

THE **p**  **p** IT



PLANNER

The Planner for Perfectionist and Procrastinators.

January 2025- December 2025



The planner specifically designed to give lift off to the dreams and creations of Perfectionist and Procrastinators while making peace with their Inner Critic once and for all.

This Planner will take you places

January 2025- December 2025

Created by Cris Somers



# Cheers to 2025, where anything is possible!

Dedicated to all of the Perfectionist, and  
Procrastinators that have dreams and ideas  
within them to make this world a better place,  
but their inner critic keeps getting in the way.

First Printed November  
2022

[www.popitplanner.com](http://www.popitplanner.com)

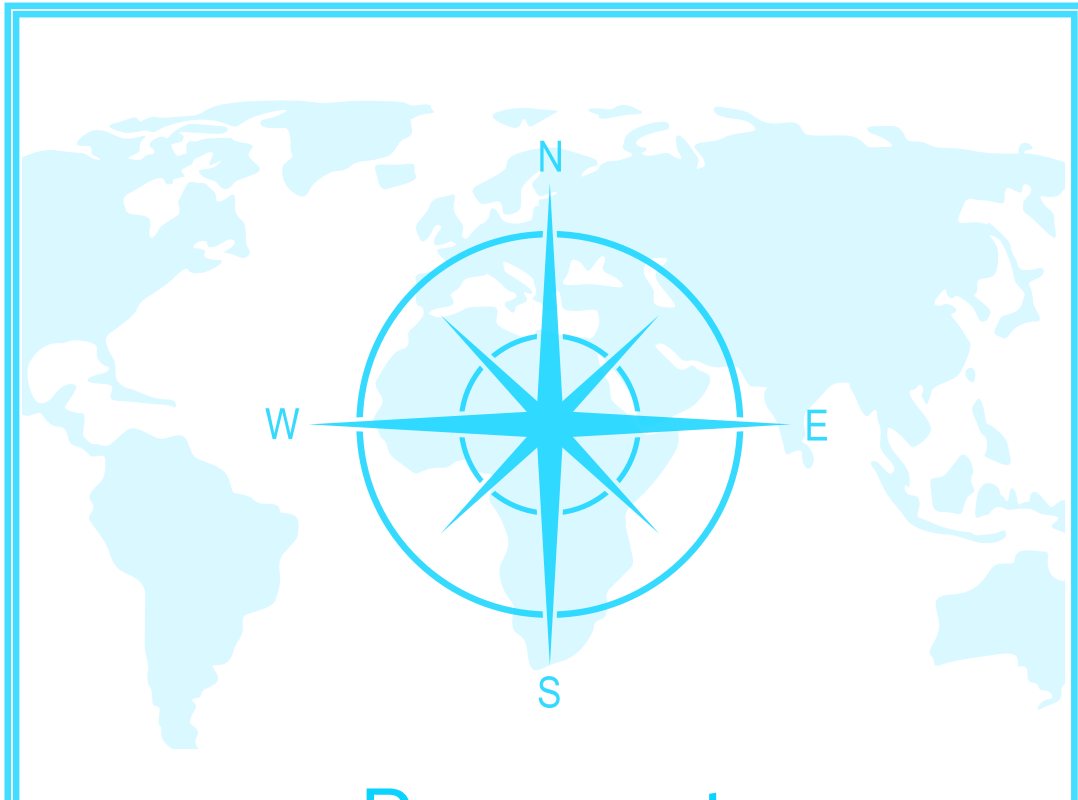
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#### Warning-Disclaimer

The purpose of this book is to educate and entertain, and in no way shape or form to diagnose or treat an individual and their mental health. The author and/or publisher do not guarantee that anyone following these techniques, suggestions, tips, ideas or strategies will become successful. The author shall have neither liability nor responsibility to anyone with respect to any loss or damage caused, or alleged to be caused, directly or indirectly by the information contained in this book/planner.

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# Oh the Places that you are about to Go



## Passport

This Pop-It Planner Belongs to:



Name: \_\_\_\_\_

Aka Captain: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Word for 2025:



# Yearly OUTLOOK

2025

## JANUARY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

## FEBRUARY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 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 |    |

## MARCH

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

## APRIL

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 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 |    |    |    |

## MAY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## JUNE

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 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 |    |    |    |    |    |

## JULY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

## AUGUST

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 1  | 2  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 |    |    |    |    |    |    |

## SEPTEMBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    | 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 |    |    |    |    |

## OCTOBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

## NOVEMBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 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 |    |    |    |    |    |    |

## DECEMBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |    |    |

2026

## JANUARY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## FEBRUARY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 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 |

## MARCH

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

## APRIL

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |    |    |

## MAY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 1  | 2  |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 |    |    |    |    |    |    |

## JUNE

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    | 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 |    |    |    |    |

## JULY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

## AUGUST

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 9  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

## SEPTEMBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 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 |    |    |    |

## OCTOBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## NOVEMBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 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 |    |    |    |    |    |

## DECEMBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

# Monthly FOCUS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

# System SETUP

| Monday                                                                                                        | Tuesday                                                                                                       | Wednesday                                                                                                     |
|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul> | <ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul> | <ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul> |
| Thursday                                                                                                      | Friday                                                                                                        | Saturday                                                                                                      |
| <ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul> | <ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul> | <ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul> |
| Sunday                                                                                                        | Weekly Maintenance                                                                                            | Monthly Maintenance                                                                                           |
| <ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul> | <ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul> | <ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul> |

# Confetti RUNWAY

| Patient Information  |  |
|----------------------|--|
| Full Name            |  |
| Date of Birth        |  |
| Gender               |  |
| Address              |  |
| City                 |  |
| State                |  |
| Zip                  |  |
| Phone                |  |
| Referral Information |  |
| Referring Physician  |  |
| Referral Date        |  |
| Referral Reason      |  |
| Physical Examination |  |
| General              |  |
| HEENT                |  |
| Cardiovascular       |  |
| Respiratory          |  |
| Gastrointestinal     |  |
| Genitourinary        |  |
| Neurological         |  |
| Musculoskeletal      |  |
| Skin                 |  |
| Laboratory & Imaging |  |
| Laboratory Tests     |  |
| Imaging Studies      |  |
| Diagnosis            |  |
| Primary Diagnosis    |  |
| Secondary Diagnosis  |  |
| Treatment Plan       |  |
| Medications          |  |
| Procedures           |  |
| Follow-up            |  |
| Physician Signature  |  |
| Date                 |  |
| Print Name           |  |

| 01 |  |
|----|--|
| 02 |  |
| 03 |  |
| 04 |  |
| 05 |  |
| 06 |  |
| 07 |  |

# Clear for TAKEOFF

## Departures

↑  Departures

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

## Terminals

01

\_\_\_\_\_

\_\_\_\_\_

## Runway



\_\_\_\_\_

↑  Departures

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○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

02

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

↑  Departures

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

03

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

↑  Departures

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○ \_\_\_\_\_

○ \_\_\_\_\_

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○ \_\_\_\_\_

04

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

↑  Departures

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○ \_\_\_\_\_

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○ \_\_\_\_\_

05

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

↑  Departures

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○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

