

Month \_\_\_\_\_

Weekly Mantra -This week I am my best self and I am: (do for 21days)

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<b>Monday</b> _____	<i>I am Feeling # _____ On my emotional scale</i>
8:00 _____ _____	
9:00 _____ _____	<i>Today's Intention; I am creating:</i> _____ _____
10:00 _____ _____	
11:00 _____ _____	<i>I am experiencing so much gratitude today for:</i> _____ _____
12:00 _____ _____	
1:00 _____ _____	
2:00 _____ _____	<b>To-Do-List:</b> <input type="checkbox"/> <i>Nutrition</i> <input type="checkbox"/> <i>Exercise</i> <input type="checkbox"/> <i>Pray /Meditate/ Seek Answers</i> <input type="checkbox"/> <i>Read something uplifting</i> <input type="checkbox"/> <i>Express love in the mirror</i> <input type="checkbox"/> <i>Express love to relationships</i> <input type="checkbox"/> <i>Imagine/visualize dreams</i> <input type="checkbox"/> _____ <input type="checkbox"/> _____
3:00 _____ _____	
4:00 _____ _____	
5:00 _____ _____	
6:00 _____ _____	
Evening	<i>Hours spent on dream building today: _____</i>

<b>Tuesday</b> _____	<i>I am Feeling # _____ On my emotional scale</i>
8:00 _____ _____	
9:00 _____ _____	<i>Today's Intention; I am creating:</i> _____ _____
10:00 _____ _____	
11:00 _____ _____	<i>I am experiencing so much gratitude today for:</i> _____ _____
12:00 _____ _____	
1:00 _____ _____	
2:00 _____ _____	<b>To-Do-List:</b> <input type="checkbox"/> <i>Nutrition</i> <input type="checkbox"/> <i>Exercise</i> <input type="checkbox"/> <i>Pray /Meditate/ Seek Answers</i> <input type="checkbox"/> <i>Read something uplifting</i> <input type="checkbox"/> <i>Express love in the mirror</i> <input type="checkbox"/> <i>Express love to relationships</i> <input type="checkbox"/> <i>Imagine/visualize dreams</i> <input type="checkbox"/> _____ <input type="checkbox"/> _____
3:00 _____ _____	
4:00 _____ _____	
5:00 _____ _____	
6:00 _____ _____	
Evening	<i>Hours spent on dream building today: _____</i>

Month \_\_\_\_\_

Weekly Mantra -This week I am my best self and I am: (do for 21days)

<b>Wednesday</b> _____	<i>I am Feeling #</i> _____ <i>On my emotional scale</i>
8:00 _____	
9:00 _____	<i>Today's Intention; I am creating:</i>
10:00 _____	_____
11:00 _____	<i>I am experiencing so much gratitude today for:</i>
12:00 _____	_____
1:00 _____	
2:00 _____	<b>To-Do-List:</b>
3:00 _____	<input type="checkbox"/> <i>Nutrition</i>
4:00 _____	<input type="checkbox"/> <i>Exercise</i>
5:00 _____	<input type="checkbox"/> <i>Pray /Meditate/ Seek Answers</i>
6:00 _____	<input type="checkbox"/> <i>Read something uplifting</i>
Evening	<input type="checkbox"/> <i>Express love in the mirror</i>
	<input type="checkbox"/> <i>Express love to relationships</i>
	<input type="checkbox"/> <i>Imagine/visualize dreams</i>
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<i>Hours spent on dream building today:</i> _____

<b>Thursday</b> _____	<i>I am Feeling #</i> _____ <i>On my emotional scale</i>
8:00 _____	
9:00 _____	<i>Today's Intention; I am creating:</i>
10:00 _____	_____
11:00 _____	<i>I am experiencing so much gratitude today for:</i>
12:00 _____	_____
1:00 _____	
2:00 _____	<b>To-Do-List:</b>
3:00 _____	<input type="checkbox"/> <i>Nutrition</i>
4:00 _____	<input type="checkbox"/> <i>Exercise</i>
5:00 _____	<input type="checkbox"/> <i>Pray /Meditate/ Seek Answers</i>
6:00 _____	<input type="checkbox"/> <i>Read something uplifting</i>
Evening	<input type="checkbox"/> <i>Express love in the mirror</i>
	<input type="checkbox"/> <i>Express love to relationships</i>
	<input type="checkbox"/> <i>Imagine/visualize dreams</i>
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<i>Hours spent on dream building today:</i> _____

