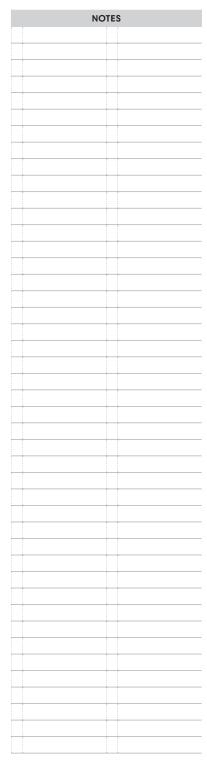
SUNDAY		MONDAY		TUESDAY	WEDNESDA	Y
						S
	30		1	2		3
	7	Canada Day (CAN)	8	9		10
International Oola Day International Oola Week (day	/ 1) Int	Muharram ernational Oola Week (da	y 2) Internat	tional Oola Week (day 3)	International Oola Week	(day 4)
	14		15	16	 	17
	21		22	23	World Emoji Day #GratefulF	
	28		29	30		31

THURSDAY	FRIDAY	SATURDAY
4	5	6
Independence Day (USA)	10	
11	12	13
International Oola Week (day 5)	nternational Oola Week (day 6)	International Oola Week (day 7)
18	19	20
25	26	27
1	2	3

JULY 2024

	J	UN	E 2	02	4			ΑU	Gι	JST	20	24	
U	Μ	T	W	R	F	S	U	Μ	Т	W	R	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	3
30													





FITNESS	CURRENT OOLA WHEEL SCORE	FINANCE	CURRENT OOLA WHEEL SCORE		FAMILY	CURRENT OOLA WHEEL SCORE		FIELD
I'm fit, healthy, disciplined, and strong.	DESIRED OOLA WHEEL SCORE	I'm financially free and living abundantly.	DESIRED OOLA WHEEL SCORE		onditionally loving, it, and respectful.	DESIRED OOLA WHEEL SCORE	l'm	pursuing my purpose in life.
DREAM		DREAM			DREAM			DREAM
	WH	AT:	V	'HAT:			WHAT:_	
	WH	V.		/HY:			WHY: _	
ONE-YEAR GOAL (MM / D		ONE-YEAR GOAL (MM /			YEAR GOAL (MM / I	DD / YY)	WIII.	ONE-YEAR GOAL (MM / DD)
, -			[,,		(, 22,
		ONE-MONTH GOA	ALS (COMPLETE	BY WEDNE	ESDAY. JULY 31. 2	2024)		
			NOTES REFLECTION	NS REWA	ARDS			
FITNESS		FINANCE	_		FAMILY			FIELD
rything health and wellnes	•	All things personal f		TWEEN M	All things family		ши	Your career, your professi
	WEEKTO	SALS AND ACTION OFER	0 (00//// 12/12 13		MONDAI, JOLI I,	AND CONDAI	, 3011	,,
	1. 2.			·			1 2	
	3.						3	
			NOTES REFLECTION	ONS REWA	ARDS			
	WEEK 2 GC	OALS AND ACTION STEP	S (COMPLETE BE	TWEEN M	ONDAY, JULY 8, A	AND SUNDAY.	JULY	14)
					,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			- ·,
							1	
	2.						2	
	3.			B			3	
			NOTES REFLECTION	ONS REWA	ARDS			
	WEEK 3 GO	ALS AND ACTION STEPS	(COMPLETE BE	WEEN MO	ONDAY, JULY 15,	AND SUNDAY	, JULY	21)
	1.						1	
	2.		:				2	
	3.				I DDC		3	
			NOTES REFLECTION	JNS REWA	AKD5			
	WEEK 4 GO	ALS AND ACTION STEPS	(COMPLETE BE	WEEN MO	ONDAY, JULY 22,	AND SUNDAY	, JULY	28)
	1.						1	
	2.			2			2	
	3.		NOTES REFLECTION		ARDS		3	
1	WEEK 5 GOA	LS AND ACTION STEPS	(COMPLETE BET	VEEN MO	NDAY, JULY 29, A	ND SUNDAY,	AUGU	ST 4)
	1.			-			1	
	2.						2	
	3.		NOTES REFLECTION	NS REWA	ARDS		3	
				, =				
FITNESS		_ FINANCE			EAMUY			FIELD
FITNESS		FINANCE	=		FAMILY			FIELD

GOD UNDERSTANDS YOUR PRAYERS EVEN WHEN YOU CAN'T FIND THE WORDS TO SAY THEM.

	_		
	_	GOOD THING:	
	JULY	BAD THING:	
		GRATITUDE IN BAD:	
٩	7	GOOD THING:	
B/	JULY 2	BAD THING:	
뿌		GRATITUDE IN BAD:	
Ę	e	GOOD THING:	
4	JULY	BAD THING:	
닐		GRATITUDE IN BAD:	
5	4	GOOD THING:	
Ĭ.	JULY	BAD THING:	
핃		GRATITUDE IN BAD:	
틸	2	GOOD THING:	
ĘI	JULY	BAD THING:	
3		GRATITUDE IN BAD:	
ß	9	GOOD THING:	
ΞΙ	JULY	BAD THING:	
۵		GRATITUDE IN BAD:	
A	7	GOOD THING:	
υ,	JULY	BAD THING:	
ž		GRATITUDE IN BAD:	
핕	00	GOOD THING:	
ð	JULY	BAD THING:	
8	_	GRATITUDE IN BAD:	
뿔	6	GOOD THING:	
Ō	JULY	BAD THING:	
β		GRATITUDE IN BAD:	
蛗	10	GOOD THING: BAD THING:	
	JULY	GRATITUDE IN BAD:	
ō	_	GOOD THING:	
ပ	Έ.	BAD THING:	
Ψ	JULY	GRATITUDE IN BAD:	
Ó		GOOD THING:	
اتِ	LY 12	BAD THING:	
Ž	JULY	GRATITUDE IN BAD:	
Ž		GOOD THING:	
9	JULY 13	BAD THING:	
	=	GRATITUDE IN BAD:	
2	4	GOOD THING:	
ΨI	JULY 1	BAD THING:	
GR.	_	GRATITUDE IN BAD:	
×.	2	GOOD THING:	
DAILY GRATITUDE JOURNAL: ONE GOOD THING, ONE BAD THING, AND THE GRATITUDE I FOUND IN THE BAD	JULY 1	BAD THING:	
ם	_	GRATITUDE IN BAD:	
	91	GOOD THING:	
	JULY	BAD THING:	
	_	GRATITUDE IN BAD:	

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FIELD

MONTHLY CHALLENGES | OPPORTUNITIES | NOTES | TO-DOS | MIND MAPS | LISTS | UPCOMING GOALS | BRAINSTORMINGS

FITNESS	FINANCE	FAMILY	FIELD
Everything health and wellness in your life	All things personal finance	All things family	Your career, your profession
MY MONTHLY CHALLENGE	MY MONTHLY CHALLENGE	MY MONTHLY CHALLENGE	MY MONTHLY CHALLENGE
	GOAL: WHY:	. GOAL:	- GOAL:
1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
5 6 7 8 9	5 6 7 8 9	5 6 7 8 9	5 6 7 8 9
10 11 12 13	10 11 12 13	10 11 12 13	10 11 12 13
14 15 16 17 18	14 15 16 17 18	14 15 16 17 18	14 15 16 17 18
19 20 21 22	19 20 21 22	19 20 21 22	19 20 21 22
23 24 25 26 27	23 24 25 26 27	23 24 25 26 27	23 24 25 26 27
28 29 30 31	28 29 30 31	28 29 30 31	28 29 30 31
		-	-
		-	-
		ILY GOALS AND/OR ACTION STEPS	
	ONE-MO	NTH GOALS	
	ONE-WEEK GOALS	AND/OR ACTION STEPS	

NOTES | REFLECTIONS | REWARDS

FAMILY

FINANCE

FITNESS

MONTHLY CHALLEN	GES OPPORTUNITIES NOTES TO-DOS	S MIND MAPS LISTS UPCOMING GOALS BR	AINSTORMINGS
FAITH	FRIENDS	FUN	NOTES
Your gratitude, humility, nderstanding of your greater purpose	Everything social	Your personal passions in life	
MY MONTHLY CHALLENGE	MY MONTHLY CHALLENGE	MY MONTHLY CHALLENGE	
	GOAL: WHY:	GOAL: WHY:	
2 3 4	1 2 3 4	1 2 3 4	
6 7 8 9	5 6 7 8 9	5 6 7 8 9 -	
11 12 13	10 11 12 13	10 11 12 13	
[15][16][17][18]	[14] 15] 16] 17] 18]	14 15 16 17 18	
20 21 22	19 20 21 22	19 20 21 22	
24 25 26 27	23 24 25 26 27	23 24 25 26 27	
8 29 30 31	28 29 30 31	28 29 30 31	
29 30 31	20 23 30 31	20 29 30 31	
		-	
		-	
TENTATIVE A	UGUST 2024 MONTHLY GOALS AND/OR A	ACTION STEPS	
	ONE-MONTH GOALS		
	ONE-WEEK GOALS AND/OR ACTION STEPS		
		-	
	NOTES REFLECTIONS REWARDS		
			

WEEK 1 GOALS (COMPLETE BY SUNDAY, JULY 7, 2024)

TH	REE DAILY ACTION STEPS TOWAR	D MY OOLA LIFE PLUS OTHER PRIORIT	TIES AND TASKS		
MONDAY 1	TUESDAY	2 WEDNESDAY	3 TH	URSDAY	4
2		8	8		
Complete July Oola Wheel (p. 3)	\mathbb{C}				

