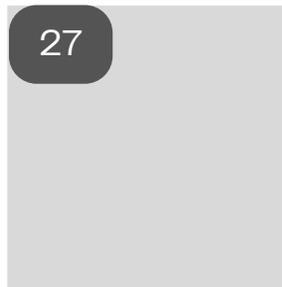
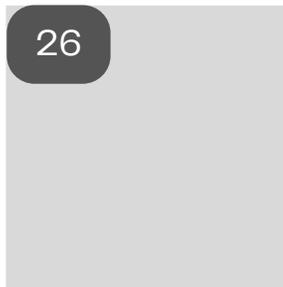
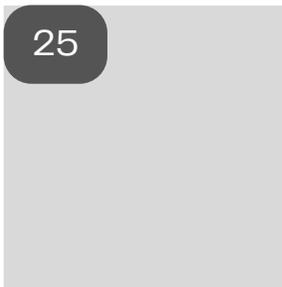
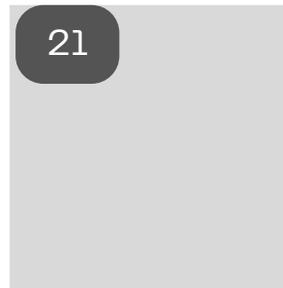
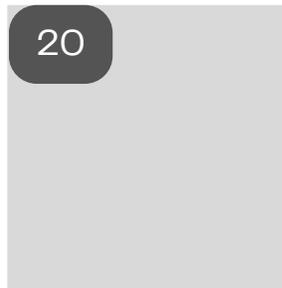
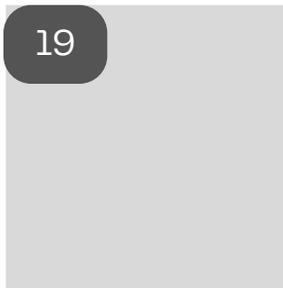
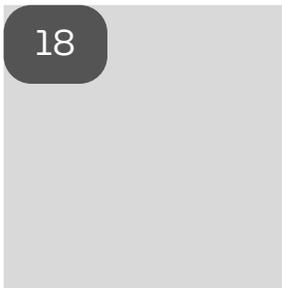
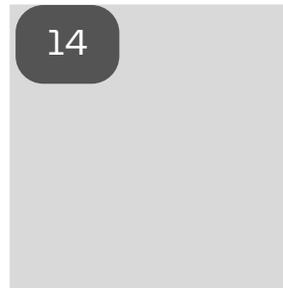
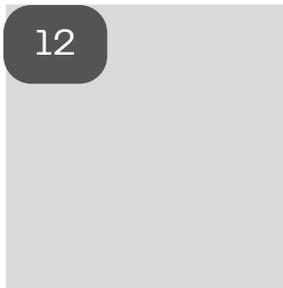
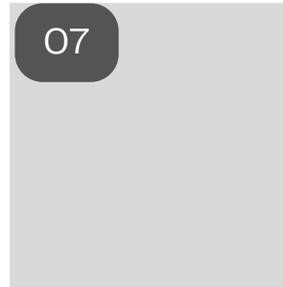
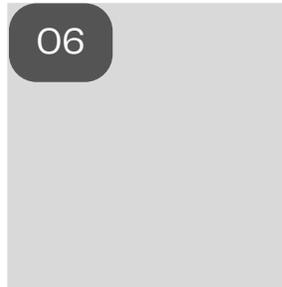
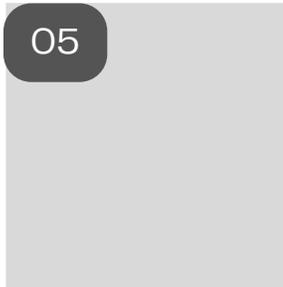
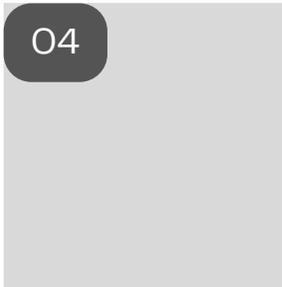
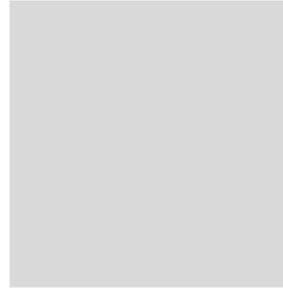
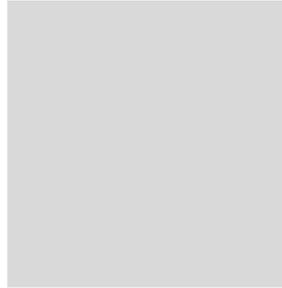
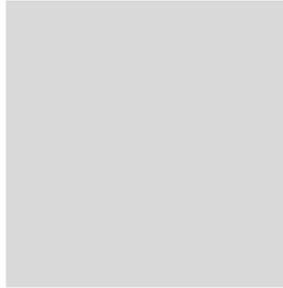
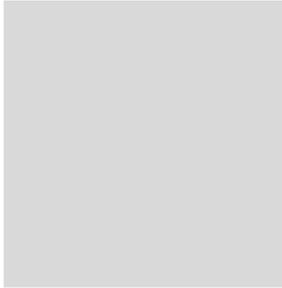
AUGUST 2024

