
2026

F E B R U A R Y

Alignment Begins With Intention.

This planner serves as a space to pause, reflect, and thoughtfully design the life you aspire to lead.

You don't need to have everything sorted out. Perfection is not a requirement. All you need is the willingness to start.

Within these pages you will discover prompts designed to:

Reconnect with your true self
Clarify your values
Take small, meaningful steps forward

The future is in your hands—build it with intention.

JOURNEY MAP

1 February
Overview

3 Align Your Energy

5 The Rebrand

7 Your Manifesto

8 Define Your
Vision

10 Develop Your
Goals

12 Aligned Action -
Weekly Planning



02.

FEBRUARY 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
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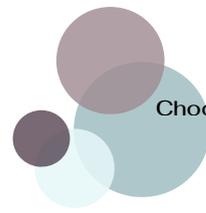
NOTES:

Alignment

The quiet work of choosing yourself again and again

This page invites you to reflect on what you want more of, and what no longer fits so 2026 can be shaped with intention rather than pressure.

There is no right pace. No perfect plan. Just alignment.



2026 Alignment

Choose what fits. Release what doesn't

Reflection

What am I most proud of from last year?

What challenged me the most, and what did it teach me?

What moments brought me the most joy or peace?

What habits, patterns, or relationships do I want to leave behind in 2025?

What am I grateful for right now?

Self Awareness

How do I want to feel this year?
Emotionally /

What does 'balance' look like for me in 2026?

What areas of my life feel out of alignment, and what needs to change?

What beliefs about myself do I need to rewrite to move forward?

Who do I become when I am my best?

Vision & Goals

What are the top 3 habits I would like to build in 2026?

What three major goals will define my year?

What skills would I like to grow in 2026?

What projects or dreams have I been postponing that deserve my attention?

What would make this year feel successful, regardless of outcomes?

Mindset & Intention

What word or phrase will guide me through 2026?

How will I celebrate small wins along the way?

What personal strengths do I want to expand or refine in 2026?

How can I bring more joy, creativity, or play into my everyday life?

If I were fully confident and unafraid, what bold steps would I make this month?

The Monthly Rebrand

This is a conscious reset. Not to reinvent yourself, but to realign with who you are becoming.

Each month, you're invited to review what's shaping your life, release what feels misaligned, and intentionally choose how you want to move forward – with clarity, purpose, and direction.

Visioning the Rebrand

If this were a rebrand, what would the new tagline for my life be?

What stays? What goes?

How do I want this next season to feel?

What is one decision that would honour the new version of me?

Identity & Self-Concept

Who am I becoming in this next chapter?

What parts of my old identity no longer fit?

If I were meeting myself for the first time, how would I describe me?

What do I want to be known for?

Name an inspirational figure you admire and want to learn from.

Vision & Goals

What matters to me now (not five years ago)?

Where am I living out of alignment with my values?

What would my life look like if it felt more aligned?

Pause. Realign. Step Forward Differently.

The Manifesto

February invites a fresh reset – a moment to pause, realign, and decide what truly matters now. Use this manifesto to set intentions from a place of self-awareness rather than pressure. Write honestly, choose gently, and allow your vision to evolve as you move through the month.

My February Manifesto
"Set the tone. Define the month. Lead yourself forward."

I will not settle for less than:

I am ready to reclaim power I gave away by:

I am worthy of:

I will live boldly by:

I am done tolerating:

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What relationships inspire me the most:

The unapologetic me will embrace these parts of me:

I promise to honor my integrity by:

I forgive myself for:

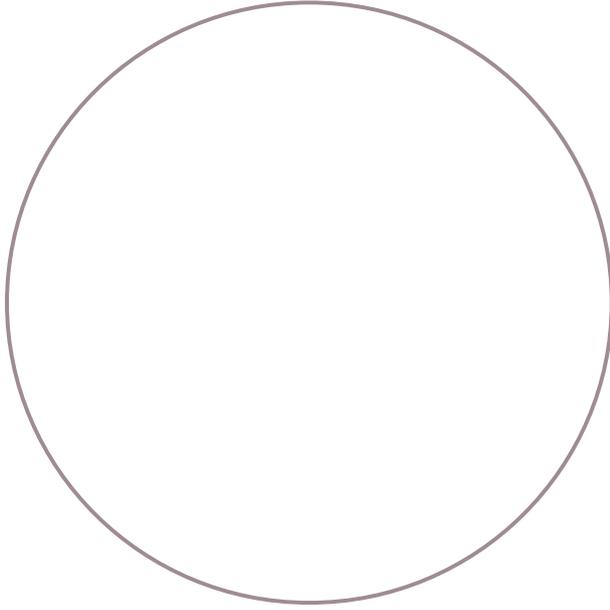
Vision Board

“A vision board isn’t about wishing – it’s about remembering what you’re building when the world gets noisy.”