06

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

# Pick your DESTINATION



01



02



03



04



05



06



# Departures & ARRIVALS

| <div>→ </div> Departures |                  |              |          |                        |                        |                        |                        |                                                                                                              |
|-----------------------------------------------------------------------------------------------------------|------------------|--------------|----------|------------------------|------------------------|------------------------|------------------------|--------------------------------------------------------------------------------------------------------------|
| Flight #/Project Name                                                                                     | Destination/Goal | Takeoff Date | Gate/ETA | Progress               |                        |                        |                        | Arrival                                                                                                      |
|                           |                  |              |          | <div><div></div></div> | <div><div></div></div> | <div><div></div></div> | <div><div></div></div> |  <div><div></div></div>   |
|                           |                  |              |          | <div><div></div></div> | <div><div></div></div> | <div><div></div></div> | <div><div></div></div> |  <div><div></div></div>   |
|                           |                  |              |          | <div><div></div></div> | <div><div></div></div> | <div><div></div></div> | <div><div></div></div> |  <div><div></div></div>   |
|                           |                  |              |          | <div><div></div></div> | <div><div></div></div> | <div><div></div></div> | <div><div></div></div> |  <div><div></div></div>   |
|                           |                  |              |          | <div><div></div></div> | <div><div></div></div> | <div><div></div></div> | <div><div></div></div> |  <div><div></div></div>   |
|                           |                  |              |          | <div><div></div></div> | <div><div></div></div> | <div><div></div></div> | <div><div></div></div> |  <div><div></div></div>   |
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| <div>↗ </div> Arrivals |                   |              |             |             |                                                                                       |                          |
|-----------------------------------------------------------------------------------------------------------|-------------------|--------------|-------------|-------------|---------------------------------------------------------------------------------------|--------------------------|
| Flight #/Project Name                                                                                     | Layover/Next Step | Arrival Date | Next Flight | Celebration | Refuel                                                                                |                          |
|                         |                   |              |             |             |  | <input type="checkbox"/> |
|                         |                   |              |             |             |  | <input type="checkbox"/> |
|                         |                   |              |             |             |  | <input type="checkbox"/> |
|                         |                   |              |             |             |  | <input type="checkbox"/> |
|                         |                   |              |             |             |  | <input type="checkbox"/> |
|                         |                   |              |             |             |  | <input type="checkbox"/> |
|                         |                   |              |             |             |  | <input type="checkbox"/> |
|                         |                   |              |             |             |  | <input type="checkbox"/> |
|                         |                   |              |             |             |  | <input type="checkbox"/> |
|                         |                   |              |             |             |  | <input type="checkbox"/> |

# Quarter 1

## AT A GLANCE

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| FEB  |
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| MAR      |
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| 31 ♀     |



# Quarter 2

## AT A GLANCE

### APR

|    |   |
|----|---|
| 1  | ☿ |
| 2  | ☿ |
| 3  | ☿ |
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### MAY

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### JUN

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| 29 |   |
| 30 |   |

☿ Mercury Retrograde ● Full Moon ○ New Moon 🌍 Earth Day ☀ Summer Solstice

# Quarter 3

## AT A GLANCE

| JUL                                                                                      | AUG                                                                                    | SEP                                                                                      |
|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| 1                                                                                        | 1                                                                                      | 1                                                                                        |
| 2                                                                                        | 2 ♀                                                                                    | 2                                                                                        |
| 3                                                                                        | 3 ♀                                                                                    | 3                                                                                        |
| 4       | 4 ♀                                                                                    | 4                                                                                        |
| 5                                                                                        | 5 ♀                                                                                    | 5                                                                                        |
| 6                                                                                        | 6 ♀                                                                                    | 6                                                                                        |
| 7                                                                                        | 7 ♀                                                                                    | 7     |
| 8                                                                                        | 8 ♀                                                                                    | 8                                                                                        |
| 9                                                                                        | 9 ♀   | 9                                                                                        |
| 10      | 10 ♀                                                                                   | 10                                                                                       |
| 11                                                                                       | 11 ♀                                                                                   | 11                                                                                       |
| 12                                                                                       | 12                                                                                     | 12                                                                                       |
| 13                                                                                       | 13                                                                                     | 13                                                                                       |
| 14                                                                                       | 14                                                                                     | 14                                                                                       |
| 15                                                                                       | 15                                                                                     | 15                                                                                       |
| 16                                                                                       | 16                                                                                     | 16                                                                                       |
| 17 ♀                                                                                     | 17                                                                                     | 17                                                                                       |
| 18 ♀                                                                                     | 18                                                                                     | 18                                                                                       |
| 19 ♀                                                                                     | 19                                                                                     | 19                                                                                       |
| 20 ♀                                                                                     | 20                                                                                     | 20                                                                                       |
| 21 ♀                                                                                     | 21                                                                                     | 21  |
| 22 ♀                                                                                     | 22                                                                                     | 22  |
| 23 ♀                                                                                     | 23  | 23                                                                                       |
| 24 ♀  | 24                                                                                     | 24                                                                                       |
| 25 ♀                                                                                     | 25                                                                                     | 25                                                                                       |
| 26 ♀                                                                                     | 26                                                                                     | 26                                                                                       |
| 27 ♀                                                                                     | 27                                                                                     | 27                                                                                       |
| 28 ♀                                                                                     | 28                                                                                     | 28                                                                                       |
| 29 ♀                                                                                     | 29                                                                                     | 29                                                                                       |
| 30 ♀                                                                                     | 30                                                                                     | 30                                                                                       |
| 31 ♀                                                                                     | 31                                                                                     |                                                                                          |

♀ mercury retrograde  full moon  new moon  4th of July  Fall Equinox

# Quarter 4

## AT A GLANCE

### OCT

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### NOV

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| 13 ♀   |
| 14 ♀   |
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| 16 ♀   |
| 17 ♀   |
| 18 ♀   |
| 19 ♀ ○ |
| 20 ♀   |
| 21 ♀   |
| 22 ♀   |
| 23 ♀   |
| 24 ♀   |
| 25 ♀   |
| 26 ♀   |
| 27 ♀ 🍎 |
| 28 ♀   |
| 29 ♀   |
| 30     |

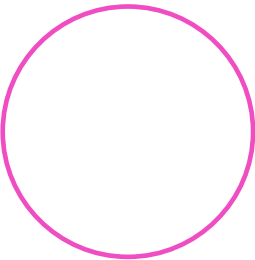
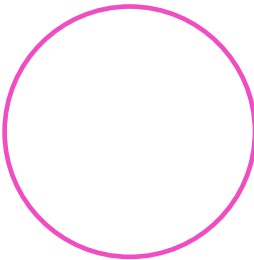
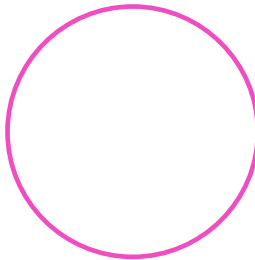
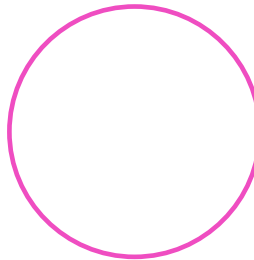
### DEC

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| 30    |
| 31 🌟  |

# 2025 Business Goals

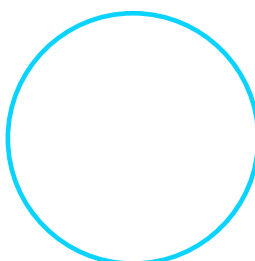
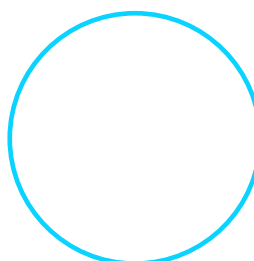
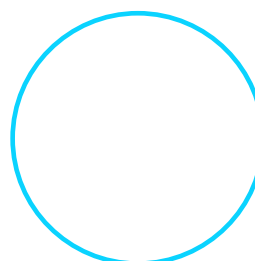
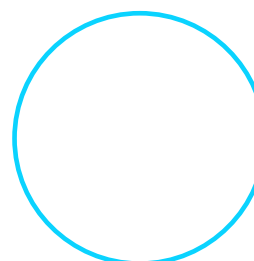
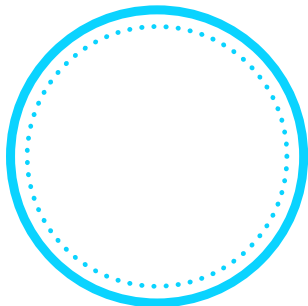
Phase 1 January 1- March 30

