



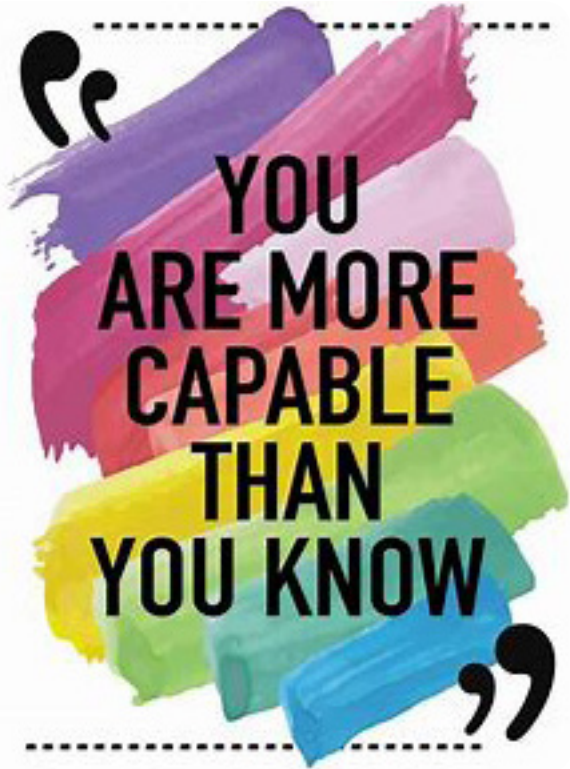
May
2019

Vision Statement

**IF YOU'RE
TIRED OF
STARTING
OVER, STOP
GIVING UP.**



**YOU
ARE MORE
CAPABLE
THAN
YOU KNOW**



*Do what is
right.
Love mercy.
Walk humbly
with your God.*

Micah 6:8



EXERCISE

Some motivation required.



Top 10 Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

*Farmers who wait for perfect weather
never plant. If they watch every cloud,
they never harvest.
Ecclesiastes 11:4*

May - 30 Day Goals

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4 ● New Moon
5 Cinco de Mayo	6	7	8	9	10	11 ● 1st Quarter
12 Mother's Day	13	14	15	16	17	18 ○ Full Moon
19	20	21	22	23	24	25
26 ● 3rd Quarter	27 ● Memorial Day	28	29	30	31	1

● Federal Holidays ● Local Holidays ● Multiple Events

Work

Home/Personal

Ministry/Vision

Work

Home/Personal

Ministry/Vision

90 Day Goals

1 Year Goals

3 Year Goals

WEEKLY MENU PLAN

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Breakfast						
Lunch						
Dinner						
Snacks						

GROCERY LIST

TO-DO'S

WORK

HOME/PERSONAL

MINISTRY/VISION

WHAT'S ON TAP THIS WEEK FOR

WORKOUTS:

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BOOKS I'M READING:

PODCAST/AUDIOBOOK CUE:

ART PROJECT:

WEDDED BLISS:

FAMILY/FRIEND CONNECTIONS:

GOAL ACHIEVEMENT:

MONDAY

Morning Mindset

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Evening Evaluation

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One thing I learned today was...

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My mental health today was...

My productivity and clarity levels today were...

Daily Habits Tracking

Prayer o Bible Study o Art o

Water o o o o o o o o Exercise o

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TUESDAY

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o Dust

MAY 22

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o Kitchen Clean

Evening Evaluation

One thing I'm thankful for today is...

One thing I learned today was...

The best thing that happened today was...

One goal I am closer to accomplishing after today is...

My mental health today was...

My productivity and clarity levels today were...

Daily Habits Tracking

Prayer o Bible Study o Art o

Water o o o o o o o o Exercise o

Time Spent Writing:

NOTES

Breakfast:

Lunch:

Supper:

Snacks:

THURSDAY

Morning Mindset

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o Vacuum/Mop

MAY 23

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o Kitchen Clean

Evening Evaluation

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Supper:

Snacks:

FRIDAY

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o Budget

MAY 24

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o Kitchen Clean

Evening Evaluation

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Lunch:

Supper:

Snacks:

SATURDAY

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o Basement/Garage

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The other tasks that I need to complete are...

Tasks I want to do if I have time are...

Contacts I need to make today...

MAY 25

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o Kitchen Clean

Evening Evaluation

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Daily Habits Tracking

Prayer o Bible Study o Art o

Water o o o o o o o o Exercise o

Time Spent Writing:

NOTES

Breakfast:

Lunch:

Supper:

Snacks:

SUNDAY

Morning Mindset

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o Kitchen Clean

Evening Evaluation

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One thing I learned today was...

The best thing that happened today was...

One goal I am closer to accomplishing after today is...

My mental health today was...

What I can improve on next week is...