Vision Board

Draw, Paste, or Write What You Are Manifesting

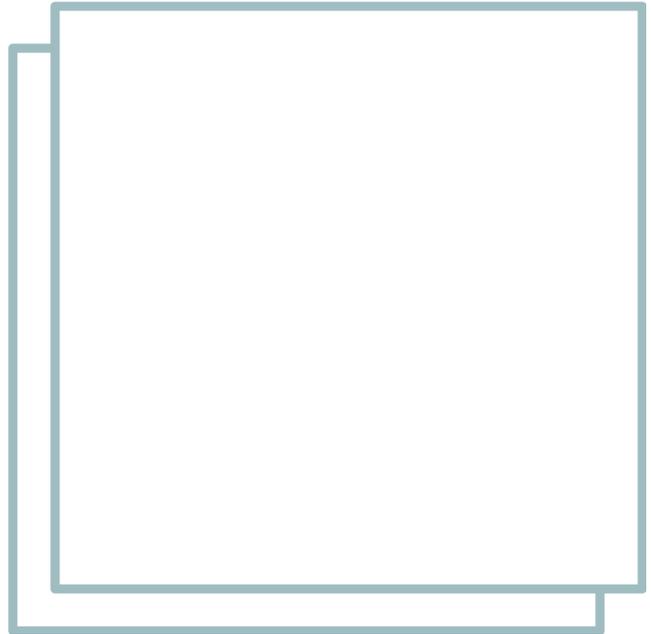
Dream Big



Personal



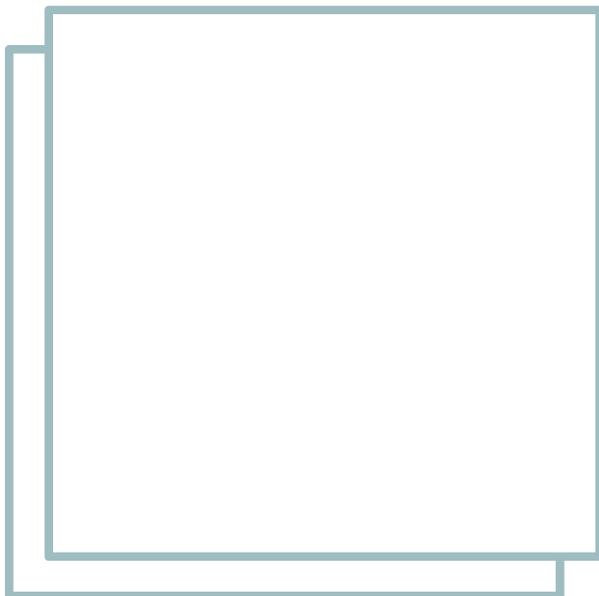
Alignment



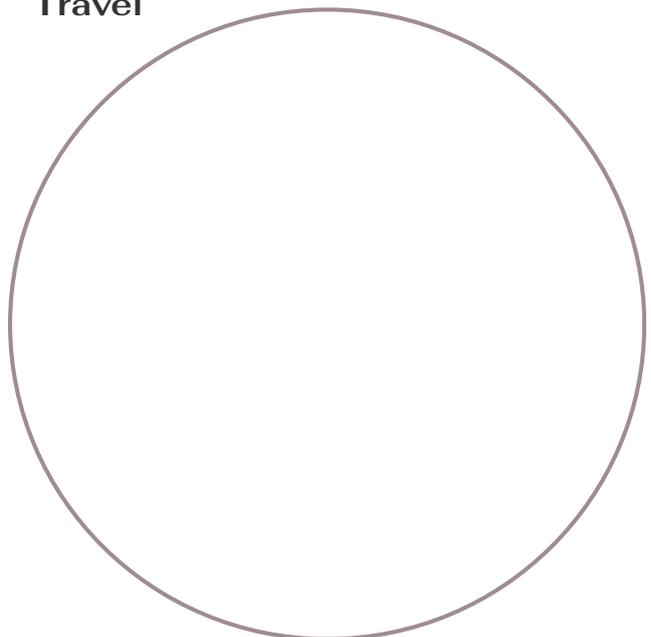
Health



Success



Travel



Week 1

"Alignment is not a destination you reach, but a rhythm you choose to live by every single day."



Weekly Intentions

I set my intention and let the week unfold with purpose.

Week One / — / /

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| Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturday | <p>Mood / Energy level</p> <table border="1"> <tr><td>☹</td><td>☹</td><td>☹</td><td>☹</td><td>☹</td><td>☹</td><td>☹</td></tr> <tr><td>☹</td><td>☹</td><td>☹</td><td>☹</td><td>☹</td><td>☹</td><td>☹</td></tr> <tr><td>☹</td><td>☹</td><td>☹</td><td>☹</td><td>☹</td><td>☹</td><td>☹</td></tr> <tr><td>☺</td><td>☺</td><td>☺</td><td>☺</td><td>☺</td><td>☺</td><td>☺</td></tr> <tr><td>☺</td><td>☺</td><td>☺</td><td>☺</td><td>☺</td><td>☺</td><td>☺</td></tr> <tr><td>☺</td><td>☺</td><td>☺</td><td>☺</td><td>☺</td><td>☺</td><td>☺</td></tr> <tr><td>☺</td><td>☺</td><td>☺</td><td>☺</td><td>☺</td><td>☺</td><td>☺</td></tr> </table> | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☹ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ |
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Sunday 1st of February 2026

"Sometimes starting over is the bravest step toward re-building."