Focus

|                                                                                  |                                                                                   |                                                                                   |                                                                                    |                                                                                     |
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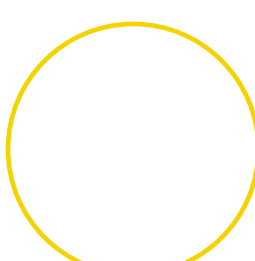
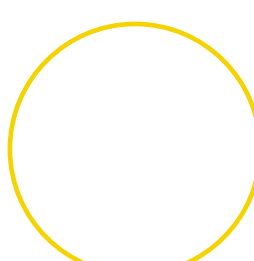
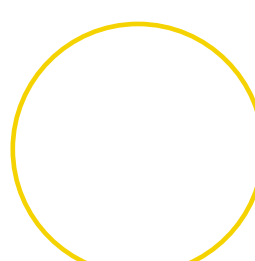
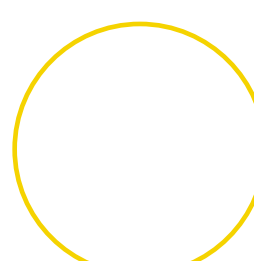
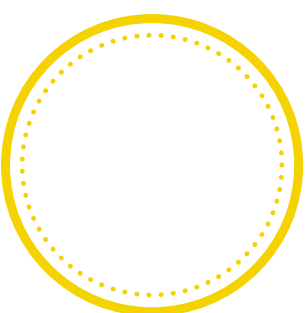
Phase 2 April 1- June 30

Focus

|                                                                                   |                                                                                    |                                                                                    |                                                                                     |                                                                                      |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
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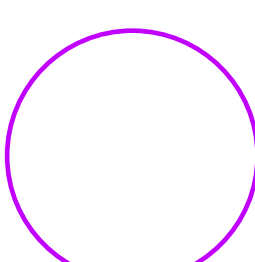
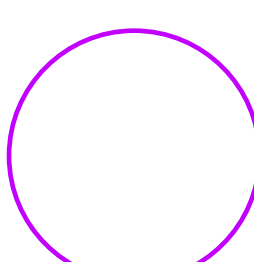
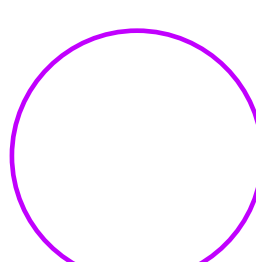
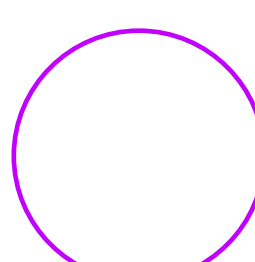
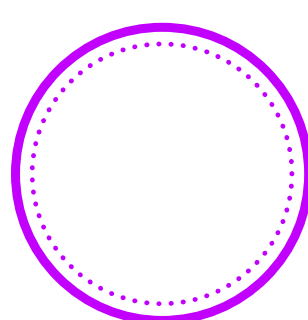
Phase 3 July 1- September 30

Focus

|                                                                                    |                                                                                     |                                                                                     |                                                                                      |                                                                                       |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
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Phase 4 October 1-December 31

Focus

|                                                                                    |                                                                                     |                                                                                     |                                                                                      |                                                                                       |
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# Balance

## HEALTH

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## BUSINESS

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## CONNECTION

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## FILL UP

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## HOBBIES

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# Routines

## MORNING ROUTINE

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## BUSINESS ROUTINE

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## NIGHT ROUTINE

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# Anchors

STEPS TO RELEASE

ANCHOR

STEPS TO RELEASE

ANCHOR

STEPS TO RELEASE

ANCHOR

STEPS TO RELEASE

ANCHOR

STEPS TO RELEASE

ANCHOR

# Mind

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Fun

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# House Keeping



## Health

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## Kids

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## Pets

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## Relationships

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## Family

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## Friendships

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# House Keeping



Vehicles

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Electronics

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Finances

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Business

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Projects

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# House Keeping



My Room

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Kitchen

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Family Room

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Living Room

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Bathrooms

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Front Yard

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# House Keeping



## Backyard

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## Laundry Room

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## Kids Room

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## Guest Room

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## Office

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## Garage

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# House Keeping



## Books

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## Courses

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## Movies

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## Adventures

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## Recipes

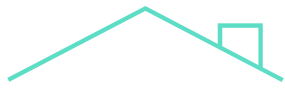
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## Hobbies

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# House Keeping



## Fears to Face

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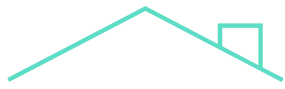
## Karma

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## Bucket List

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## Body

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## Skills/ Interests

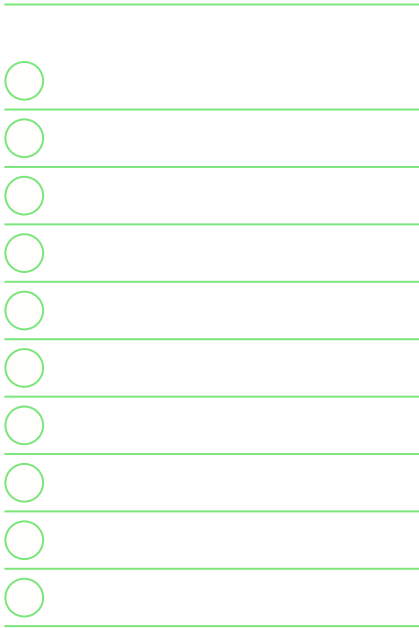
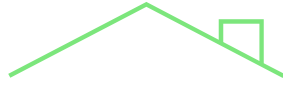
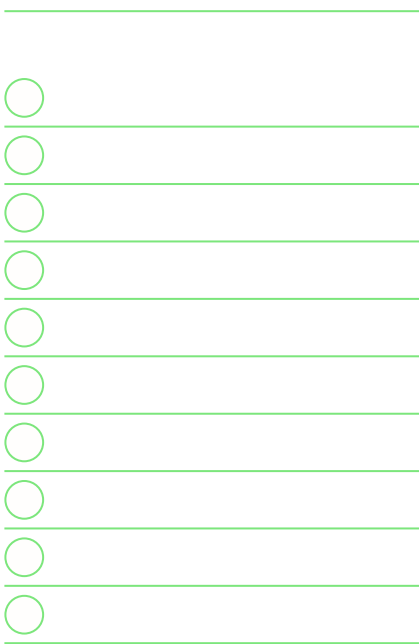
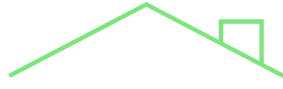
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## Spiritual

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# House Keeping

[illegible]This image shows a blank sheet of handwriting practice paper. It features ten rows of horizontal green lines. Each row is composed of three lines: a top solid line, a middle dashed line, and a bottom solid line. At the beginning of each row, there is a small circle, likely intended as a starting point for writing or drawing. The background of the page is light gray.[illegible][illegible]