Month \_\_\_\_\_

Weekly Mantra -This week I am my best self and I am: (do for 21days)

<b>Friday</b> _____	<i>I am Feeling # _____ On my emotional scale</i>
8:00 _____ _____	
9:00 _____ _____	<i>Today's Intention; I am creating:</i> _____ _____
10:00 _____ _____	
11:00 _____ _____	<i>I am experiencing so much gratitude today for:</i> _____ _____
12:00 _____ _____	
1:00 _____ _____	
2:00 _____ _____	<b>To-Do-List:</b>
3:00 _____ _____	<input type="checkbox"/> Nutrition
4:00 _____ _____	<input type="checkbox"/> Exercise
5:00 _____ _____	<input type="checkbox"/> Pray /Meditate/ Seek Answers
6:00 _____ _____	<input type="checkbox"/> Read something uplifting
Evening	<input type="checkbox"/> Express love in the mirror
	<input type="checkbox"/> Express love to relationships
	<input type="checkbox"/> Imagine/visualize dreams
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<i>Hours spent on dream building today: _____</i>

<b>Saturday</b> _____	<i>I am Feeling # _____ On my emotional scale</i>
8:00 _____ _____	
9:00 _____ _____	<i>Today's Intention; I am creating:</i> _____ _____
10:00 _____ _____	
11:00 _____ _____	<i>I am experiencing so much gratitude today for:</i> _____ _____
12:00 _____ _____	
1:00 _____ _____	
2:00 _____ _____	<b>To-Do-List:</b>
3:00 _____ _____	<input type="checkbox"/> Nutrition
4:00 _____ _____	<input type="checkbox"/> Exercise
5:00 _____ _____	<input type="checkbox"/> Pray /Meditate/ Seek Answers
6:00 _____ _____	<input type="checkbox"/> Read something uplifting
Evening	<input type="checkbox"/> Express love in the mirror
	<input type="checkbox"/> Express love to relationships
	<input type="checkbox"/> Imagine/visualize dreams
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<i>Hours spent on dream building today: _____</i>

Month \_\_\_\_\_

Weekly Mantra -*This week I am my best self and I am: (do for 21days)*

<b>Sunday</b> _____	
8:00 _____	<i>I am Feeling # _____</i> <i>On my emotional scale</i>
9:00 _____	<i>Today's Intention; I am creating:</i>
10:00 _____	_____
11:00 _____	_____
12:00 _____	<i>I am experiencing so much gratitude today for:</i>
1:00 _____	_____
2:00 _____	<b>To-Do-List:</b>
3:00 _____	<input type="checkbox"/> <i>Nutrition</i>
4:00 _____	<input type="checkbox"/> <i>Exercise</i>
5:00 _____	<input type="checkbox"/> <i>Pray /Meditate/ Seek Answers</i>
6:00 _____	<input type="checkbox"/> <i>Read something uplifting</i>
Evening	<input type="checkbox"/> <i>Express love in the mirror</i>
	<input type="checkbox"/> <i>Express love to relationships</i>
	<input type="checkbox"/> <i>Imagine/visualize dreams</i>
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<input type="checkbox"/> _____
	<i>Hours spent on dream building today: _____</i>

Income for the week	
_____	
_____	
_____	
_____	
_____	
_____	<u>Total</u>
Expenses for the week	
<u>Mileage</u>	_____
_____	
_____	
_____	
_____	
_____	
_____	
_____	
_____	<u>Total</u>
_____	<u>Mileage Total</u>
<b>Total weekly dream building</b>	
Hrs. spent this week on short term goals 3-6 mo.	_____
Hrs. spent this week on med. term goals 6-12 mo.	_____
Hrs. spent this week on long term goals 1-5 yrs.	_____