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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

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Top 5 To Do

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Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

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Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

Rise & Shine

Mid Morning

Lunch

Afternoon Snack

Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

Monday 2nd of February 2026

"Success is creating a life that feels aligned, not just impressive"

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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

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Top 5 To Do

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Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

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Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

- _____
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Tuesday 3rd of February 2026

"Progress doesn't have to be big to matter."

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Eat The Frog

Things you don't want to do but have to:

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| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

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Top 5 To Do

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Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

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Intentions Today

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Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

Rise & Shine

Mid Morning

Lunch

Afternoon Snack

Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

Wednesday 4th of February 2026

"Change your mindset, and change your life."

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Eat The Frog

Things you don't want to do but have to:

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| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

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Top 5 To Do

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Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

☹️ _____

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End of Day Check-in

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I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

Rise & Shine

Mid Morning

Lunch

Afternoon Snack

Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

Thursday 5th of February 2026

"Sometime the best therapy is a walk with a friend."

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| <input type="checkbox"/> | 1:00 pm | _____ |
| <input type="checkbox"/> | 1:30 pm | _____ |
| <input type="checkbox"/> | 2:00 pm | _____ |
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| <input type="checkbox"/> | 3:00 pm | _____ |
| <input type="checkbox"/> | 3:30 pm | _____ |
| <input type="checkbox"/> | 4:00 pm | _____ |
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| <input type="checkbox"/> | 8:00 pm | _____ |
| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

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Top 5 To Do

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| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two black speech bubble icons at the top left, connected by a horizontal line that curves down at the right end. A second horizontal line below it is connected to two black speech bubble icons at the right end.

Intentions Today

Today I choose to show up as:

Seven horizontal lines for writing.

Personal Communications

Seven horizontal lines for writing.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Seven horizontal lines for writing.

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Friday 6th of February 2026

"Sometimes starting over is the bravest step toward rebuilding."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
| <input type="checkbox"/> | 6:00 am | _____ |
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| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

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|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

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Top 5 To Do

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|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two black speech bubble icons at the top left. A horizontal line extends from the right side of the top bubble, curving down at the end. A second horizontal line extends from the left side of the bottom bubble, curving down at the end. Two black speech bubble icons at the bottom right.

Intentions Today

Today I choose to show up as:

Seven horizontal lines for writing.

Personal Communications

Seven horizontal lines for writing.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Seven horizontal lines for writing.

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Saturday 7th of February 2026

"Happiness isn't a place - it's a choice."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
| <input type="checkbox"/> | 6:00 am | _____ |
| <input type="checkbox"/> | 6:30 am | _____ |
| <input type="checkbox"/> | 7:00 am | _____ |
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| <input type="checkbox"/> | 9:00 am | _____ |
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Eat The Frog

Things you don't want to do but have to:

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|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

| |
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| _____ |
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Top 5 To Do

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two speech bubble icons at the top left, connected by a horizontal line that curves down at the right end. A second horizontal line below it is connected to two speech bubble icons at the right end, curving down at the left end.

Intentions Today

Today I choose to show up as:

Five horizontal lines for writing.

Personal Communications

Five horizontal lines for writing.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Five horizontal lines for writing.

Stuff To Get Done

- _____
- _____
- _____
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- _____

Sunday 8th of February 2026

"Little habits can lead to powerful changes."

| | |
|--------------------------|----------|
| <input type="checkbox"/> | 5:00 am |
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Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|--|
| <input type="checkbox"/> | |

Critical Communications

Phone / Text / Email

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Top 5 To Do

| | |
|--------------------------|--|
| <input type="checkbox"/> | |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

☹️ _____

_____ ☹️

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

Rise & Shine

Mid Morning

Lunch

Afternoon Snack

Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

Week 2

"You don't have to see the whole staircase; you just have to take the first intentional step."

Weekly Money Alignment

“Budgeting tells your money where to go instead of wondering where it went.”

February 2026 Week Two

| | | |
|----------------------------|----------|----|
| Income & Inflow | | \$ |
| _____ | | |
| _____ | | |
| _____ | | |
| _____ | | |
| Total | __/__/__ | \$ |

| | | |
|----------------|----------|----|
| Savings | | \$ |
| Savings | _____ | |
| Investments | _____ | |
| Emergency Fund | _____ | |
| _____ | | |
| Total | __/__/__ | \$ |

| | | |
|-----------------------|----------|----|
| Debt Repayment | | \$ |
| Loan One | _____ | |
| Loan Two | _____ | |
| Credit Card One | _____ | |
| Credit Card Two | _____ | |
| _____ | | |
| Total | __/__/__ | \$ |

| | | |
|-----------------------|----------|----|
| Budget Summary | | \$ |
| Total Income | _____ | |
| Total Savings | _____ | |
| Total | _____ | |
| Total Expenses | _____ | |
| Total Debt Repayment | _____ | |
| Total | __/__/__ | \$ |

Expenses

| | | | |
|-----------------------|-----------------|----------|----|
| <input type="radio"/> | Rent / Mortgage | __/__/__ | \$ |
| <input type="radio"/> | Electricity | __/__/__ | \$ |
| <input type="radio"/> | Internet | __/__/__ | \$ |
| <input type="radio"/> | Other Utilities | __/__/__ | \$ |
| <input type="radio"/> | Life Insurance | __/__/__ | \$ |
| <input type="radio"/> | Mobile Phone | __/__/__ | \$ |
| <input type="radio"/> | Gas | __/__/__ | \$ |
| <input type="radio"/> | Car Insurance | __/__/__ | \$ |
| <input type="radio"/> | Subscriptions | __/__/__ | \$ |
| <input type="radio"/> | Dining Out | __/__/__ | \$ |
| <input type="radio"/> | Entertainment | __/__/__ | \$ |
| <input type="radio"/> | Gifts | __/__/__ | \$ |
| <input type="radio"/> | | __/__/__ | \$ |
| <input type="radio"/> | | __/__/__ | \$ |
| <input type="radio"/> | | __/__/__ | \$ |
| <input type="radio"/> | | __/__/__ | \$ |
| <input type="radio"/> | Total | __/__/__ | \$ |



Weekly Intentions

I set my intention and let the week unfold with purpose.

Week Two / — / /

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Monday | <p>This Week's Tag Line</p> <hr/> <hr/> <hr/> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tuesday | <p>Habits</p> <table border="1"> <tr><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td></tr> </table> | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | |
| ● | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ● | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ● | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Wednesday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Thursday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturday | <p>Mood / Energy level</p> <table border="1"> <tr><td>☹️</td><td>☹️</td><td>☹️</td><td>☹️</td><td>☹️</td><td>☹️</td><td>☹️</td></tr> <tr><td>😞</td><td>😞</td><td>😞</td><td>😞</td><td>😞</td><td>😞</td><td>😞</td></tr> <tr><td>😐</td><td>😐</td><td>😐</td><td>😐</td><td>😐</td><td>😐</td><td>😐</td></tr> <tr><td>🙂</td><td>🙂</td><td>🙂</td><td>🙂</td><td>🙂</td><td>🙂</td><td>🙂</td></tr> <tr><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td></tr> <tr><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td></tr> <tr><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td></tr> <tr><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td></tr> <tr><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td></tr> <tr><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td></tr> </table> | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | 😞 | 😞 | 😞 | 😞 | 😞 | 😞 | 😞 | 😐 | 😐 | 😐 | 😐 | 😐 | 😐 | 😐 | 🙂 | 🙂 | 🙂 | 🙂 | 🙂 | 🙂 | 🙂 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 |
| ☹️ | | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 😞 | | 😞 | 😞 | 😞 | 😞 | 😞 | 😞 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 😐 | 😐 | 😐 | 😐 | 😐 | 😐 | 😐 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Sunday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Monday 9th of February 2026

"Sometimes, you have to go through it to get past it."

| | |
|--------------------------|----------|
| <input type="checkbox"/> | 5:00 am |
| <input type="checkbox"/> | 5:30 am |
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| <input type="checkbox"/> | 12:00 pm |
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| <input type="checkbox"/> | 8:00 pm |
| <input type="checkbox"/> | 8:30 pm |
| <input type="checkbox"/> | 9:00 pm |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|--|
| <input type="checkbox"/> | |

Critical Communications

Phone / Text / Email

| |
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Top 5 To Do

| | |
|--------------------------|--|
| <input type="checkbox"/> | |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two speech bubble icons at the top left, connected by a horizontal line that curves down at the right end. A second horizontal line below it is connected to two speech bubble icons at the right end, curving up at the left end.

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Tuesday 10th of February 2026

"Your path doesn't need to look like anyone else's to be valid."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
| <input type="checkbox"/> | 6:00 am | _____ |
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| <input type="checkbox"/> | 7:00 am | _____ |
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| <input type="checkbox"/> | 9:00 am | _____ |
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| <input type="checkbox"/> | 12:00 pm | _____ |
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| <input type="checkbox"/> | 8:00 pm | _____ |
| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

| |
|-------|
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |

Top 5 To Do

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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| _____ |
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Write Your Daily Horoscope

Two black speech bubble icons at the top left. A horizontal line extends from the right side of the top speech bubble to the right edge of the page. A horizontal line extends from the left side of the bottom speech bubble to the left edge of the page.

