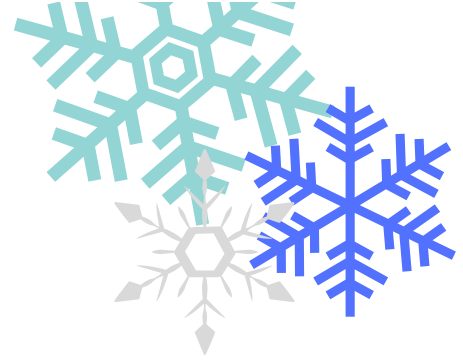


February

FIRST QUARTER



FEBRUARY FOCUS

GOALS

- 1.

- 2.

OBJECTIVES

- 1.
- 2.

- 1.
- 2.

TASKS

- 1.
- 2.
- 3.

- 1.
- 2.
- 3.

Friday, February 1

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
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1:30 PM
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2:30 PM
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3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Weekly *Review*

Big Wins

1. _____
2. _____
3. _____
4. _____
5. _____

Challenges

1. _____
2. _____
3. _____

Solutions

- 1.a _____
b _____
- 2.a _____
b _____
- 3.a _____
b _____

Saturday, February 2

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
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2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, February 3

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
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12:30 PM
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4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Monday, February 4

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
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3:00 PM
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4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Tuesday, February 5

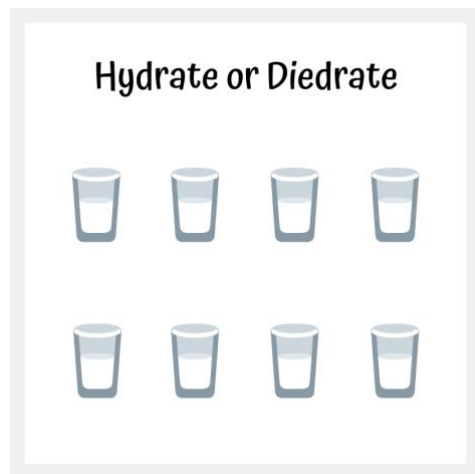
My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
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2:00 PM
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4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Wednesday, February 6

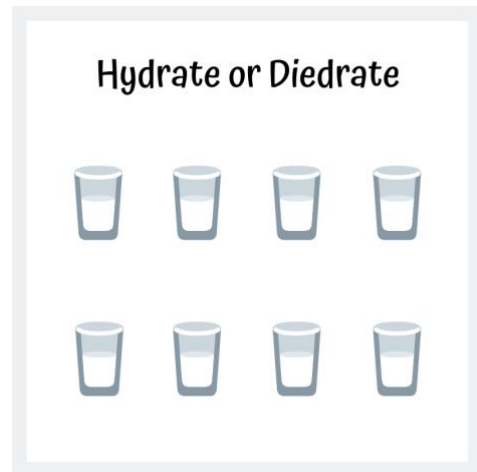
My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
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4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Thursday, February 7

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
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4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Friday, February 8

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
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4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Weekly *Review*

Big Wins

1. _____
2. _____
3. _____
4. _____
5. _____

Challenges

1. _____
2. _____
3. _____

Solutions

- 1.a _____
b _____
- 2.a _____
b _____
- 3.a _____
b _____

Saturday, February 9

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
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4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, February 10

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
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4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Weekly *Plan*

Big Exciting Goals for this Week

Action Steps toward Goal

1. _____

1.a _____

b _____

c _____

2. _____

2.a _____

b _____

c _____

3. _____

3.a _____

b _____

c _____

To Do

Monday, February 11

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
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5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Tuesday, February 12

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
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4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Wednesday, February 13

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
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4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Thursday, February 14

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
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4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Friday, February 15

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
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5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Weekly *Review*

Big Wins

1. _____
2. _____
3. _____
4. _____
5. _____

Challenges

1. _____
2. _____
3. _____

Solutions

- 1.a _____
b _____
- 2.a _____
b _____
- 3.a _____
b _____

Saturday, February 16

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
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5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, February 17

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
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4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Weekly *Plan*

Big Exciting Goals for this Week

Action Steps toward Goal

1. _____

1.a _____

b _____

c _____

2. _____

2.a _____

b _____

c _____

3. _____

3.a _____

b _____

c _____

To Do

Monday, February 18

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
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4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Tuesday, February 19

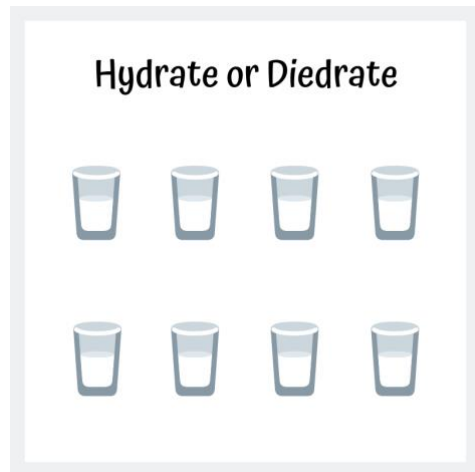
My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
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5:00 PM
5:30 PM
6:00 PM
6:30 PM
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7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Wednesday, February 20

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
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9:30 AM
10:00 AM
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4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Thursday, February 21

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
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5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Friday, February 22

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
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6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Weekly *Review*

Big Wins

1. _____
2. _____
3. _____
4. _____
5. _____

Challenges

1. _____
2. _____
3. _____

Solutions

- 1.a _____
b _____
- 2.a _____
b _____
- 3.a _____
b _____

Saturday, February 23

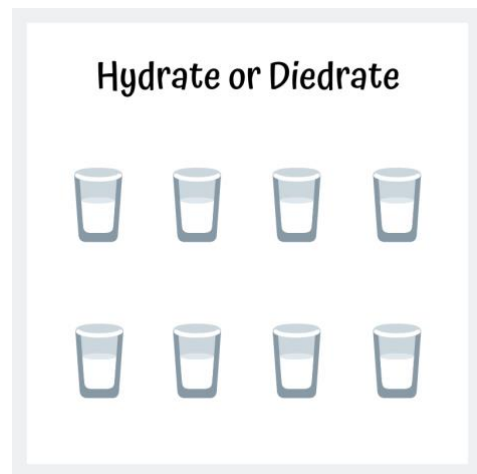
My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
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9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, February 24

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
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5:30 PM
6:00 PM
6:30 PM
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7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Monday, February 25

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
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9:30 AM
10:00 AM
10:30 AM
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5:30 PM
6:00 PM
6:30 PM
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8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Tuesday, February 26

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
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6:30 PM
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7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Wednesday, February 27

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
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7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Thursday, February 28

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
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7:30 PM
8:00 PM
8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:
