

September

THIRD QUARTER



SEPTEMBER FOCUS

GOALS

- 1.

- 2.

OBJECTIVES

- 1.
- 2.

- 1.
- 2.

TASKS

- 1.
- 2.
- 3.

- 1.
- 2.
- 3.

Sunday, September 1

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
9:00 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:

Monday, September 2

My Main Focus: _____

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

Tuesday, September 3

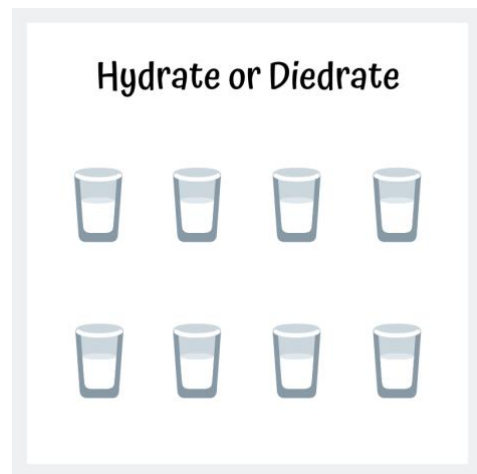
My Main Focus: _____

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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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:

Wednesday, September 4

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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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, September 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
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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:

Friday, September 6

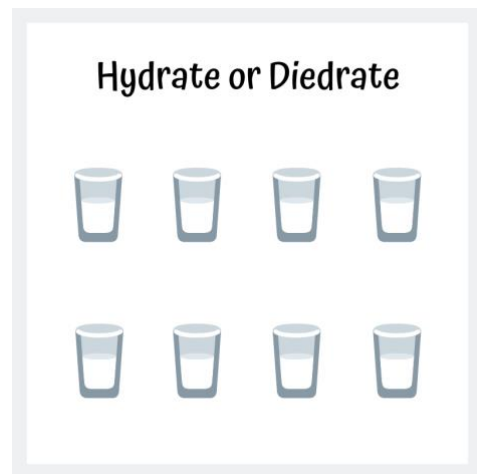
My Main Focus: _____

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

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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9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, September 8

My Main Focus: _____

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

Monday, September 9

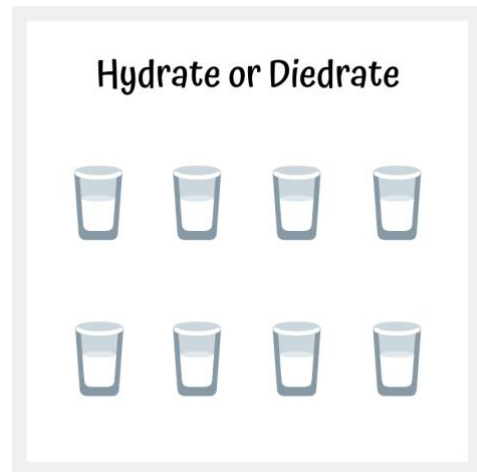
My Main Focus: _____

5:00 AM
5:30 AM
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9:30 AM
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9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Tuesday, September 10

My Main Focus: _____

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

Wednesday, September 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
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9:30 AM
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9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Thursday, September 12

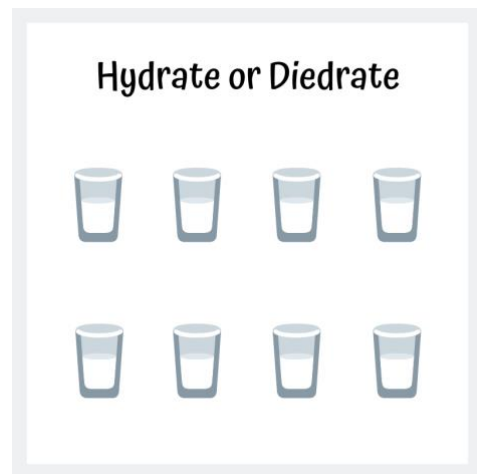
My Main Focus: _____

5:00 AM
5:30 AM
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9:30 AM
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9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Friday, September 13

My Main Focus: _____

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

Weekly *Review*

Big Wins

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

Challenges

1. _____
2. _____
3. _____

Solutions

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

Saturday, September 14

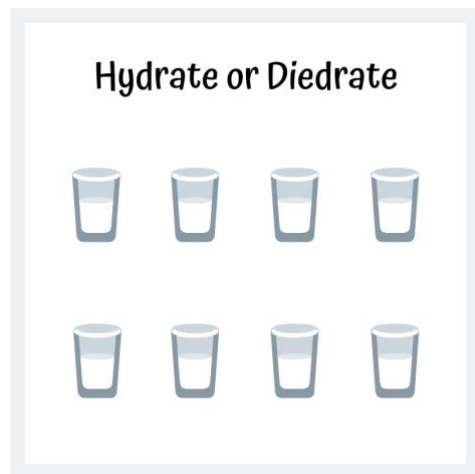
My Main Focus: _____

5:00 AM
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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, September 15