Intentions Today

Today I choose to show up as:

Seven horizontal lines for writing intentions.

Personal Communications

Seven horizontal lines for writing personal communications.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Seven horizontal lines for writing a grocery list.

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Wednesday 11th of February 2026

"Don't let the past take time away from the life ahead."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
| <input type="checkbox"/> | 6:00 am | _____ |
| <input type="checkbox"/> | 6:30 am | _____ |
| <input type="checkbox"/> | 7:00 am | _____ |
| <input type="checkbox"/> | 7:30 am | _____ |
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| <input type="checkbox"/> | 9:00 am | _____ |
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| <input type="checkbox"/> | 10:00 am | _____ |
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| <input type="checkbox"/> | 12:00 pm | _____ |
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| <input type="checkbox"/> | 7:30 pm | _____ |
| <input type="checkbox"/> | 8:00 pm | _____ |
| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

| |
|-------|
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |

Top 5 To Do

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two black speech bubble icons at the top left. A horizontal line extends from the right side of the top speech bubble to the right edge of the page. A horizontal line extends from the left side of the bottom speech bubble to the left edge of the page.

Intentions Today

Today I choose to show up as:

Seven horizontal lines for writing.

Personal Communications

Seven horizontal lines for writing.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Seven horizontal lines for writing.

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Thursday 12th of February 2026

"Strength you don't see is already within you."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
| <input type="checkbox"/> | 6:00 am | _____ |
| <input type="checkbox"/> | 6:30 am | _____ |
| <input type="checkbox"/> | 7:00 am | _____ |
| <input type="checkbox"/> | 7:30 am | _____ |
| <input type="checkbox"/> | 8:00 am | _____ |
| <input type="checkbox"/> | 8:30 am | _____ |
| <input type="checkbox"/> | 9:00 am | _____ |
| <input type="checkbox"/> | 9:30 am | _____ |
| <input type="checkbox"/> | 10:00 am | _____ |
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| <input type="checkbox"/> | 12:00 pm | _____ |
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| <input type="checkbox"/> | 7:00 pm | _____ |
| <input type="checkbox"/> | 7:30 pm | _____ |
| <input type="checkbox"/> | 8:00 pm | _____ |
| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

| |
|-------|
| _____ |
| _____ |
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| _____ |

Top 5 To Do

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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| _____ |
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Write Your Daily Horoscope

Two black speech bubble icons at the top left. A horizontal line extends from the right side of the top bubble, curving down at the end. A second horizontal line extends from the left side of the bottom bubble, curving down at the end. Two black speech bubble icons at the bottom right.

Intentions Today

Today I choose to show up as:

Seven horizontal lines for writing.

Personal Communications

Seven horizontal lines for writing.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

Five light blue rounded rectangular boxes, each preceded by a light blue circle. The text inside the boxes is: Rise & Shine, Mid Morning, Lunch, Afternoon Snack, Dinner.

Calories:

Water:

Grocery List

Seven horizontal lines for writing.

Stuff To Get Done

Five light blue rounded rectangular boxes, each preceded by a light blue circle.

Friday 13th of February 2026

"Alignment is not a one-time fix, but the daily ritual of returning to yourself."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
| <input type="checkbox"/> | 6:00 am | _____ |
| <input type="checkbox"/> | 6:30 am | _____ |
| <input type="checkbox"/> | 7:00 am | _____ |
| <input type="checkbox"/> | 7:30 am | _____ |
| <input type="checkbox"/> | 8:00 am | _____ |
| <input type="checkbox"/> | 8:30 am | _____ |
| <input type="checkbox"/> | 9:00 am | _____ |
| <input type="checkbox"/> | 9:30 am | _____ |
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| <input type="checkbox"/> | 7:30 pm | _____ |
| <input type="checkbox"/> | 8:00 pm | _____ |
| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

| |
|-------|
| _____ |
| _____ |
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Top 5 To Do

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two speech bubble icons at the top left, connected by a horizontal line that curves down at the right end. A second horizontal line below it is connected to two speech bubble icons at the right end, curving down at the left end.

Intentions Today

Today I choose to show up as:

Seven horizontal lines for writing.

Personal Communications

Seven horizontal lines for writing.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Seven horizontal lines for writing.

