

October



FORTH QUARTER
(OCT, NOV, DEC)

FORTH QUARTER PRIORITIES

OCTOBER FOCUS

GOALS

1.

2.

OBJECTIVES

1.

2.

1.

2.

TASKS

1.

2.

3.

1.

2.

3.

Fourth Quarter *Targets & Deadlines*

OCTOBER 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		

NOVEMBER 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

DECEMBER 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				

Tuesday, October 1

My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Wednesday, October 2

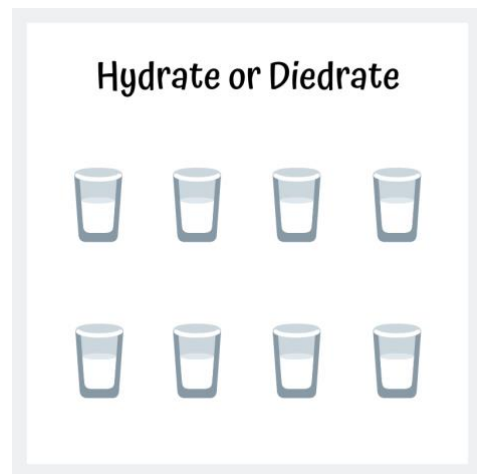
My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Thursday, October 3

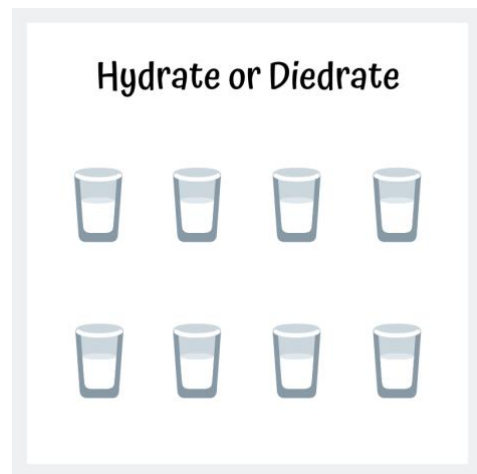
My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Friday, October 4

My Main Focus: _____

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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, October 5

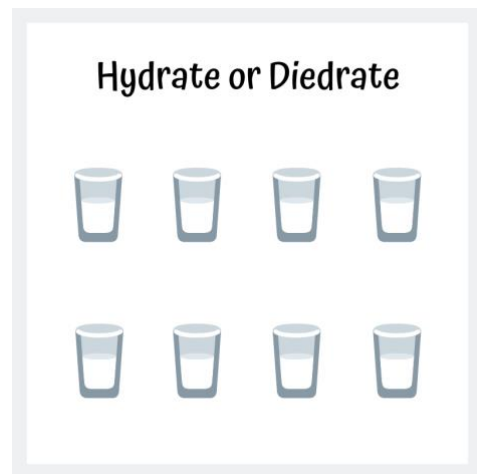
My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, October 6

My Main Focus: _____

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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, October 7

My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Tuesday, October 8

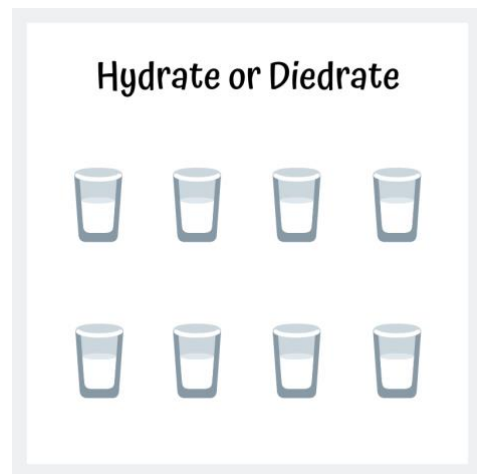
My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Wednesday, October 9

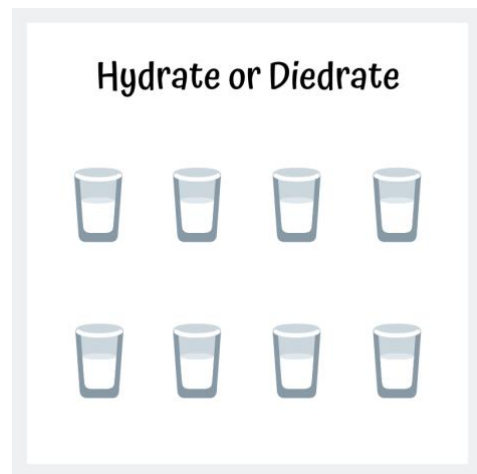
My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Thursday, October 10

My Main Focus: _____

5:00 AM
5:30 AM
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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Friday, October 11

My Main Focus: _____

5:00 AM
5:30 AM
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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, October 12

My Main Focus: _____

5:00 AM
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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, October 13

My Main Focus: _____

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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, October 14

My Main Focus: _____

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5:30 AM
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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Tuesday, October 15

My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Wednesday, October 16

My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Thursday, October 17

My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Friday, October 18

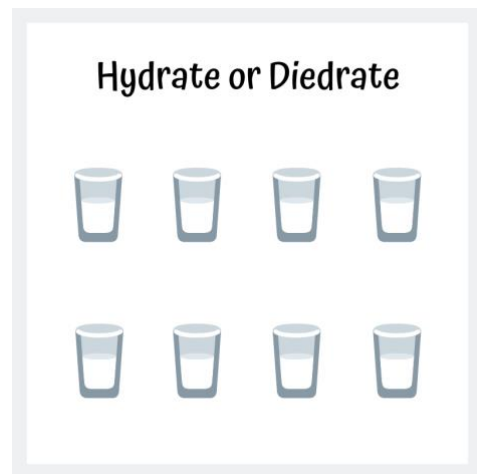
My Main Focus: _____

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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 _____
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Saturday, October 19