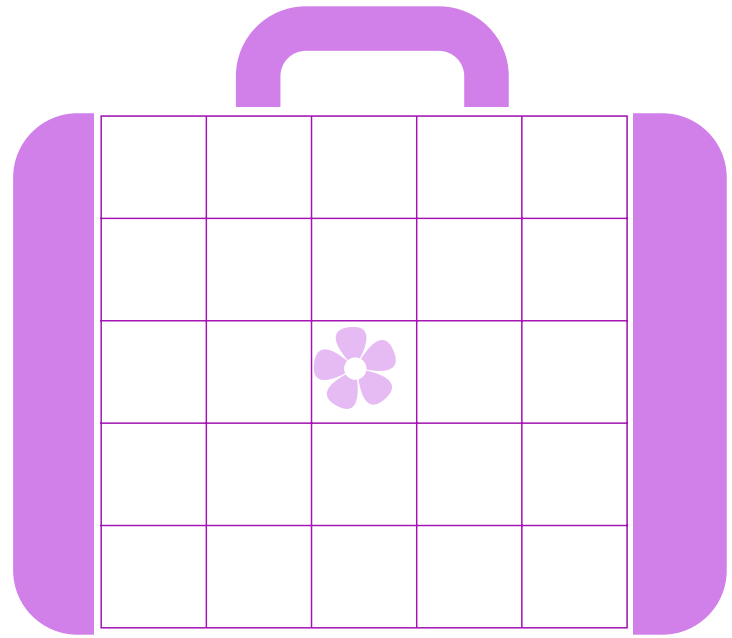


# Adventure Awaits

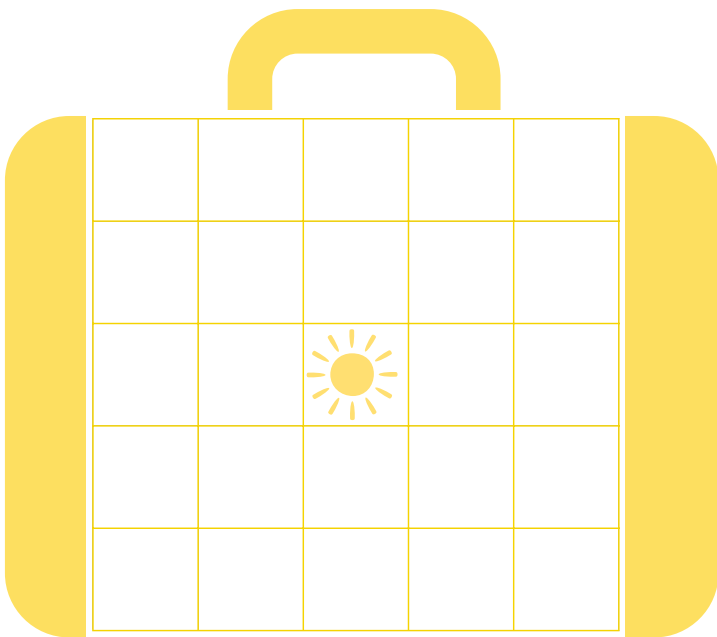
## SEASONAL FUN



WINTER



SPRING



SUMMER



FALL

# Excess BAGGAGE

## JANUARY

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

## FEBRUARY

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

## MARCH

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

## APRIL

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

## MAY

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

## JUNE

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

## JULY

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

## AUGUST

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

## SEPTEMBER

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

## OCTOBER

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

## NOVEMBER

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

## DECEMBER

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

# Airplane Mode

## REST

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| <input type="radio"/> |  |
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WAYS TO REST

MENTAL

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WAYS TO REST

SENSORY

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WAYS TO REST

CREATIVE

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| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |

WAYS TO REST

EMOTIONAL

|                       |                                                                                    |
|-----------------------|------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |

WAYS TO REST

SOCIAL

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|-----------------------|--------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                      |
| <input type="radio"/> |                                                                                      |
| <input type="radio"/> |                                                                                      |
| <input type="radio"/> |                                                                                      |
| <input type="radio"/> |                                                                                      |

WAYS TO REST

SPIRITUAL

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|-----------------------|-------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |

WAYS TO REST

RESPONSIBILITY

|                       |                                                                                     |
|-----------------------|-------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |

WAYS TO REST

SELF-CRITICISM

|                       |                                                                                       |
|-----------------------|---------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |
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| <input type="radio"/> |                                                                                       |

WAYS TO REST

IDENTITY

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| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
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WAYS TO REST

INDOORS

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| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
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WAYS TO REST

CONTROL

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| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |

WAYS TO REST

# Flamingo BINGO

|                                                |
|------------------------------------------------|
| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? |

|                                                |
|------------------------------------------------|
| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? |

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|------------------------------------------------|
| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? |

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|------------------------------------------------|
| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? |

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|------------------------------------------------|
| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? |

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|------------------------------------------------|
| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? |

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| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? |

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|------------------------------------------------|
| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? |

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|------------------------------------------------|
| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? |

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|------------------------------------------------|
| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? |

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|------------------------------------------------|
| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? |

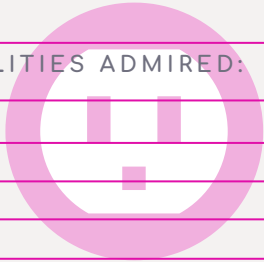
|                                                |
|------------------------------------------------|
| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? |

# Charging STATION

## PLUG INTO

NAME:

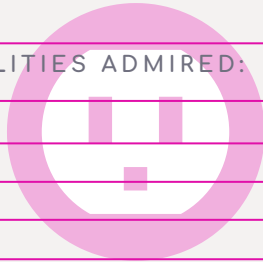
QUALITIES ADMIRER:



## PLUG INTO

NAME:

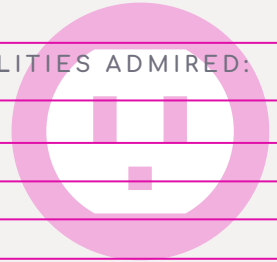
QUALITIES ADMIRER:



## PLUG INTO

NAME:

QUALITIES ADMIRER:



## CHARGE UP

WHO:

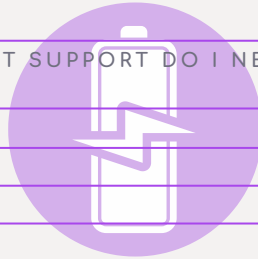
WHAT SUPPORT DO I NEED?



## CHARGE UP

WHO:

WHAT SUPPORT DO I NEED?



## RESET

WHO:

ACCOUNTABILITY IN PLACE:



## DRAIN/DISTRACT

WHO OR WHAT:

WHAT AM I AVOIDING?



## DRAIN/DISTRACT

WHO OR WHAT:

WHAT AM I AVOIDING?



## DRAIN/DISTRACT

WHO OR WHAT:

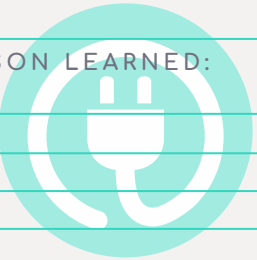
WHAT AM I AVOIDING?



## UNPLUG

I CHOOSE TO LET GO OF:

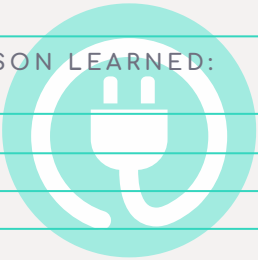
LESSON LEARNED:



## UNPLUG

I CHOOSE TO LET GO OF:

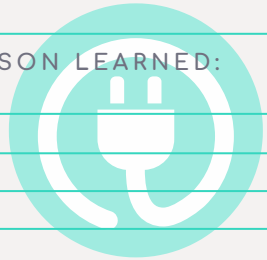
LESSON LEARNED:



## UNPLUG

I CHOOSE TO LET GO OF:

LESSON LEARNED:



# Champagne

## CELEBRATIONS

DATE:

ACHIEVEMENT



HOW I CELEBRATED

DATE:

ACHIEVEMENT



HOW I CELEBRATED

DATE:

ACHIEVEMENT



HOW I CELEBRATED

DATE:

ACHIEVEMENT



HOW I CELEBRATED

DATE:

ACHIEVEMENT



HOW I CELEBRATED

DATE:

ACHIEVEMENT



HOW I CELEBRATED

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HOW I CELEBRATED

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HOW I CELEBRATED

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HOW I CELEBRATED

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ACHIEVEMENT



HOW I CELEBRATED

DATE:

ACHIEVEMENT



HOW I CELEBRATED

DATE:

ACHIEVEMENT



HOW I CELEBRATED

# Seat Swap UNSTUCK

## AISLE/ CONNECT

WHAT CAN LIGHTEN YOUR LOAD?



