



<b>FITNESS</b> <small>I'm fit, healthy, disciplined, and strong.</small>	<b>FINANCE</b> <small>I'm financially free and living abundantly.</small>	<b>FAMILY</b> <small>I'm unconditionally loving, patient, and respectful.</small>	<b>FIELD</b> <small>I'm pursuing my purpose in life.</small>
<small>DREAM</small>	<small>DREAM</small>	<small>DREAM</small>	<small>DREAM</small>
WHAT: _____	WHAT: _____	WHAT: _____	WHAT: _____
WHY: _____	WHY: _____	WHY: _____	WHY: _____
<small>ONE-YEAR GOAL ( MM / DD / YY )</small>	<small>ONE-YEAR GOAL ( MM / DD / YY )</small>	<small>ONE-YEAR GOAL ( MM / DD / YY )</small>	<small>ONE-YEAR GOAL ( MM / DD / YY )</small>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>ONE-MONTH GOALS ( COMPLETE BY WEDNESDAY, JULY 31, 2024 )</b>			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<small>NOTES   REFLECTIONS   REWARDS</small>			

<b>FITNESS</b>	<b>FINANCE</b>	<b>FAMILY</b>	<b>FIELD</b>
<small>Everything health and wellness in your life</small>	<small>All things personal finance</small>	<small>All things family</small>	<small>Your career, your profession</small>
<b>WEEK 1 GOALS AND ACTION STEPS ( COMPLETE BETWEEN MONDAY, JULY 1, AND SUNDAY, JULY 7 )</b>			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
<small>NOTES   REFLECTIONS   REWARDS</small>			
<b>WEEK 2 GOALS AND ACTION STEPS ( COMPLETE BETWEEN MONDAY, JULY 8, AND SUNDAY, JULY 14 )</b>			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
<small>NOTES   REFLECTIONS   REWARDS</small>			
<b>WEEK 3 GOALS AND ACTION STEPS ( COMPLETE BETWEEN MONDAY, JULY 15, AND SUNDAY, JULY 21 )</b>			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
<small>NOTES   REFLECTIONS   REWARDS</small>			
<b>WEEK 4 GOALS AND ACTION STEPS ( COMPLETE BETWEEN MONDAY, JULY 22, AND SUNDAY, JULY 28 )</b>			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
<small>NOTES   REFLECTIONS   REWARDS</small>			
<b>WEEK 5 GOALS AND ACTION STEPS ( COMPLETE BETWEEN MONDAY, JULY 29, AND SUNDAY, AUGUST 4 )</b>			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
<small>NOTES   REFLECTIONS   REWARDS</small>			

<b>FITNESS</b>	<b>FINANCE</b>	<b>FAMILY</b>	<b>FIELD</b>

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

DAILY GRATITUDE JOURNAL: ONE GOOD THING, ONE BAD THING, AND THE GRATITUDE I FOUND IN THE BAD

JULY 1	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 2	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 3	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 4	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 5	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 6	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 7	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 8	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 9	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 10	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 11	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 12	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 13	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 14	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 15	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____
JULY 16	GOOD THING: _____
	BAD THING: _____
	GRATITUDE IN BAD: _____



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: _____	GOAL: _____	GOAL: _____	GOAL: _____																																																																																																																												
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#### TENTATIVE AUGUST 2024 MONTHLY GOALS AND/OR ACTION STEPS

ONE-MONTH GOALS

ONE-WEEK GOALS AND/OR ACTION STEPS

NOTES | REFLECTIONS | REWARDS

### FITNESS

### FINANCE

### FAMILY

### FIELD

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

### FAITH

### FRIENDS

### FUN

### NOTES

Your gratitude, humility, and an understanding of your greater purpose

Everything social

Your personal passions in life

#### MY MONTHLY CHALLENGE

#### MY MONTHLY CHALLENGE

#### MY MONTHLY CHALLENGE

GOAL: _____	GOAL: _____	GOAL: _____																																																																																													
WHY: _____	WHY: _____	WHY: _____																																																																																													
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#### TENTATIVE AUGUST 2024 MONTHLY GOALS AND/OR ACTION STEPS

ONE-MONTH GOALS

ONE-WEEK GOALS AND/OR ACTION STEPS

NOTES | REFLECTIONS | REWARDS

### FAITH

### FRIENDS

### FUN



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

DAILY GRATITUDE JOURNAL: ONE GOOD THING, ONE BAD THING, AND THE GRATITUDE I FOUND IN THE BAD

JULY 17	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 18	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 19	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 20	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 21	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 22	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 23	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 24	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 25	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 26	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 27	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 28	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 29	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 30	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	
JULY 31	GOOD THING:	
	BAD THING:	
	GRATITUDE IN BAD:	

<b>FAITH</b> I'm grateful, humble, and fully connected. DREAM	<b>FRIENDS</b> I'm blessed with powerful, healthy relationships. DREAM	<b>FUN</b> I'm pursuing the joys of life. DREAM
WHAT: _____	WHAT: _____	WHAT: _____
WHY: _____	WHY: _____	WHY: _____
ONE-YEAR GOAL ( MM / DD / YY )	ONE-YEAR GOAL ( MM / DD / YY )	ONE-YEAR GOAL ( MM / DD / YY )
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ONE-MONTH GOALS (COMPLETE BY WEDNESDAY, JULY 31, 2024)		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NOTES   REFLECTIONS   REWARDS		



JULY 2024							AUGUST 2024						
U	M	T	W	R	F	S	U	M	T	W	R	F	S
1	2	3	4	5	6					1	2	3	
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	31

<b>FAITH</b> Your gratitude, humility, and an understanding of your greater purpose	<b>FRIENDS</b> Everything social	<b>FUN</b> Your passions in life	<b>NOTES</b>
WEEK 1 GOALS AND ACTION STEPS (COMPLETE BETWEEN MONDAY, JULY 1, AND SUNDAY, JULY 7)			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
1. _____	1. _____	1. _____	
2. _____	2. _____	2. _____	
3. _____	3. _____	3. _____	
NOTES   REFLECTIONS   REWARDS			
WEEK 2 GOALS AND ACTION STEPS (COMPLETE BETWEEN MONDAY, JULY 8, AND SUNDAY, JULY 14)			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
1. _____	1. _____	1. _____	
2. _____	2. _____	2. _____	
3. _____	3. _____	3. _____	
NOTES   REFLECTIONS   REWARDS			
WEEK 3 GOALS AND ACTION STEPS (COMPLETE BETWEEN MONDAY, JULY 15, AND SUNDAY, JULY 21)			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
1. _____	1. _____	1. _____	
2. _____	2. _____	2. _____	
3. _____	3. _____	3. _____	
NOTES   REFLECTIONS   REWARDS			
WEEK 4 GOALS AND ACTION STEPS (COMPLETE BETWEEN MONDAY, JULY 22, AND SUNDAY, JULY 28)			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
1. _____	1. _____	1. _____	
2. _____	2. _____	2. _____	
3. _____	3. _____	3. _____	
NOTES   REFLECTIONS   REWARDS			
WEEK 5 GOALS AND ACTION STEPS (COMPLETE BETWEEN MONDAY, JULY 29, AND SUNDAY, AUGUST 4)			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
1. _____	1. _____	1. _____	
2. _____	2. _____	2. _____	
3. _____	3. _____	3. _____	
NOTES   REFLECTIONS   REWARDS			

<b>FAITH</b>	<b>FRIENDS</b>	<b>FUN</b>