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Saturday 14th of February 2026

"Small, meaningful steps are the bridge between your values and your reality."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
| <input type="checkbox"/> | 6:00 am | _____ |
| <input type="checkbox"/> | 6:30 am | _____ |
| <input type="checkbox"/> | 7:00 am | _____ |
| <input type="checkbox"/> | 7:30 am | _____ |
| <input type="checkbox"/> | 8:00 am | _____ |
| <input type="checkbox"/> | 8:30 am | _____ |
| <input type="checkbox"/> | 9:00 am | _____ |
| <input type="checkbox"/> | 9:30 am | _____ |
| <input type="checkbox"/> | 10:00 am | _____ |
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| <input type="checkbox"/> | 11:00 am | _____ |
| <input type="checkbox"/> | 11:30 am | _____ |
| <input type="checkbox"/> | 12:00 pm | _____ |
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| <input type="checkbox"/> | 7:30 pm | _____ |
| <input type="checkbox"/> | 8:00 pm | _____ |
| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

| |
|-------|
| _____ |
| _____ |
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| _____ |

Top 5 To Do

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two speech bubble icons at the top left, connected by a horizontal line that curves down at the right end. A second horizontal line below it is connected to two speech bubble icons at the right end, curving down at the left end.

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Sunday 15th of February 2026

"Clarity comes with time - give yourself grace"

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
| <input type="checkbox"/> | 6:00 am | _____ |
| <input type="checkbox"/> | 6:30 am | _____ |
| <input type="checkbox"/> | 7:00 am | _____ |
| <input type="checkbox"/> | 7:30 am | _____ |
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| <input type="checkbox"/> | 9:00 am | _____ |
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| <input type="checkbox"/> | 8:00 pm | _____ |
| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

| |
|-------|
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |

Top 5 To Do

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two black speech bubble icons at the top left, connected by a horizontal line that curves down at the right end. A second horizontal line below it is connected to two black speech bubble icons at the right end, curving down at the left end.

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Week 3

"Intentional living is the art of making sure your 'now' matches your 'next!'."

Weekly Money Alignment

"Budgeting tells your money where to go instead of wondering where it went."

February 2026 Week Three

| | |
|----------------------------|----------------|
| Income & Inflow | \$ |
| _____ | |
| _____ | |
| _____ | |
| _____ | |
| Total | ___/___/___ \$ |

| | |
|----------------|----------------|
| Savings | \$ |
| Savings | _____ |
| Investments | _____ |
| Emergency Fund | _____ |
| _____ | |
| Total | ___/___/___ \$ |

| | |
|-----------------------|----------------|
| Debt Repayment | \$ |
| Loan One | _____ |
| Loan Two | _____ |
| Credit Card One | _____ |
| Credit Card Two | _____ |
| _____ | |
| Total | ___/___/___ \$ |

| | |
|-----------------------|----------------|
| Budget Summary | \$ |
| Total Income | _____ |
| Total Savings | _____ |
| Total | _____ |
| Total Expenses | _____ |
| Total Debt Repayment | _____ |
| Total | ___/___/___ \$ |

Expenses

| | | | |
|-----------------------|-----------------|-------------|----|
| <input type="radio"/> | Rent / Mortgage | ___/___/___ | \$ |
| <input type="radio"/> | Electricity | ___/___/___ | \$ |
| <input type="radio"/> | Internet | ___/___/___ | \$ |
| <input type="radio"/> | Other Utilities | ___/___/___ | \$ |
| <input type="radio"/> | Life Insurance | ___/___/___ | \$ |
| <input type="radio"/> | Mobile Phone | ___/___/___ | \$ |
| <input type="radio"/> | Gas | ___/___/___ | \$ |
| <input type="radio"/> | Car Insurance | ___/___/___ | \$ |
| <input type="radio"/> | Subscriptions | ___/___/___ | \$ |
| <input type="radio"/> | Dining Out | ___/___/___ | \$ |
| <input type="radio"/> | Entertainment | ___/___/___ | \$ |
| <input type="radio"/> | Gifts | ___/___/___ | \$ |
| <input type="radio"/> | | ___/___/___ | \$ |
| <input type="radio"/> | | ___/___/___ | \$ |
| <input type="radio"/> | | ___/___/___ | \$ |
| <input type="radio"/> | | ___/___/___ | \$ |
| <input type="radio"/> | Total | ___/___/___ | \$ |



Weekly Intentions

I set my intention and let the week unfold with purpose.

Week Three / — / /

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Monday | <p>This Week's Tag Line</p> <hr/> <hr/> <hr/> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tuesday | <p>Habits</p> <table border="1"> <tr><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td></tr> </table> | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | |
| ● | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ● | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ● | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ● | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ● | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ● | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ● | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ● | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| ● | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wednesday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Thursday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturday | <p>Mood / Energy level</p> <table border="1"> <tr><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td></tr> </table> | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 |
| 😊 | | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sunday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Monday 16th of February 2026

"Don't let fear hold you back from brilliance."

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|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
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| <input type="checkbox"/> | 8:00 pm | _____ |
| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

| |
|-------|
| _____ |
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Top 5 To Do

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two speech bubble icons at the top left, with a line extending to the right and curving down. A second line extends from the left and ends in two speech bubble icons at the bottom right.

Intentions Today

Today I choose to show up as:

Seven horizontal lines for writing.

Personal Communications

Seven horizontal lines for writing.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Seven horizontal lines for writing.

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Tuesday 17th of February 2026

"Your vibe attracts your tribe."

| | |
|--------------------------|----------|
| <input type="checkbox"/> | 5:00 am |
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| <input type="checkbox"/> | 8:00 pm |
| <input type="checkbox"/> | 8:30 pm |
| <input type="checkbox"/> | 9:00 pm |

Eat The Frog

Things you don't want to do but have to:

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|--------------------------|--|
| <input type="checkbox"/> | |

Critical Communications

Phone / Text / Email

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Top 5 To Do

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|--------------------------|--|
| <input type="checkbox"/> | |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

☹️ _____

_____ ☹️

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

Rise & Shine

Mid Morning

Lunch

Afternoon Snack

Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

Wednesday 18th of February 2026

"If you are ever in doubt, let kindness lead."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
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| <input type="checkbox"/> | 7:00 am | _____ |
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| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

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Top 5 To Do

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|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two speech bubble icons at the top left, with a line extending to the right and curving down. A second line extends from the left and ends in two speech bubble icons at the bottom right.

Intentions Today

Today I choose to show up as:

Seven horizontal lines for writing.

Personal Communications

Seven horizontal lines for writing.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Seven horizontal lines for writing.

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Thursday 19th of February 2026

"Perfection is not a requirement for alignment; all you need is the willingness to start."

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| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
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| <input type="checkbox"/> | 8:00 pm | _____ |
| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

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Top 5 To Do

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|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

☹️ _____

_____ ☹️

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

Rise & Shine

Mid Morning

Lunch

Afternoon Snack

Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

Friday 20th of February 2026

"Alignment is the quiet power of your 'yes' matching your 'why!'"

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
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| <input type="checkbox"/> | 8:00 pm | _____ |
| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

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Top 5 To Do

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|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

☹️ _____

_____ ☹️

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

Rise & Shine

Mid Morning

Lunch

Afternoon Snack

Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

Saturday 21th of February 2026

"Progress matters more than perfection."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
| <input type="checkbox"/> | 6:00 am | _____ |
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| <input type="checkbox"/> | 7:00 am | _____ |
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| <input type="checkbox"/> | 5:00 pm | _____ |
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| <input type="checkbox"/> | 7:00 pm | _____ |
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| <input type="checkbox"/> | 8:00 pm | _____ |
| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

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Top 5 To Do

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| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two black speech bubble icons at the top left. A horizontal line extends from the right side of the top bubble, curving down at the end. A second horizontal line extends from the left side of the bottom bubble, curving down at the end. Two black speech bubble icons at the bottom right.

Intentions Today

Today I choose to show up as:

Seven horizontal lines for writing.

Personal Communications

Seven horizontal lines for writing.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Seven horizontal lines for writing.

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Gratitude / Manifestation

"Gratitude grounds. Intention directs."

What are you grateful for today?

What are you manifesting today?

Sunday 22nd of February 2026

"Every small win moves you closer to success."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
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Eat The Frog

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Phone / Text / Email

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Top 5 To Do

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Brain Dump

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Write Your Daily Horoscope

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On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Seven horizontal lines for writing.

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Week 4

"This week is a conscious reset—not to change who you are, but to realign with who you are becoming."

Weekly Money Alignment

"Budgeting tells your money where to go instead of wondering where it went."

February 2026 Week Four

| | | |
|----------------------------|----------|----|
| Income & Inflow | | \$ |
| | | |
| | | |
| | | |
| | | |
| Total | __/__/__ | \$ |

| | | |
|----------------|----------|----|
| Savings | | \$ |
| Savings | | |
| Investments | | |
| Emergency Fund | | |
| | | |
| Total | __/__/__ | \$ |

| | | |
|-----------------------|----------|----|
| Debt Repayment | | \$ |
| Loan One | | |
| Loan Two | | |
| Credit Card One | | |
| Credit Card Two | | |
| | | |
| Total | __/__/__ | \$ |

| | | |
|-----------------------|----------|----|
| Budget Summary | | \$ |
| Total Income | | |
| Total Savings | | |
| Total | | |
| Total Expenses | | |
| Total Debt Repayment | | |
| Total | __/__/__ | \$ |

Expenses

| | | | |
|-----------------------|-----------------|----------|----|
| <input type="radio"/> | Rent / Mortgage | __/__/__ | \$ |
| <input type="radio"/> | Electricity | __/__/__ | \$ |
| <input type="radio"/> | Internet | __/__/__ | \$ |
| <input type="radio"/> | Other Utilities | __/__/__ | \$ |
| <input type="radio"/> | Life Insurance | __/__/__ | \$ |
| <input type="radio"/> | Mobile Phone | __/__/__ | \$ |
| <input type="radio"/> | Gas | __/__/__ | \$ |
| <input type="radio"/> | Car Insurance | __/__/__ | \$ |
| <input type="radio"/> | Subscriptions | __/__/__ | \$ |
| <input type="radio"/> | Dining Out | __/__/__ | \$ |
| <input type="radio"/> | Entertainment | __/__/__ | \$ |
| <input type="radio"/> | Gifts | __/__/__ | \$ |
| <input type="radio"/> | | __/__/__ | \$ |
| <input type="radio"/> | | __/__/__ | \$ |
| <input type="radio"/> | | __/__/__ | \$ |
| <input type="radio"/> | Total | __/__/__ | \$ |



Weekly Intentions

I set my intention and let the week unfold with purpose.

