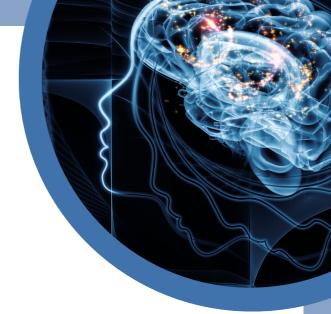


Dorota Kalinsha

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FEBRUARY MARCH APRIL

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26 27 28 29 30 31

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2023 GOALS JAN-JULY

WILL BE
ACCOMPLISHED
BY

J	F	M	А	M	J	J

NOTES:		

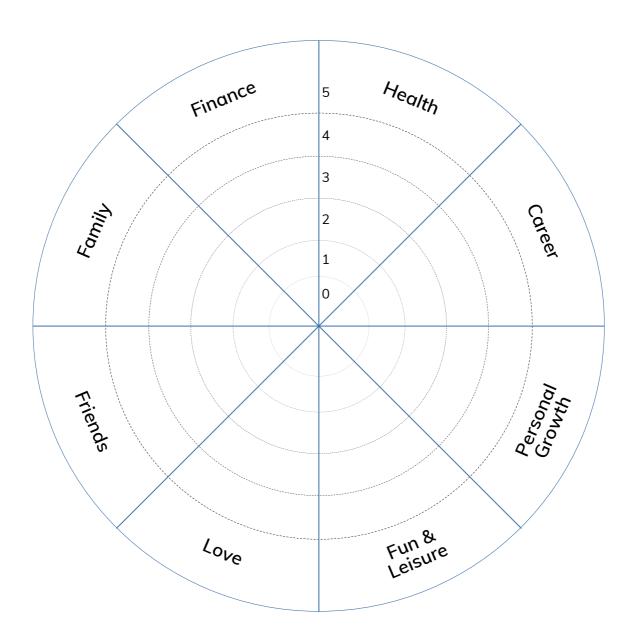


BUCKET LIST



THE WHEEL of life

The 5 bars in each category represent how valuable this factor is to you. Use the result to plan where you should be focusing your time.



NOTES:

01

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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				

TO DO NOTE

MONTHLY GOALS

REACH YOUR GOALS

I WILL	
DESCRITION	ACCOUNTABILITY
ACTION STEPS:	PURPOSE & MOTIVATION
1	
4.	THE CHALLANGES
NOTES	YOUR CELEBRATION



To Do List

Date:	
NOTE:	

Jearning from YOUR ACTIVITY LOG

Activity Logs are useful for analyzing how you use your time. They help you track changes in your alertness and effectiveness. They also help you eliminate time-wasting activities, so you can be more productive.

Date	Activity	How I Feel	Value (High, Medium, Low)

Once you're done with your activity logs, boost your productivity by applying these actions:

- Eliminate or delegate low-value activities
- Schedule challenging tasks for when you're in your best
- Minimize the number of times you switch between types of task

02

FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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				

TO DO NOTE

MONTHLY GOALS

REACH YOUR GOALS

I WILL	
DESCRITION	ACCOUNTABILITY
ACTION STEPS:	PURPOSE & MOTIVATION
1	
4 5	THE CHALLANGES
6	
NOTES	YOUR CELEBRATION



To Do List

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Making the Most of Every Opportunity

Score tasks based firstly on their impact and secondly on the effort needed to complete them. (0 for no real effort or impact to 10 for a major effort or impact).

Activity	Impact (0-10)	Effort (0-10)



Then use your scores to plot these activities in one of four quadrants. Prioritize appropriately, and delegate or eliminate low-impact activities.



IMPORTANT	ΓNOTES	

2023 GOALS

WILL BE
ACCOMPLISHED
BY

А	S	0	Ν	D	J	F
-						

NOTES:		

MOOD







08

AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		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		

TO DO NOTE

MONTHLY GOALS





I WILL	
DESCRITION	ACCOUNTABILITY
ACTION STEPS:	PURPOSE & MOTIVATION
1	
2	
3	
4	
5	THE CHALLANGES
6	
7	
8	
NOTES	YOUR CELEBRATION



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SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					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

TO DO NOTE

MONTHLY GOALS

REACH YOUR GOALS

I WILL	
DESCRITION	ACCOUNTABILITY
ACTION STEPS:	PURPOSE & MOTIVATION
1	
3	
4. 5.	THE CHALLANGES
6	
7	
8	
NOTES	YOUR CELEBRATION



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Date:	
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10

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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				

TO DO NOTE

MONTHLY GOALS

REACH YOUR GOALS

I WILL	
DESCRITION	ACCOUNTABILITY
ACTION STEPS:	PURPOSE & MOTIVATION
1	
2. 3.	
4. 5.	THE CHALLANGES
6 7	
8	
NOTES	YOUR CELEBRATION



To Do List

Date:	
NOTE:	

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11

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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		

TO DO NOTE

MONTHLY GOALS

REACH YOUR GOALS

I WILL	
DESCRITION	ACCOUNTABILITY
ACTION STEPS:	PURPOSE & MOTIVATION
1	
2. 3.	
4 5	THE CHALLANGES
6. 7.	
8	
NOTES	YOUR CELEBRATION



To Do List

Date:	
NOTE	
NOTE:	

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12

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
31	25	26	27	28	29	30

TO DO NOTE

MONTHLY GOALS

REACH YOUR GOALS

I WILL	
DESCRITION	ACCOUNTABILITY
ACTION STEPS: 1 2	PURPOSE & MOTIVATION
3.	THE CHALLANGES
NOTES	YOUR CELEBRATION



To Do List

Date:	
NOTE:	

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2023 MANIFESTATION

Make daily entry of that one, big dream...

Three times in the morning

Six times in the afternoon

Nine times at night

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JOURNALING

FOR SELF-CARE



WORKBOOK

YOUR NAME HERE

JOURNALING PROMPTS

What makes you feel powerful?
What makes you feel in control?
What makes you feel in control?

JOURNALING PROMPTS

How do you physically feel at this moment?					
Write down all of your goals for the next year, big or small.					
Write down all aspects of the perfect "you day".					

JOURNALING PROMPTS

Write a Letter To Your Greatest Fear						



NEXT YEAR I WILL FOCUS ON