WHO CAN YOU ASK FOR SUPPORT? HOW WILL YOU?



## MIDDLE/COURAGE

WHAT'S KEEPING YOU STUCK?



WHAT IS ONE RISK YOU CAN TAKE TODAY?



## WINDOW/CLARITY

DO YOU NEED CLARITY OR A NEW STORY? LIST YOUR ANCHOR.



WHAT DECISION WILL GIVE YOU CLARITY OR A NEW STORY?



## AISLE/ CONNECT

WHAT CAN LIGHTEN YOUR LOAD?



WHO CAN YOU ASK FOR SUPPORT? HOW WILL YOU?



## MIDDLE/COURAGE

WHAT'S KEEPING YOU STUCK?



WHAT IS ONE RISK YOU CAN TAKE TODAY?

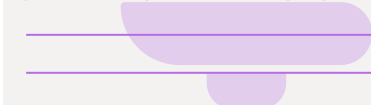


## WINDOW/CLARITY

DO YOU NEED CLARITY OR A NEW STORY? LIST YOUR ANCHOR.



WHAT DECISION WILL GIVE YOU CLARITY OR A NEW STORY?



## AISLE/ CONNECT

WHAT CAN LIGHTEN YOUR LOAD?



WHO CAN YOU ASK FOR SUPPORT? HOW WILL YOU?



## MIDDLE/COURAGE

WHAT'S KEEPING YOU STUCK?



WHAT IS ONE RISK YOU CAN TAKE TODAY?

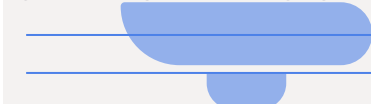


## WINDOW/CLARITY

DO YOU NEED CLARITY OR A NEW STORY? LIST YOUR ANCHOR.



WHAT DECISION WILL GIVE YOU CLARITY OR A NEW STORY?

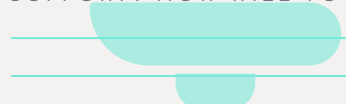


## AISLE/ CONNECT

WHAT CAN LIGHTEN YOUR LOAD?



WHO CAN YOU ASK FOR SUPPORT? HOW WILL YOU?

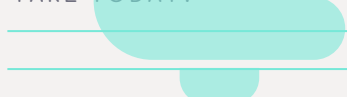


## MIDDLE/COURAGE

WHAT'S KEEPING YOU STUCK?



WHAT IS ONE RISK YOU CAN TAKE TODAY?

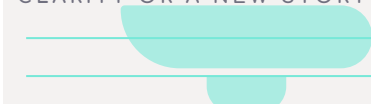


## WINDOW/CLARITY

DO YOU NEED CLARITY OR A NEW STORY? LIST YOUR ANCHOR.



WHAT DECISION WILL GIVE YOU CLARITY OR A NEW STORY?



# Shoes WE WEAR

SELF

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COMFORT ZONE

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INTEGRITY

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ADULTING

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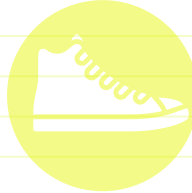
CEO

○  
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STUDENT

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NURTURER

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CARETAKER

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CONNECTING

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BUILDING

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SUPPORTING

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RISKTAKER

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FIREFIGHTING

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BOUNDARIES

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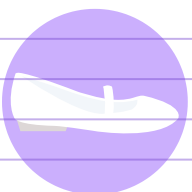
CELEBRATING

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CINDERELLA

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OVERWHELMED

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REBELIOUS

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AVOIDANT

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VULNERABLE

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ISOLATING

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STUCK

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○  
○



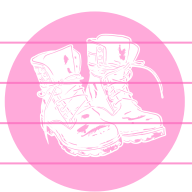
EMOTIONAL

○  
○  
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BURNT OUT

○  
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○  
○





# Words that Lift

## Reflection

Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

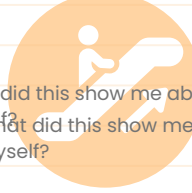
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

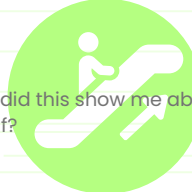
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

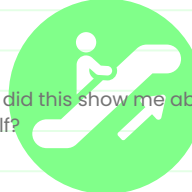
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

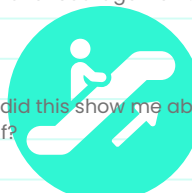
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

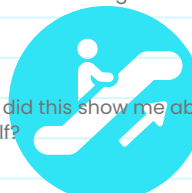
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

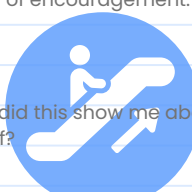
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

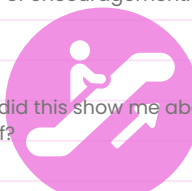
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

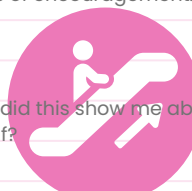
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

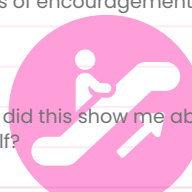
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



# Gate Closed

## SAY NO



GATE 01

|    |    |    |    |    |    |    |    |    |     |
|----|----|----|----|----|----|----|----|----|-----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20  |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30  |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40  |
| 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50  |
| 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60  |
| 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70  |
| 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80  |
| 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90  |
| 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |

# 100 Days CHALLENGE

For the next 100 days, I'm committing to a journey to keep a promise to myself.

My promise to myself is to \_\_\_\_\_ every single day for the next 100 days!