My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, October 20

My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Monday, October 21

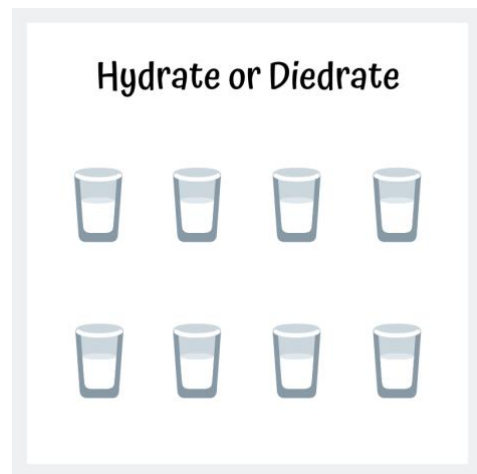
My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Tuesday, October 22

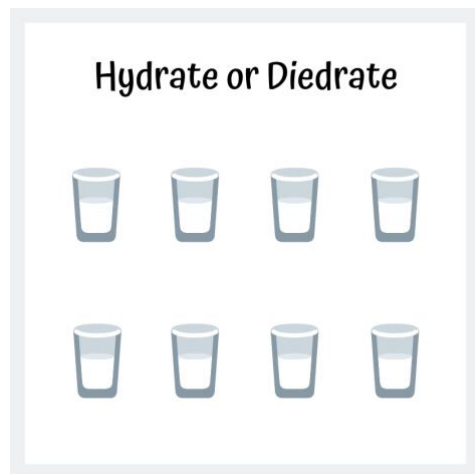
My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Wednesday, October 23

My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Thursday, October 24

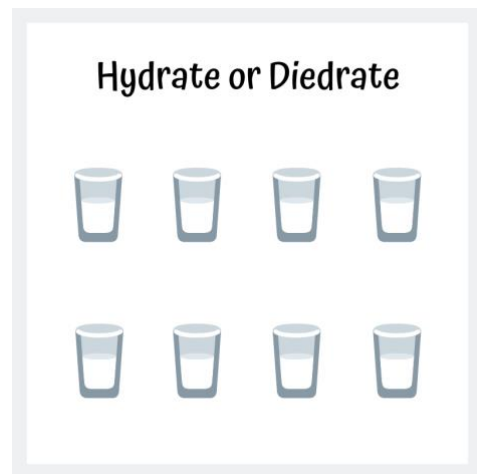
My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Friday, October 25

My Main Focus: _____

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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, October 26

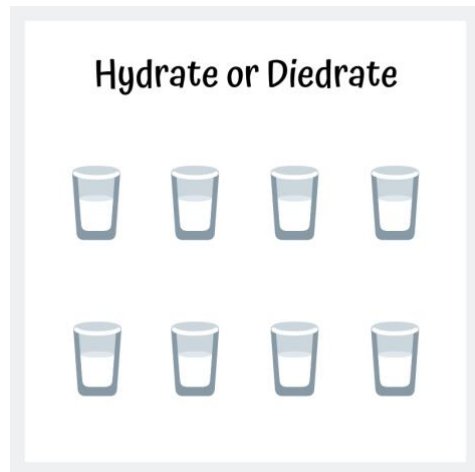
My Main Focus: _____

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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, October 27

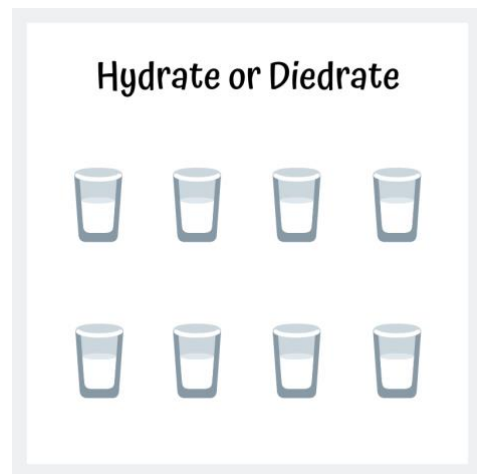
My Main Focus: _____

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11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
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:

Monday, October 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
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
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:

Tuesday, October 29

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
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:

Wednesday, October 30

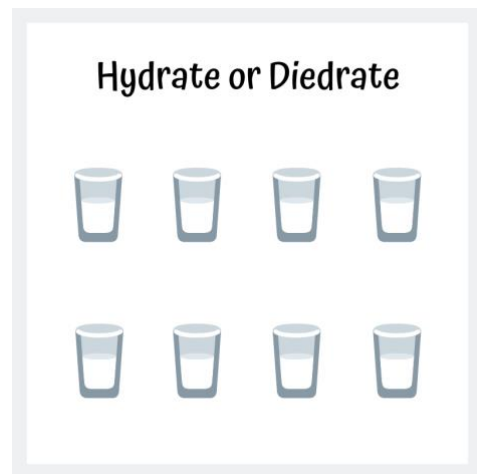
My Main Focus: _____

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
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
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:

Thursday, October 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
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
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:
