YEAR: QTR: 1 3 **APRIL JANUARY** JULY **OCTOBER MONTHS: FEBRUARY** MAY **AUGUST** NOVEMBER MARCH JUNE SEPTEMBER **DECEMBER** 

# VIBRANT LIFE GOAL PLANNER

IF FOUND PLEASE CONTACT ME AT:

\_\_\_\_\_\_

#### RFWARD \$

It has been my observation that the happiest of people, the vibrant doers of the world, are almost always those who are using; who are putting into play, calling upon, depending upon-the greatest number of their Cod-given talents and capabilities.

~ John Glenn

# **VISION**

WHAT DOES THE ABSOLUTE BEST LIFE YOU CAN IMAGINE LOOK LIKE?

# **BOARD**

\*Remember to consider all of the Core Values:

SPIRITUALITY HEALTH INTIMACY FAMILY SOCIAL CAREER LIFE MGMT

## THE BIG PICTURE

WHAT SCARY & EXCITING THINGS ARE REQUIRED TO CREATE THAT LIFE?

#### STEPPING STONES TO GET THERE?

Visualize the most amazing life imaginable to you.

Close your eyes and see it clearly.

Then hold the vision for as long as you can.

Now place the vision in God's hands and consider it done.

~ Marianne Williamson

## I'M POSSIBLE GOAL

Nothing is impossible, the word itself says, "I'm possible." ~ Audrey Hepburn

#### WHAT SCARY & EXCITING OBJECTIVE WILL I ACHIEVE?

#### THIS IS IMPORTANT & SIGNIFICANT TO ME BECAUSE:

	REQUIREMENTS TO REACH THIS OBJECTIVE?					
1						
2						
3						
		ACTION PLAN				
	MONTH 1	MONTH 2	MONTH 3			
	★ REWARD ★					

Core Value:

## I'M POSSIBLE GOAL

Let him who would move the world, first move himself.

~ Socrates

#### WHAT SCARY & EXCITING OBJECTIVE WILL I ACHIEVE?

#### THIS IS IMPORTANT & SIGNIFICANT TO ME BECAUSE:

	REQUIREMENTS TO REACH THIS OBIECTIVE?				
1					
2					
3					
		ACTION PLAN			
	MONTH 1	MONTH 2	MONTH 3		
		* REWARD *			

Core Value:

### I'M POSSIBLE GOAL

I can change. I can live out of my imagination instead of my memory. I can tie myself to my limitless potential instead of my limiting past.

~ Stephen R. Covey

#### WHAT SCARY & EXCITING GOAL WILL I ACHIEVE?

#### THIS IS IMPORTANT & SIGNIFICANT TO ME BECAUSE:

REQUIREMENTS TO REACH THIS OBJECTIVE?					
1					
2					
3					
		ACTION PLAN			
MOI	NTH 1	MONTH 2	MONTH 3		
* REWARD *					
		RLWARD X			

Core Value:

# BUCKET LIST

"Life is either a daring adventure or nothing." ~ Helen Keller	
This is NOT a wish list. SCHEDULE these items in your calendar over the next 3 months.	

We should certainly count our blessings,
but we should also make our blessings count.

#### ~ Neal A. Maxwell

BLESSINGS	

# **BOOK LOG**

The more that you read, the more things you will know. The more that you learn, the more places you'll go.

#### ~ Dr. Seuss

ВООК	AUTHOR	RATING
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		1 2 3 4 5

# **MONTHS**

The butterfly counts not months but moments, and has time enough.

~ Rabindranath Tagore



## JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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# Live the full life of the mind, exhilarated by new ideas, Intoxicated by the romance of the unusual.

#### ~ Ernest Hemingway

FRIDAY	SATURDAY	SUNDAY	GOALS
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# I have no special talent. I am only passionately curious. ~ Albert Einstein

FRIDAY	SATURDAY	SUNDAY	GOALS
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Н	Н	Н	HABIT
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Н	Н	Н	TRIUMPHS
1			
Н	Н	Н	
Н	Н	Н	DOWNFALLS
Н	Н	Н	

## JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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If you talk about it, it's a dream, if you envision it, it's possible, but if you schedule it, it's real.