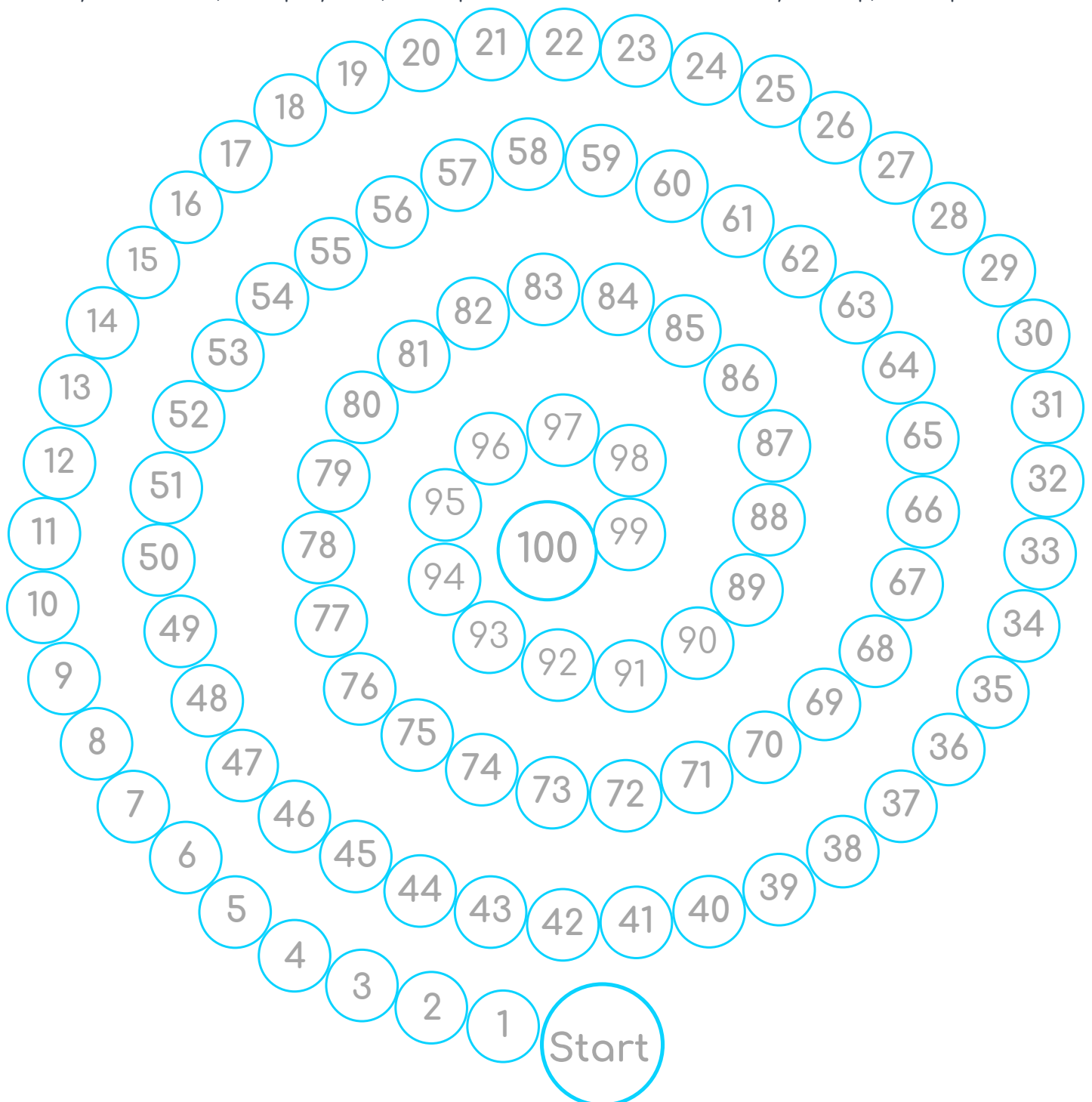
To make room for this commitment to myself, I'm letting go of: \_\_\_\_\_.

This journey isn't about reaching a final destination—it's about showing up for myself every day, taking imperfect action. Whether giving 100% or 2%, I will show up for myself and keep my promise to myself.

My adventure begins on: \_\_\_\_\_, and I'll celebrate 100 days of staying true to myself on: \_\_\_\_\_.

I will Celebrate by: \_\_\_\_\_.

This is my time to shine, to keep my word, and to prove that I can count on me. Tray table up, heart open—let's soar!



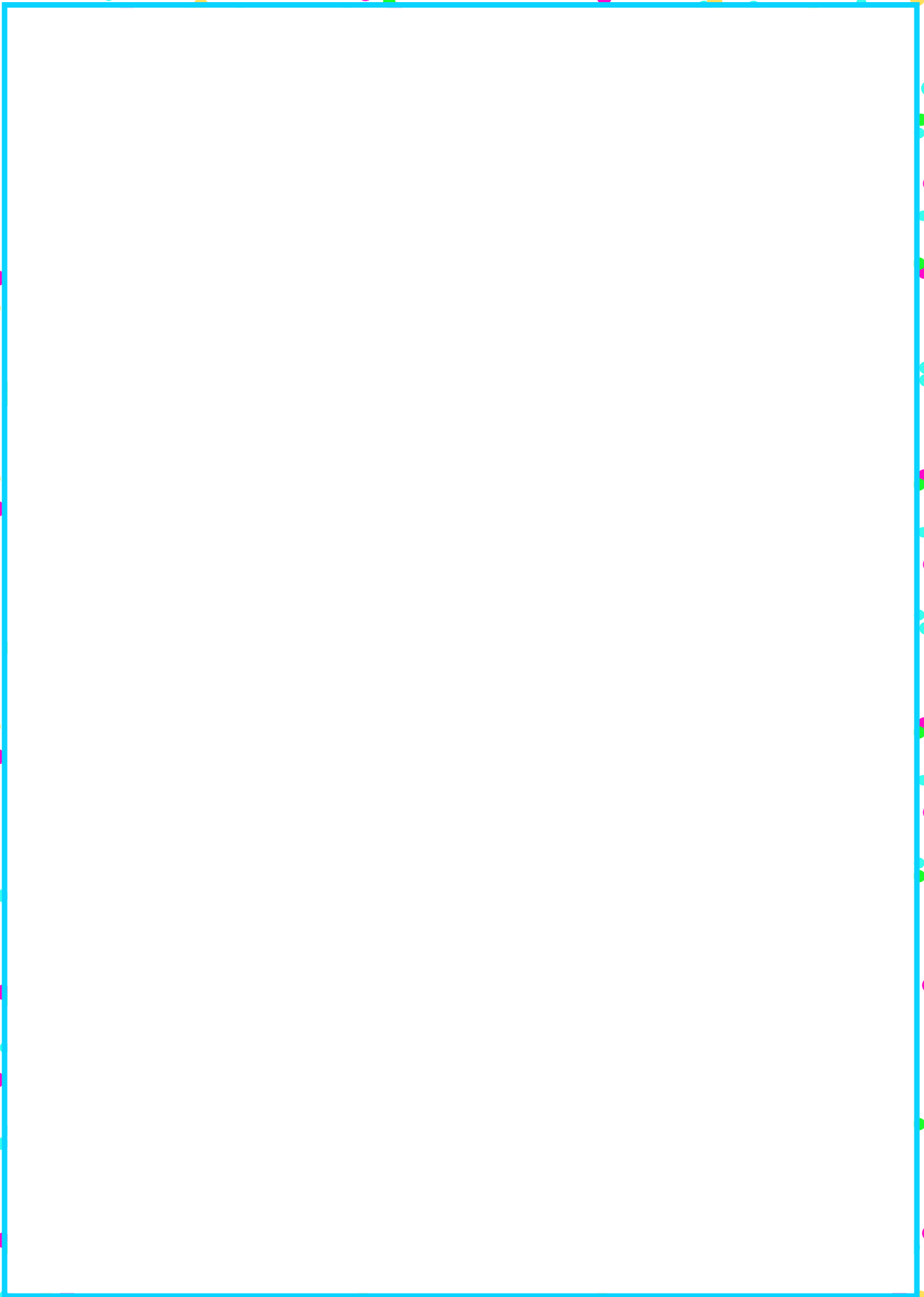
# Let's get SOCIAL

|           |  |  |  |  |  |  |  |  |  |
|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| JANUARY   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| FEBRUARY  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| MARCH     |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| APRIL     |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| MAY       |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| JUNE      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| JULY      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| AUGUST    |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| SEPTEMBER |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| OCTOBER   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| NOVEMBER  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| DECEMBER  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |

# Confetti



# Confetti



# Confetti



# Confetti





# Confetti



# Confetti



# Confetti



# Confetti



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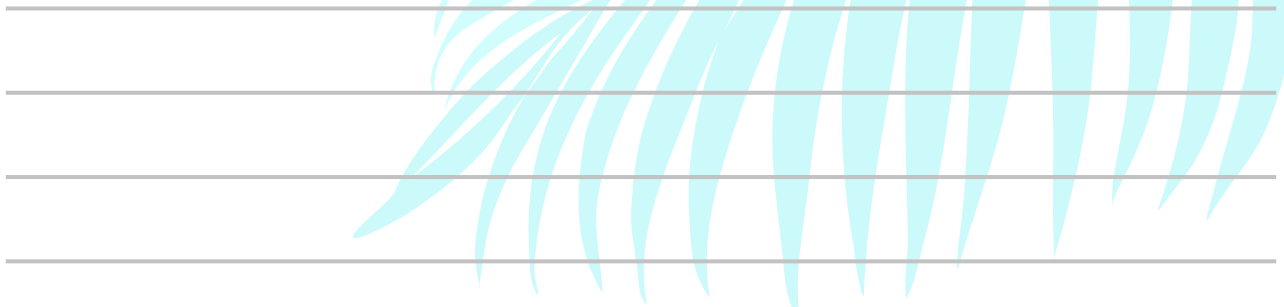


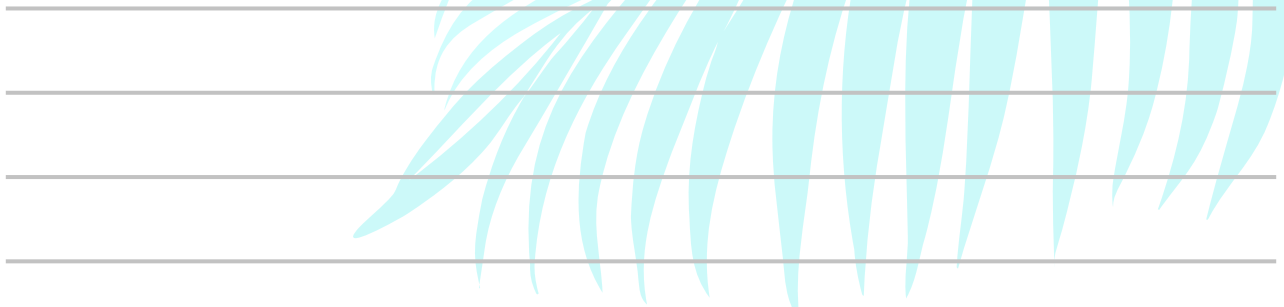
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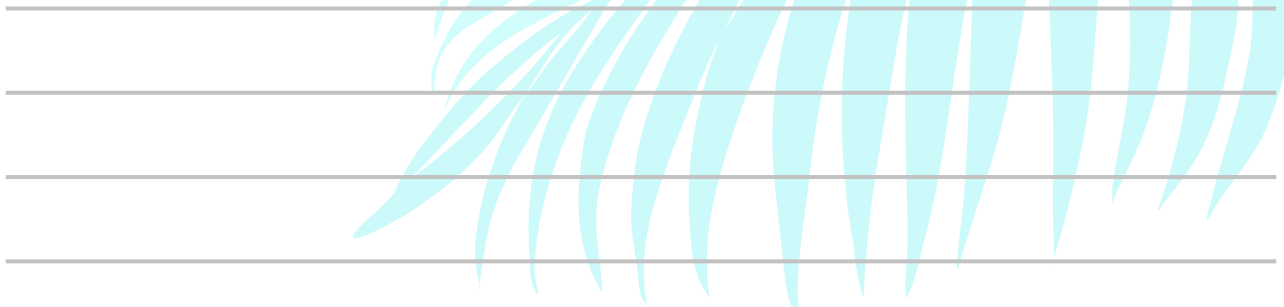
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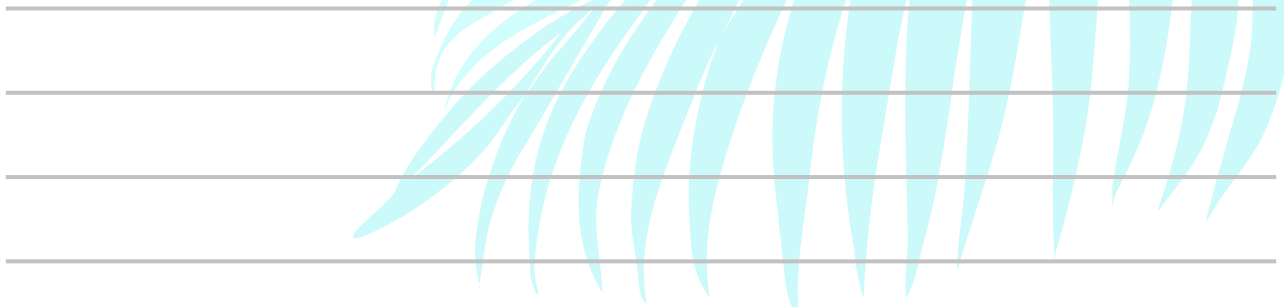
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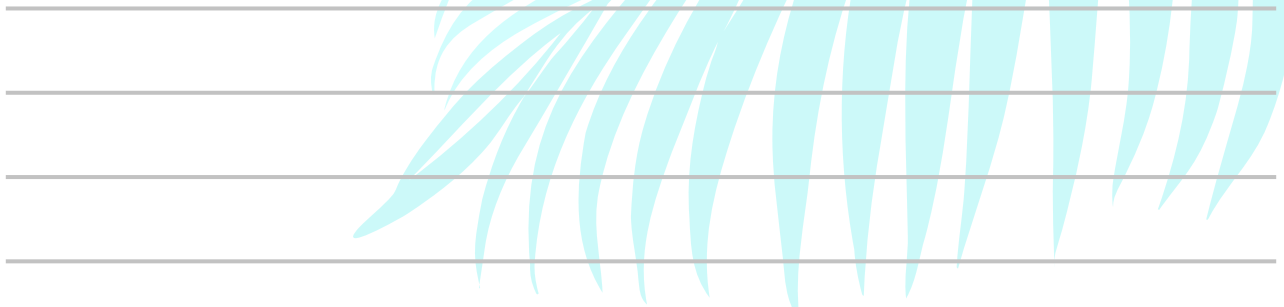












# Winning Streak

| JAN | FEB | MAR |
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| 1   | 1   | 1   |
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# Winning Streak

| APR | MAY | JUN |
|-----|-----|-----|
| 1   | 1   | 1   |
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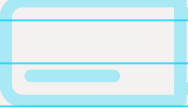
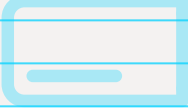
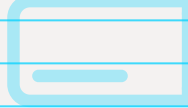
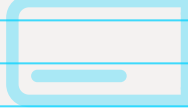
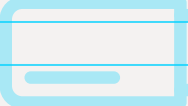
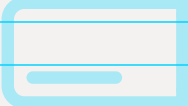
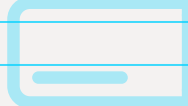
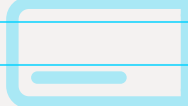
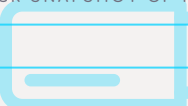
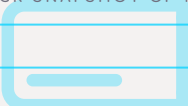
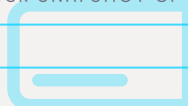
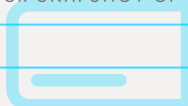
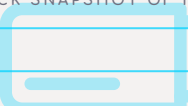
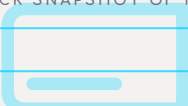
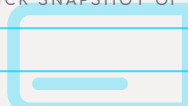
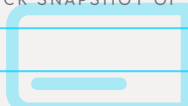
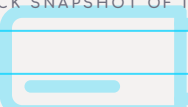
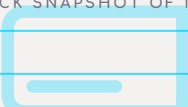
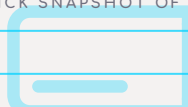
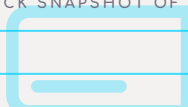
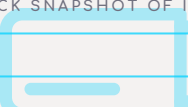
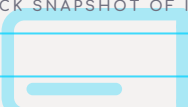
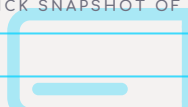
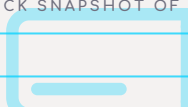
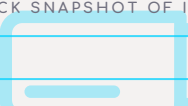
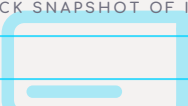
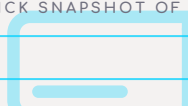
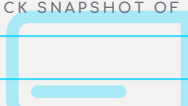
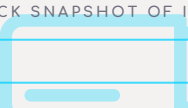
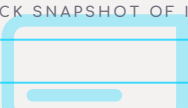
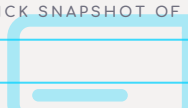
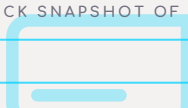
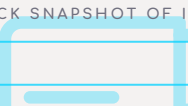
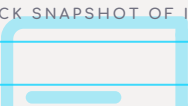
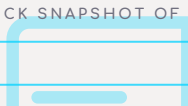
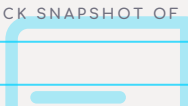
# Winning Streak

| JUL | AUG | SEP |
|-----|-----|-----|
| 1   | 1   | 1   |
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# Winning Streak

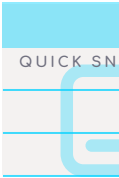
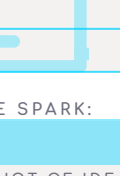
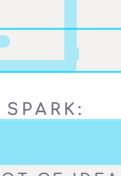
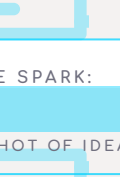
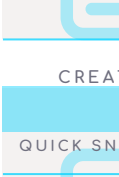
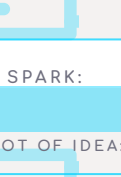
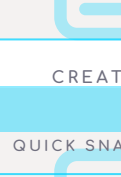
| OCT | NOV | DEC |
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| 7   | 7   | 7   |
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# Overhead THOUGHTS

|                                                                                                                                   |                                                                                                                                   |                                                                                                                                    |                                                                                                                                     |
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| CREATIVE SPARK:<br>QUICK SNAPSHOT OF IDEA:<br>   | CREATIVE SPARK:<br>QUICK SNAPSHOT OF IDEA:<br>   | CREATIVE SPARK:<br>QUICK SNAPSHOT OF IDEA:<br>   | CREATIVE SPARK:<br>QUICK SNAPSHOT OF IDEA:<br>   |
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# Overhead.

# THOUGHTS

|                                                                                                                                       |                                                                                                                                       |                                                                                                                                       |                                                                                                                                       |
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| CREATIVE SPARK:<br><br>QUICK SNAPSHOT OF IDEA:<br>   | CREATIVE SPARK:<br><br>QUICK SNAPSHOT OF IDEA:<br>   | CREATIVE SPARK:<br><br>QUICK SNAPSHOT OF IDEA:<br>   | CREATIVE SPARK:<br><br>QUICK SNAPSHOT OF IDEA:<br>   |
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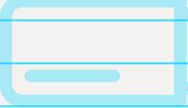
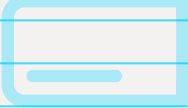
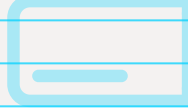
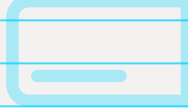
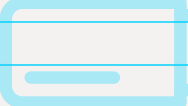
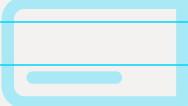
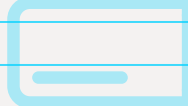
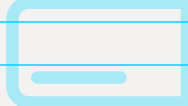
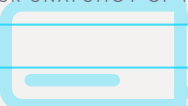
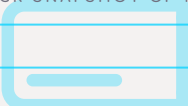
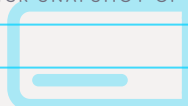
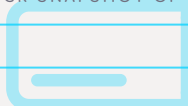
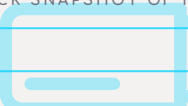
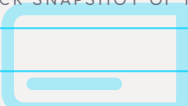
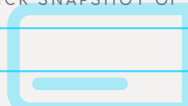
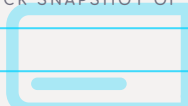
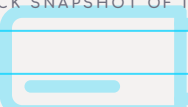
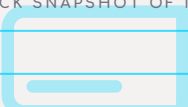
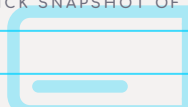
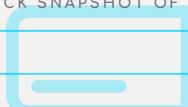
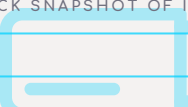
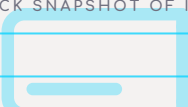
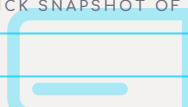
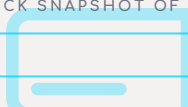
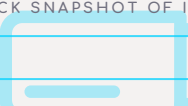
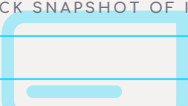
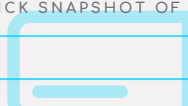
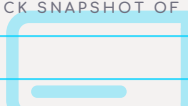
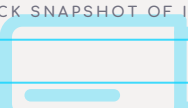
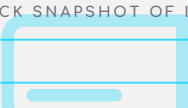
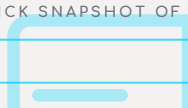
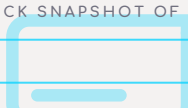
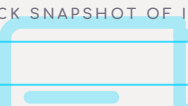
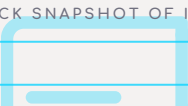
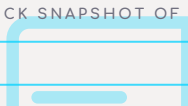
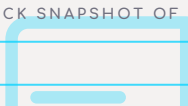
# Overhead.

# THOUGHTS

[illegible]



# Overhead THOUGHTS

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# A Little REMINDER

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# Wings SUPPORT

## DOCTORS

## MENTAL

## SPIRITUAL

## FINANCIAL

## WELLNESS

## FAMILY

## CAREER

## SELFCARE

## SOCIAL MEDIA

## TECHNOLOGY

## HOUSEHOLD

## PETS

*Pssst..... I see you!*

I know how this usually goes.  
You make the plan. Dream big.  
Try to be your "highest self."

Then life hits. You freeze.  
And before you know it—you've abandoned the plan...and  
yourself.

But not this time.

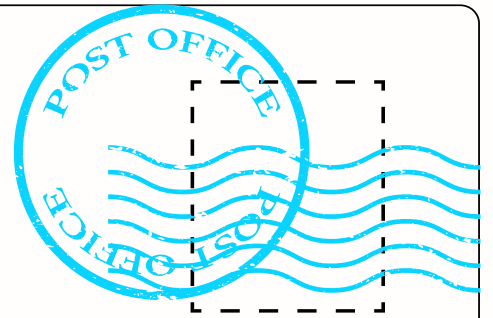
This planner isn't here to push you.  
It's here to protect you- from the spiral, from the burnout,  
from ghosting your growth when things get messy.

It's designed to set you free—  
Free from procrastination.  
Free from perfectionism.  
Free from the cycle of self-sabotage.  
Free to finally EXHALE and be the version of you who  
follows through.

Are you ready to stop circling and finally take flight?

Say yes to yourself. By scanning the QR Code Below.  
I'll be waiting for you on the inside.

*Blue Skies.  
Cris*



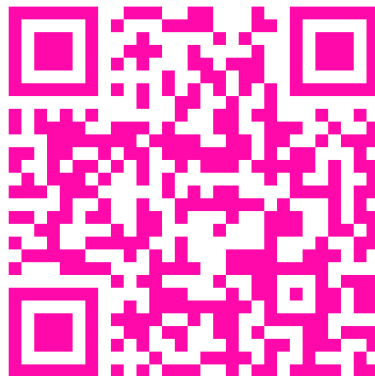
*Congratulations!*

*You didn't just pick up a  
planner.*

*You picked up a return  
ticket to YOU.*

Ready to discover the YOU, you've  
been waiting for?

Scan the QR code Below, and let's get you and your potential checked in, and  
ready for Take-off!



P.S. I hope you have your Passport ready -because oh, the places you're about to go.  
This isn't just a plan. It's your passport to possibility.  
Your future self is already waiting at the gate.  
**Welcome Home. Let the journey begin.**