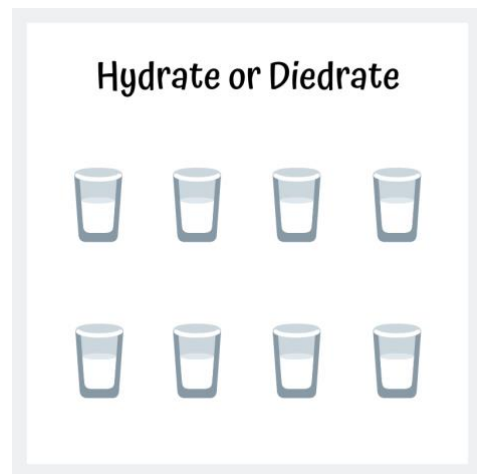
My Main Focus: _____

5:00 AM
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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, September 16

My Main Focus: _____

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

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Tuesday, September 17

My Main Focus: _____

5:00 AM
5:30 AM
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6:30 AM
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9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Wednesday, September 18

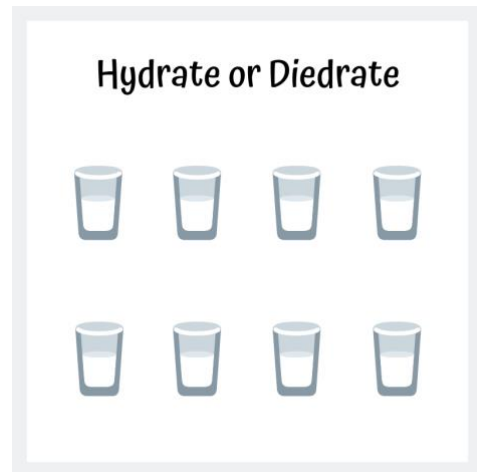
My Main Focus: _____

5:00 AM
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9:30 AM
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9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Thursday, September 19

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
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9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Friday, September 20

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 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, September 21

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, September 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
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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, September 23

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Tuesday, September 24

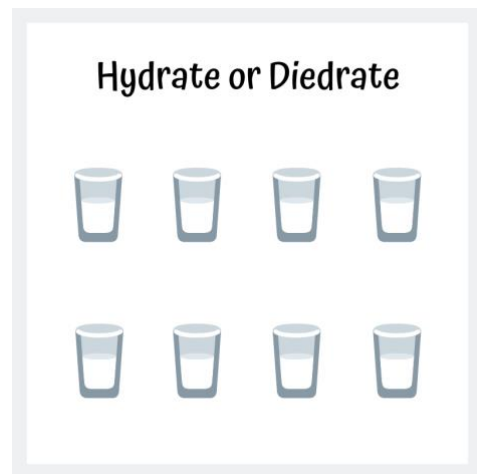
My Main Focus: _____

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9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Wednesday, September 25

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Thursday, September 26

My Main Focus: _____

5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
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Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Friday, September 27

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, September 28

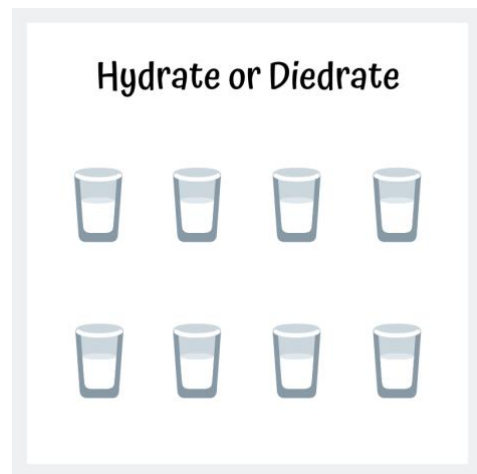
My Main Focus: _____

5:00 AM
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9:00 PM

Today I'm grateful for:

I'm excited about:

To Do:



Today's win:

Sunday, September 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
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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, September 30

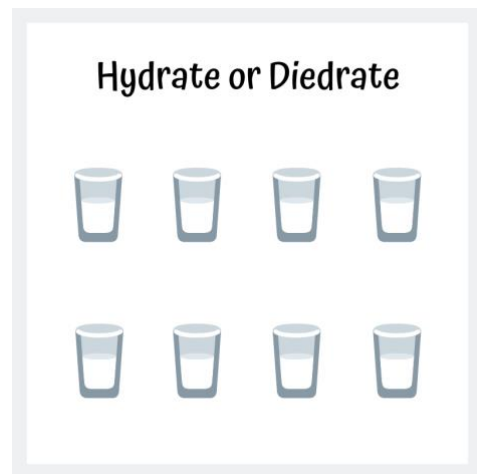
My Main Focus: _____

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
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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:
