

July



THIRD QUARTER
(JUL, AUG, SEPT)

THIRD QUARTER PRIORITIES

JULY FOCUS

GOALS

1.

2.

OBJECTIVES

1.

2.

1.

2.

TASKS

1.

2.

3.

1.

2.

3.

Third Quarter *Targets & Deadlines*

JULY 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Monday, July 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
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3:30 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:

Tuesday, July 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
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4:30 PM
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5:30 PM
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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, July 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
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:

Thursday, July 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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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, July 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
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12:30 PM
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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, July 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
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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:

Sunday, July 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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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 *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, July 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
11:00 AM
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5:30 PM
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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:

Tuesday, July 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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4:30 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, July 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
12:00 PM
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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:

Thursday, July 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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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:

Friday, July 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
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:

Weekly *Review*

Big Wins

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

Challenges

1. _____
2. _____
3. _____

Solutions

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

Saturday, July 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
11:00 AM
11:30 AM
12:00 PM
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4:30 PM
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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:

Sunday, July 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
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:

Monday, July 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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4:30 PM
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:

Tuesday, July 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
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4:30 PM
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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:

Wednesday, July 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
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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:

Thursday, July 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
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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, July 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
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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, July 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
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:

Sunday, July 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
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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, July 22

My Main Focus: _____

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

Tuesday, July 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
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9:30 AM
10:00 AM
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5:30 PM
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6:30 PM
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7:30 PM
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8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Wednesday, July 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
10:30 AM
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8:30 PM
9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Thursday, July 25

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
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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:

Friday, July 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
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9:30 AM
10:00 AM
10:30 AM
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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, July 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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9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, July 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
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9:30 AM
10:00 AM
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6:00 PM
6:30 PM
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9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Monday, July 29

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
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9:30 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:

Tuesday, July 30

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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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, July 31

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
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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:
