


☐ ALIGN WITH MY VISION  
*See myself succeeding in everything I do today*  
**MY AFFIRMATION:**

Success is not forever and failure isn't fatal.

DON SHULA



Time is always on my side.

A

6:00

B

7:00

C

8:00

D

9:00

10:00

11:00

12:00

1:00

Errands:

Me Time:

Gratitude:

Wins:

I make healthy choices and they improve my life.

Breakfast:

Lunch:

Dinner:

Snacks:

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Good Sleep: \_\_\_\_\_ Hrs

Movement: \_\_\_\_\_

Supplements: ☐ Fun:

NOTES

8:00

☐ ALIGN WITH MY VISION  
*See myself succeeding in everything I do today*  
**MY AFFIRMATION:**

6:00

7:00

8:00

A

9:00

B

10:00

11:00

C

12:00

D

1:00

Errands:

Me Time:

Gratitude:

Wins:

I make time to nourish my body and soul.

Breakfast:

Lunch:

Dinner:

Snacks:

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Good Sleep \_\_\_\_\_ Hrs

Movement: \_\_\_\_\_

Supplements: ☐ Fun:

NOTES

8:00

| JANUARY 2021 |    |    |    |    |    |    | FEBRUARY 2021 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| S            | M  | T  | W  | T  | F  | S  | S             | M  | T  | W  | T  | F  | S  |
|              | 1  | 2  |    |    | 1  | 2  |               | 1  | 2  | 3  | 4  | 5  | 6  |
| 3            | 4  | 5  | 6  | 7  | 8  | 9  | 7             | 8  | 9  | 10 | 11 | 12 | 13 |
| 10           | 11 | 12 | 13 | 14 | 15 | 16 | 14            | 15 | 16 | 17 | 18 | 19 | 20 |
| 17           | 18 | 19 | 20 | 21 | 22 | 23 | 21            | 22 | 23 | 24 | 25 | 26 | 27 |
| 24           | 25 | 26 | 27 | 28 | 29 | 30 | 28            |    |    |    |    |    |    |
| 31           |    |    |    |    |    |    |               |    |    |    |    |    |    |

I have the power to complete everything I want to do today.