Sunday

Monday

Tuesday

Wednesday



AUGUST 2024

Thursday	Friday	Saturday	Notes
01	02	03
08	09	10
15	16	17
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29	30	31

SEPTEMBER

Goal

Action Plan

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SEPTEMBER 2024

Sunday

Monday

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SEPTEMBER 2024

Thursday	Friday	Saturday	Notes
05	06	07
12	13	14
19	20	21
16	27	28
		

SEPTEMBER 2024

Monthly Budget

Income	
Income 1	
Income 2	
Other Income	
Total	

Expenses
Month
<input type="text"/>
Budget
<input type="text"/>

To be paid	Due Date	Amount	Paid	Notes

Summary		
Total Income	Total Expenses	Difference

Notes

OCTOBER

Goal

Action Plan

Date

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OCTOBER 2024

Sunday

Monday

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Wednesday

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20	21	22	23
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OCTOBER 2024

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

Goal

Action Plan

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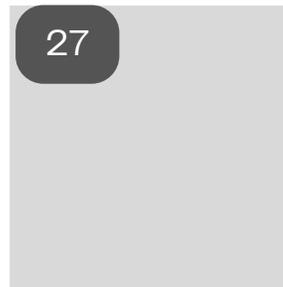
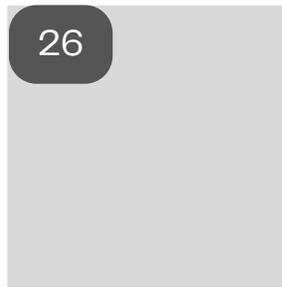
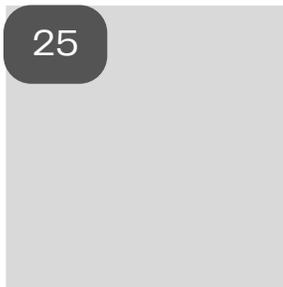
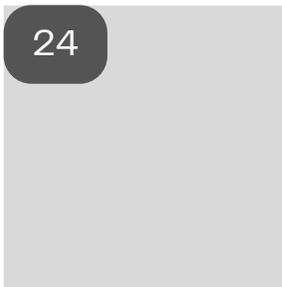
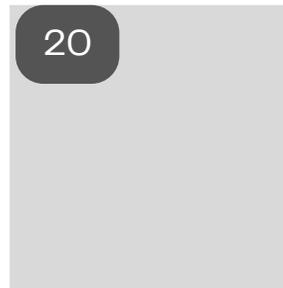
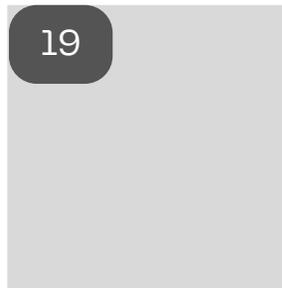
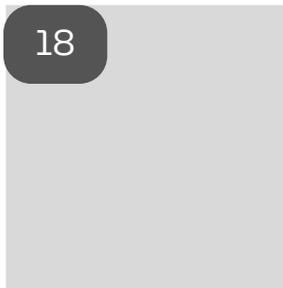
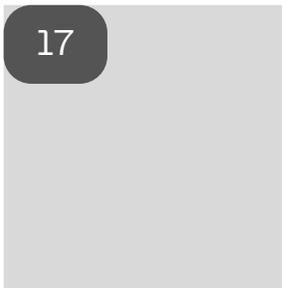
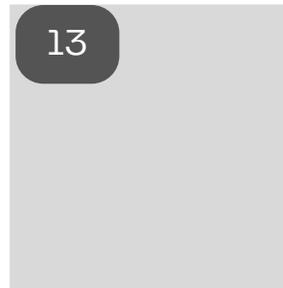
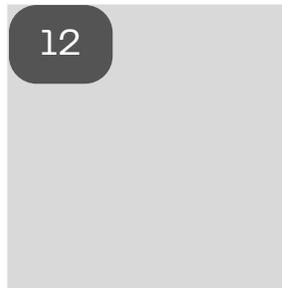
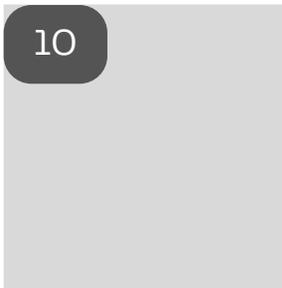
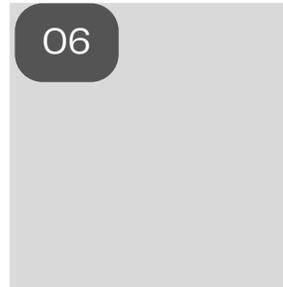
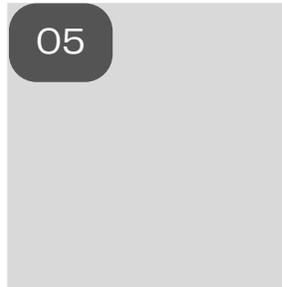
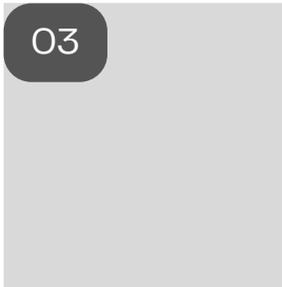
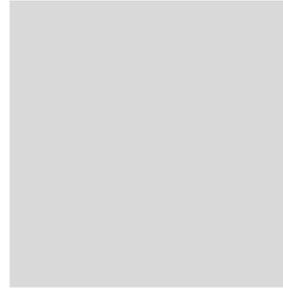
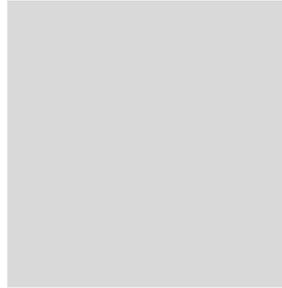
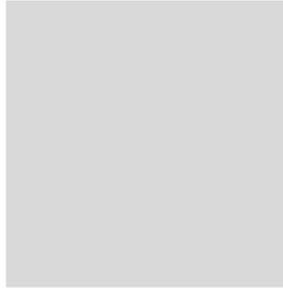
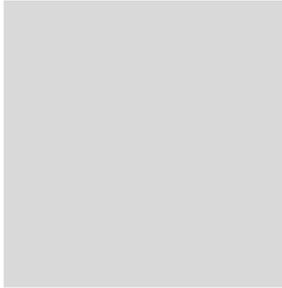
NOVEMBER 2024

Sunday

Monday

Tuesday

Wednesday



NOVEMBER 2024

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

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
<input type="text"/>
Budget
<input type="text"/>

To be paid	Due Date	Amount	Paid	Notes

Summary		
Total Income	Total Expenses	Difference

Notes

See you next year...

2024

PLANNER

BY GÉNESIS NÚÑEZ