Week Four / — / /

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Monday | <p>This Week's Tag Line</p> <hr/> <hr/> <hr/> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tuesday | <p>Habits</p> <table border="1"> <tr><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td></tr> </table> | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | |
| ● | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ● | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ● | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| ● | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wednesday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Thursday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturday | <p>Mood / Energy level</p> <table border="1"> <tr><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td></tr> </table> | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 |
| 😊 | | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | 😊 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Sunday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Monday 23rd of February 2026

"You are allowed to evolve beyond who you were yesterday."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
| <input type="checkbox"/> | 6:00 am | _____ |
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| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

| |
|-------|
| _____ |
| _____ |
| _____ |
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| _____ |

Top 5 To Do

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two speech bubble icons at the top left, connected by a horizontal line that curves down at the right end. A second horizontal line below it is connected to two speech bubble icons at the right end, curving up at the left end.

Intentions Today

Today I choose to show up as:

Seven horizontal lines for writing.

Personal Communications

Seven horizontal lines for writing.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Seven horizontal lines for writing.

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Tuesday 24th of February 2026

"Focus on the flow, not the force."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
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| <input type="checkbox"/> | 6:00 am | _____ |
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Eat The Frog

Things you don't want to do but have to:

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| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

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Top 5 To Do

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|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

☹️ _____

_____ ☹️

Intentions Today

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Personal Communications

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End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

Rise & Shine

Mid Morning

Lunch

Afternoon Snack

Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

Wednesday 25th of February 2026

"Momentum is built one honest step at a time."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
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| <input type="checkbox"/> | 6:30 am | _____ |
| <input type="checkbox"/> | 7:00 am | _____ |
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Eat The Frog

Things you don't want to do but have to:

| | |
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| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

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Top 5 To Do

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|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Thursday 26th of February 2026

"Write it down. Feel it real. Move toward it."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
| <input type="checkbox"/> | 5:30 am | _____ |
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| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

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| _____ |
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Top 5 To Do

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Friday 27th of February 2026

"Change becomes powerful when it becomes daily."

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| <input type="checkbox"/> | 5:00 am | _____ |
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| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

| |
|-------|
| _____ |
| _____ |
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Top 5 To Do

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two speech bubble icons at the top left, connected by a horizontal line that curves down at the right end. A second horizontal line below it is connected to two speech bubble icons at the right end, curving down at the left end.

Intentions Today

Today I choose to show up as:

Seven horizontal lines for writing.

Personal Communications

Seven horizontal lines for writing.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Seven horizontal lines for writing.

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Saturday 28th of February 2026

"Your future is built in the quiet choices no one sees."

| | | |
|--------------------------|----------|-------|
| <input type="checkbox"/> | 5:00 am | _____ |
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| <input type="checkbox"/> | 8:30 pm | _____ |
| <input type="checkbox"/> | 9:00 pm | _____ |

Eat The Frog

Things you don't want to do but have to:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Critical Communications

Phone / Text / Email

| |
|-------|
| _____ |
| _____ |
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| _____ |

Top 5 To Do

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |

Brain Dump

What you need to move to tomorrow:

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Write Your Daily Horoscope

Two black speech bubble icons at the top left. A horizontal line extends from the right side of the top speech bubble to the right edge of the page. A second horizontal line extends from the left edge of the page to the right side of the bottom speech bubble.

Intentions Today

Today I choose to show up as:

Seven horizontal lines for writing.

Personal Communications

Seven horizontal lines for writing.

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

- Rise & Shine
- Mid Morning
- Lunch
- Afternoon Snack
- Dinner

Calories:

Water:

Grocery List

Seven horizontal lines for writing.

Stuff To Get Done

- _____
- _____
- _____
- _____
- _____

Monthly Reflection & Reset

Growth happens when we stop long enough to notice it. These end-of-month questions invite you to celebrate progress, learn from challenges, and gently realign your direction. Use this space to reflect honestly, release what no longer fits, and move forward with clarity and purpose.

Monthly Reflection & Realignment

“Pause. Acknowledge. Begin again.”



End of Month Check In

I was really proud of how I handled this situation?

What felt most aligned for me this month – and why?

What am I most proud of, even if it felt small at the time?

Where did I experience growth, change, or a shift in perspective?

What drained my energy – and what does that teach me going forward?

What supported my wellbeing and helped me feel grounded?

What patterns or habits showed up that I want to keep or release?

What did I learn about myself this month?

What intention do I want to carry forward into the next month?

End of Month Statement