	Complete July Oola Wheel (p. 3)						
	Oola Wheel (p. 3)					\ <u> </u>	
Cai	nada Day (CAN)						Independence Day (USA)
5:00		5:00		5:00		5:00	
5:30		5:30		5:30		5:30	
6:00		6:00		6:00		6:00	
6:30		6:30		6:30		6:30	
7:00		7:00		7:00		7:00	
7:30		7:30		7:30		7:30	
8:00		8:00		8:00		8:00	
8:30		8:30		8:30		8:30	
9:00		9:00		9:00		9:00	
9:30		9:30		9:30		9:30	
10:00		10:00		10:00		10:00	
10:30		10:30		10:30		10:30	
11:00		11:00		11:00		11:00	
11:30		11:30		11:30		11:30	
12:00		12:00		12:00		12:00	
12:30		12:30		12:30		12:30	
1:00		1:00		1:00		1:00	
1:30		1:30		1:30		1:30	
2:00		2:00		2:00		2:00	
2:30		2:30		2:30		2:30	
3:00		3:00		3:00		3:00	
3:30		3:30		3:30		3:30	
4:00		4:00		4:00		4:00	
4:30		4:30		4:30		4:30	
5:00		5:00		5:00		5:00	
5:30		5:30		5:30		5:30	
6:00		6:00		6:00		6:00	
6:30		6:30		6:30		6:30	
7:00	Track Action Steps	7:00	Track Action Steps	7:00	Track Action Steps	7:00	Track Action Steps
7:30		7:30		7:30		7:30	
8:00		8:00		8:00		8:00	
8:30		8:30		8:30		8:30	
9:00		9:00		9:00		9:00	
9:30		9:30		9:30		9:30	
R.	Λ.	D.	۸.		۸۰	D.	Λ.

WHAT'S BETWEEN YOU AND YOUR OOLA LIFE? OOLA BLOCKERS THAT REQUIRE THE READY-SET-GO FORMULA TO OVERCOME

READY: Acknowledge the Oola blocker exists.

G0

SET,

READY, 3

SET: Set it in its place. What will your life look like Note at the bottom of the day's column opportunities your life look like if you overcome it?

What Oola accelerator can you apply to take action? Take 20 seconds of courage At the end of each day, review and reflect.

if you give in to this Oola blocker? What will for growth and improvement in an Oola blocker ("B") and Oola accelerator ("A").

> As with any new skill, mastering how to accelerate your Oola life takes practice.

and one gutsy step to overcome the blocker. For more information, reference pages 18–25.

THE READT-SE	EI-GO FORMULA
Oola Blockers	Oola Accelerators
Fear	Gratitude
Guilt	Love
Anger	Discipline
Self-sabotage	Integrity
Laziness	Passion
Envy	Humility
Lack of focus	Wisdom

DON'T DWELL ON YOUR SUCCESSES OR FAILURES. FOCUS ON GROWTH.

	WEEK 1 GOAL	_S (C	COMPLETE BY SUNDAY	, JUI	LY 7, 2024)	MNN	IIII Y 1_
						SUN	JULY 1- JULY 7
	THREE DAILY ACTION S	TEPS T	OWARD MY OOLA LIFE PLUS OTHE	R PRIC	DRITIES AND TASKS		
	FRIDAY 5		SATURDAY 6		SUNDAY 7		
						DON'T JUS	ST SHOW UP
XXL		8		- 66	<u> </u>	IO THE OF	PPORTUNITY, RYTHING
ŎŎſ		$\Diamond \Diamond$		$\Diamond \Diamond$			O CRUSH IT.
		\bigcirc			7 Fs on the 7th	100 OAN I	O OKOOII III.
					Setup Sunday		
					International Oola Day	DAILY AC	TION STEPS
					International Oola Week (day 1)		
5:00		5:00 5:30		5:00			
6:00		6:00		5:30			
6:30		6:30		6:30		SUNDAY	MONDAL
7:00		7:00		7:00			
7:30		7:30		7:30		F F	OA)
8:00		8:00		8:00		Man	WED
8:30		8:30		8:30		APA APA	DERUHT MACHINE
9:00		9:00		9:00			3 dilli
9:30		9:30		9:30			
10:00		10:00		10:00			
10:30		10:30		10:30		THE DEADY-SI	ET-GO FORMULA
11:00		11:00		11:00			
11:30		11:30		11:30			ou back from your lockers that require
12:00		12:00		12:00			et-go formula
12:30		12:30		12:30			See pages 18-25.
1:00		1:00		1:00		Oola Blockers	Oola Accelerators
1:30		1:30		1:30		Fear	Gratitude
2:00		2:00		2:00		Guilt Anger	Love Discipline
2:30		2:30		2:30		Self-sabotage	Integrity
3:00		3:00		3:00		Laziness Envy	Passion Humility
3:30		3:30		3:30		Lack of focus	Wisdom
4:00		4:00		4:00		DON'T DWELL ON	YOUR SUCCESSES
4:30		4:30		4:30		OR FAILURES. FO	OCUS ON GROWTH.
5:00		5:00		5:00		N	OTES
5:30		5:30		5:30			
6:00		6:00		6:00			
6:30		6:30		6:30			
5 7:00 5 7:00	Track Action Steps	7:00	Track Action Steps	7:00	Track Action Steps		
7:30		7:30		7:30			
8:00		8:00		8:00			
8:30		8:30		8:30			
9:00		9:00		9:00	<u> </u>		
9:30		9:30		9:30			