Daily Habits Tracking

Prayer o Bible Study o Art o

Water o o o o o o o o Exercise o

Time Spent Writing:

NOTES

Breakfast:

Lunch:

Supper:

Snacks:

WEEKLY MENU PLAN

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Breakfast						
Lunch						
Dinner						
Snacks						

GROCERY LIST

TO-DO'S

WORK

HOME/PERSONAL

MINISTRY/VISION

WHAT'S ON TAP THIS WEEK FOR

WORKOUTS:

BIBLE STUDY:

BOOKS I'M READING:

PODCAST/AUDIOBOOK CUE:

ART PROJECT:

WEDDED BLISS:

FAMILY/FRIEND CONNECTIONS:

GOAL ACHIEVEMENT:

MONDAY

Morning Mindset

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o Pickup/Declutter

MAY 27

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o Kitchen Clean

Evening Evaluation

One thing I'm thankful for today is...

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My mental health today was...

My productivity and clarity levels today were...

Daily Habits Tracking

Prayer o Bible Study o Art o

Water o o o o o o o o Exercise o

Time Spent Writing:

NOTES

Breakfast:

Lunch:

Supper:

Snacks:

TUESDAY

Morning Mindset

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o Clean Bathrooms

MAY 28

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o Kitchen Clean

Evening Evaluation

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Daily Habits Tracking

Prayer o Bible Study o Art o

Water o o o o o o o o Exercise o

Time Spent Writing:

NOTES

Breakfast:

Lunch:

Supper:

Snacks:

WEDNESDAY

Morning Mindset

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o Kitchen Clean

Evening Evaluation

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Daily Habits Tracking

Prayer o Bible Study o Art o

Water o o o o o o o o Exercise o

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Lunch:

Supper:

Snacks:

THURSDAY

Morning Mindset

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o Vacuum/Mop

MAY 30

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o Kitchen Clean

Evening Evaluation

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Prayer o Bible Study o Art o

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Lunch:

Supper:

Snacks:

FRIDAY

Morning Mindset

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o Budget

MAY 31

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o Kitchen Clean

Evening Evaluation

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Prayer o Bible Study o Art o

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Lunch:

Supper:

Snacks:

SATURDAY

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o Basement/Garage

JUNE 1

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o Kitchen Clean

Evening Evaluation

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Prayer o Bible Study o Art o

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Lunch:

Supper:

Snacks:

SUNDAY

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o Kitchen Clean

Evening Evaluation

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What I can improve on next week is...

Daily Habits Tracking

Prayer o Bible Study o Art o

Water o o o o o o o o Exercise o

Time Spent Writing:

NOTES

Breakfast:

Lunch:

Supper:

Snacks:

Reflection

The accomplishment I am most proud of this month is...

3 things that showed me God is at work this past month were...

The main thing I could have done better this past month was...

The action I need to commit to this month to get closer to accomplishing my goals is...

The biggest need God is showing me to work on right now is...

HEALTH - I regularly take care of myself so that I can feel my best. I make an effort to eat well, sleep well, and exercise so that I have the energy and stamina to be the best I can be for my family, my work, and myself.

1 2 3 4 5 6 7 8 9 10

MENTAL/EMOTIONAL - I keep a positive outlook. I am mindful of my depression symptoms, and I stay in the present moment by focusing on the energy and mindset needed to be healthy.

1 2 3 4 5 6 7 8 9 10

SPIRITUAL - I feel connected in my relationship with Jesus. I place my faith and values at the forefront of my decisions and daily actions.

1 2 3 4 5 6 7 8 9 10

MARRIAGE - I feel a consistently deep, trusting, appreciative, loving connection with my husband. I am patient, respectful, and kind as a helpmate.

1 2 3 4 5 6 7 8 9 10

FAMILY - I am present with my family, especially at home. I maintain positive connections with my extended family, and it is evident that I love them and do my best for them.

1 2 3 4 5 6 7 8 9 10

FRIENDS - My immediate social circle brings connection, fun, and accountability into my life. I seek out time with my friends, and I do my best to reciprocate their efforts. I spend enough time with friends.

1 2 3 4 5 6 7 8 9 10

MISSION - I feel clear, energized, and fulfilled by my work and contributions to the world. I believe my work and effort add real value, and what I'm doing feels like a mission, calling, or purpose.

1 2 3 4 5 6 7 8 9 10

FINANCES - I am being responsible in how I spend my money. I am saving for my future. I am content with my lifestyle.

1 2 3 4 5 6 7 8 9 10

EXPERIENCES - I plan time to enjoy non-work interests and adventures so that I enjoy life. I give enough time to the things I love in life.

1 2 3 4 5 6 7 8 9 10

LEARNING - I am curious and seek to discover new things about the world around me. I have created a personal curriculum for myself so that I can develop the skills I need to succeed.

1 2 3 4 5 6 7 8 9 10

TOTAL SCORE:_____

HABIT CHAINS

Prayer/BibleStudy/Art/FoodPlan/Water/Exercise/Writing

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NOTES