NEVER UNDERESTIMATE THE POWER OF FAITH, HOPE, AND LOVE.

17	GOOD THING:	
JULY 17	BAD THING:	
_	GRATITUDE IN BAD:	
8	GOOD THING:	
JULY 1	BAD THING:	
_	GRATITUDE IN BAD:	
6	GOOD THING:	
JULY 19	BAD THING:	
=	GRATITUDE IN BAD:	
_	GOOD THING:	
JULY 20	BAD THING:	
2	GRATITUDE IN BAD:	
	GOOD THING:	
-Y 21	BAD THING:	
JULY	GRATITUDE IN BAD:	
	GOOD THING:	
Y 22	BAD THING:	
JULY		
_	GRATITUDE IN BAD:	
23	GOOD THING:	
JULY	BAD THING:	
	GRATITUDE IN BAD:	
24	GOOD THING:	
JULY	BAD THING:	
_	GRATITUDE IN BAD:	
25	GOOD THING:	
JULY 2	BAD THING:	
_	GRATITUDE IN BAD:	
9	GOOD THING:	
JULY 26	BAD THING:	
=	GRATITUDE IN BAD:	
	GOOD THING:	
JULY 27	BAD THING:	
2	GRATITUDE IN BAD:	
	GOOD THING:	
JULY 28	BAD THING:	
Ĩ	GRATITUDE IN BAD:	
	GOOD THING:	
Υ 29	BAD THING:	
JULY	GRATITUDE IN BAD:	
	GOOD THING:	
30	BAD THING:	
JULY 30		
JULY 30	GRATITUDE IN BAD:	
31	GOOD THING:	
JULY 31 JULY 30	GOOD THING: BAD THING:	
31	GOOD THING:	

FAITH I'm grateful, humble, and fully connected. DREAM	CURRENT OOLA WHEEL SCORE DESIRED OOLA WHEEL SCORE	FRIENDS I'm blessed with powerly relationships DREAM WHAT:	CUBRENT OOLA WHEEL SCORE DESIRED OOLA WHEEL SCORE VM PEEL OOLA WHEEL SCORE	FUN oursuing the joys of life.		OIO ®	
ONE-YEAR GOAL (MM /	DD/YY)	ONE-YEAR GOAL (MI		NE-YEAR GOAL (MM / DD / Y	JULY 2024 U M T W R 1 2 3 4	F S U M T W R F S	
		NOTES REFLECTIONS	S REWARDS			19 20 11 12 13 14 15 16 17	
FAITH		FRIENDS		FUN		NOTES	
Your gratitude, humility,		Everything so		Your passions in life			
n understanding of your of WEEK 1 GOAL		STEPS (COMPLETE BET)		•			
		1	1				
			2				
		3	3				
		NOTES REFLECTIONS	S REWARDS				
WEEK 2 GOALS	S AND ACTION	STEPS (COMPLETE BETW	/EEN MONDAY, JULY 8, A	ND SUNDAY, JULY 14)			
		1	1				
		2	2				
		3	3				
		NOTES REFLECTIONS	S REWARDS				
WEEK 3 GOALS	AND ACTION	STEPS (COMPLETE BETW	EEN MONDAY, JULY 15, A	AND SUNDAY, JULY 21)			
		1	1				
		2	2				
		3	3				
		NOTES REFLECTIONS	5 REWARDS				
WEEK 4 GOALS	AND ACTION S	STEPS (COMPLETE BETW	EEN MONDAY, JULY 22,	AND SUNDAY, JULY 28)			
		1	1				
		2	2				
		3NOTES REFLECTIONS	3				
		NOTES REFEECTIONS	TEWARDS				
WEEK 5 GOALS A	AND ACTION \$1	TEPS (COMPLETE BETWE	EN MONDAY, JULY 29, AI	ND SUNDAY, AUGUST 4)			
		1	1				
		2	2			-	
		NOTES REFLECTIONS	3. S REWARDS				
		,					
FAITH		EDIEMO		FUN			
FAITH		FRIEND	5	FUN			