#### ~ Tony Robbins

FRIDAY	SATURDAY	SUNDAY	GOALS
Н	Н	Н	FOCUS
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Н	Н	Н	TRIUMPHS
Н	Н	Н	
	•		
Н	Н	Н	DOWNFALLS
Н	Н	Н	

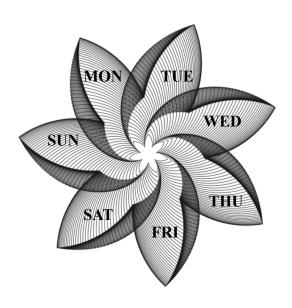
# **FUTURE EVENTS**

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Month:	
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31	

# **WEEKS**

There are seven days in the week. Someday is not one of them.



GOALS SPIRITUALITY	WEEK 1
	/ / TO / /
HEALTH	ACTION ITEMS
	2
INTIMACY	3.     4.
FAMILY	5IMPORTANT EVENTS
SOCIAL	
	THOUGHTS & IMPRESSIONS
CAREER	
LIFE MGMT	
	What would life be like if we had no courage to attempt anything?

~ Vincent Van Gogh

GOALS SPIRITUALITY	WEEK 2
OF INTERVAL	/ / TO / /
HEALTH	ACTION ITEMS  1
INTIMACY	2
IVIII IACT	4.     5.
FAMILY	IMPORTANT EVENTS
SOCIAL	
	THOUGHTS & IMPRESSIONS
CAREER	
LIFE MGMT	
	I believe every human has a finite number of heartbeats. I don't intend to waste any of mine.

~ Neil Armstrong

GOALS SPIRITUALITY	WEEK 3
	/ / TO / /
HEALTH	ACTION ITEMS
	2
INTIMACY	4 5
FAMILY	IMPORTANT EVENTS
SOCIAL	
CAREER	THOUGHTS & IMPRESSIONS
LIFE MGMT	

If we all did the things we are capable of, we would literally astound ourselves.

~ Thomas Edison

SPIRITUALITY	WEEK 4
	/ / TO / /
HEALTH	ACTION ITEMS
INTIMACY	1.         2.         3.         4.
FAMILY	45
SOCIAL	
	THOUGHTS & IMPRESSIONS
CAREER	
LIFE MGMT	There is nothing brilliant nor outstanding in my record, except perhaps this one thing: I do the things that I believe ought to be done And when I make up my mind to do a thing, I act.

~ Theodore Roosevelt

GOALS SPIRITUALITY	WEEK 5
OF HATO, ALTER	/ / TO / /
HEALTH	ACTION ITEMS
	2
INTIMACY	4.
FAMILY	IMPORTANT EVENTS
SOCIAL	
CAREER	THOUGHTS & IMPRESSIONS
LIFE MGMT	
	If you want to conquer fear, don't sit home and think about it. Go out and get busy.

~ Dale Carnegie

GOALS	WEEK 6
SPIRITUALITY	/ / TO / /
HEALTH	ACTION ITEMS
INTIMACY	1.         2.         3.         4.
FAMILY	5 IMPORTANT EVENTS
SOCIAL	
CAREER	THOUGHTS & IMPRESSIONS
CAREER	
LIFE MGMT	Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.

~ Calvin Coolidge

GOALS SPIRITUALITY	WEEK 7
SPIRITUALITY	/ / TO / /
HEALTH	ACTION ITEMS  1
	2
INTIMACY	<ul><li>3</li><li>4</li><li>5.</li></ul>
FAMILY	5IMPORTANT EVENTS
SOCIAL	
CAREER	THOUGHTS & IMPRESSIONS
LIFE MGMT	

I'd rather attempt to do something great and fail than to attempt to do nothing and succeed.

~ Robert H. Schuller

GOALS SPIRITUALITY	WEEK 8
SPIRITOALITT	/ / TO / /
HEALTH	ACTION ITEMS  1
	2
INTIMACY	3.     4.
5.0.110	5
FAMILY	
SOCIAL	
	THOUGHTS & IMPRESSIONS
CAREER	
LIFE MGMT	
	Optimism is the faith that leads to achievement. Nothing can be done

~ Helen Keller

GOALS SPIRITUALITY	WEEK 9
	/ / TO / /
HEALTH	ACTION ITEMS
	2
INTIMACY	4.
FAMILY	IMPORTANT EVENTS
SOCIAL	
CAREER	THOUGHTS & IMPRESSIONS
LIFE MGMT	
	It does not matter how slowly you ap as long as you do not stop

~ Confucius

SPIRITUALITY	WEEK 10
	/ / TO / /
HEALTH	ACTION ITEMS
INTIMACY	2.         3.         4.
FAMILY	5 IMPORTANT EVENTS
SOCIAL	
	THOUGHTS & IMPRESSIONS
CAREER  LIFE MGMT	
LILMOM	Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successfu or happy.

~ Norman Vincent Peale

GOALS SPIRITUALITY	WEEK 11					
	/ / TO / /					
HEALTH	ACTION ITEMS					
	2					
INTIMACY	3.     4.					
FAMILY	5IMPORTANT EVENTS					
SOCIAL						
	THOUGHTS & IMPRESSIONS					
CAREER						
LIFE MGMT						
	I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest girls. I believe that tomorrow is another day, and I believe in miracles.  ~ Audrey Hepburn					

GOALS	WEEK 12			
SPIRITUALITY				
	/ / TO / /			
HEALTH	ACTION ITEMS			
	1.       2.			
	3			
INTIMACY	4			
	5			
FAMILY	IMPORTANT EVENTS			
SOCIAL				
	THOUGHTS & IMPRESSIONS			
CAREER				
LIFE MGMT				
	There is only one corner of the universe you can be certain of improving, and that's your own self.			

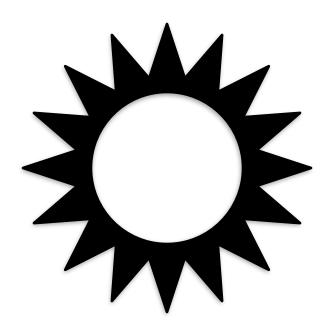
~ Aldous Huxley

GOALS SPIRITUALITY	WEEK 13			
	/ / TO / /			
HEALTH	ACTION ITEMS			
	1.         2.         3			
INTIMACY	3.         4.         5.			
FAMILY	IMPORTANT EVENTS			
SOCIAL				
CAREER	THOUGHTS & IMPRESSIONS			
LIFE MGMT				
	True happiness involves the full use of one's nower and talents			

~ John W. Gardiner

# DAYS

One moment can change a day, one day can change a life & one life can change the world. ~ **Buddha** 



DATE:

TIME:

PLACE:

Affirmation:

DAY 1 sunny cloudy rainy snowy

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12	30		Rate	GOOD
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8	30		PRIORITIES	5 /5
9	30		AUTHENTI	CITY /5
10	30		KINDNESS	/5
11	30		FUN	/5

TODAY I'M GRATEFUL FOR:				
=	EXERCISE		ACTION ITEMS	
ACTIVITY	DISTANCE	TIME	1	
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ACTIVITY	WEIGHT SETS	REPS	3	
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	0000	Oz	5	
T	RIUMPHS		DOWNFALLS	
	LESSO	ONS I	EARNED:	
	LEGO			
What wo	ould life he if we h	nad na (	courage to attempt anything?	

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Affirmation:

DAY 2 sunny cloudy rainy snowy

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5	30	ENERGY	/5
6	30	PURPOSE	/5
7	30	EFFORT	/5
8	30	PRIORITIE	.S /5
9	30	AUTHENT	TICITY /5
10	30	KINDNES	S /5
11	30	FUN	/5

TODAY I'M GRATEFUL FOR:				
-	VEDCICE		ACTIONLITEMS	
	EXERCISE		ACTION ITEMS	
ACTIVITY	DISTANCE	TIME	1	
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ACTIVITY	WEIGHT SETS	REPS	3	
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		Oz	5	
	RIUMPHS LESSO	ONS L	DOWNFALLS  EARNED:	
There is no p	passion to be fou	nd play	ring small, in settling for a life that is	

less than the one you are canable of living

les:	s man me one you are capable of living	J.
	~ Nelson Mandela	NOTES
		Y / N
HABIT:		P:

Affirmation:

DAY 3 sunny cloudy rainy snowy

SCHED	OULE FOR SU	JCCESS a.	m DAILY ROU	TINE p.m
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6	30	P	URPOSE	/5
7	30	E	FFORT	/5
8	30	Р	RIORITIES	/5
9	30	A	UTHENTICITY	/ /5
10	30	К	INDNESS	/5
11	30	F	UN	/5

TODAY I'M GRATEFUL FOR:				
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	EXERCISE		ACTION ITEMS	
ACTIVITY	DISTANCE	TIME	1	
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	TRIUMPHS	O2	DOWNFALLS	
	LESSO	DNS L	EARNED:	
Υ	ou just can't beat	the per	son who never gives up.	

	You just can't beat the person who never gives up.	
	~ Babe Ruth	
		<b>NOTES</b>
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Affirmation:

DAY 4 sunny cloudy rainy snowy

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8	30	PRIORIT	TIES /5
9	30	AUTHEN	NTICITY /5
10	30	KINDNE	ESS /5
11	30	FUN	/5

TODAY I'M GRATEFUL FOR:				
-	VEDCICE		ACTIONLITEMS	
	XERCISE	TIL 45	ACTION ITEMS	
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	RIUMPHS		DOWNFALLS	
	LESSO	ONS I	EARNED:	
	LESS(	JNS L	EARNED:	
	We aim abov	e the m	ark to hit the mark.	

~	h Waldo Emerson
	NOTES
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Affirmation:

DAY 5 sunny cloudy rainy snowy

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7	30	EFFORT	/5
8	30	PRIORIT	TIES /5
9	30	AUTHEN	NTICITY /5
10	30	KINDNE	ESS /5
11	30	FUN	/5

TODAY I'M GRATEFUL FOR:				
	EXERCISE		ACTION ITEMS	
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ACTIVITY	WEIGHT SETS	REPS	3	
			4	
			5	
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T	RIUMPHS		DOWNFALLS	
	LESSO	ONS L	EARNED:	
	Fither volume th	ne day	or the day runs valu	
Either you run the day or the day runs you.  ~ Jim Rohn				
		Jilli K	NOTES	

HABIT: \_\_\_\_\_

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Affirmation:

DAY 6 sunny cloudy rainy snowy

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4	30		/3	5 %
5	30		ENERGY	/5
6	30		PURPOSE	/5
7	30		EFFORT	/5
8	30		PRIORITIES	5 /5
9	30		AUTHENTI	CITY /5
10	30		KINDNESS	/5
11	30		FUN	/5

TODAY I'M GRATEFUL FOR:				
-	VEDCISE		ACTION ITEMS	
ACTIVITY	DISTANCE	TIME	ACTION ITEMS	
//envir	DIOT/ WOL		1	
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ACTIVITY	WEIGHT SETS	REPS	3	
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			5	
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I	RIUMPHS		DOWNFALLS	
	1500	21.12.1		
	LESSO	ONS L	EARNED:	
By failing to prepare, you are preparing to fail.				

, -	~ Benjamin Franklin	
	Oenjalilii Franklii	NOTES
		Y / N
HABIT:		P:

Affirmation:

DAY 7 sunny cloudy rainy snowy

SCHEI	DULE FOR SUC	CESS a.m DA	ILY ROUTINE P.M
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5	30	ENERG	Y /5
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7	30	EFFORT	/5
8	30	PRIORIT	TIES /5
9	30	AUTHEN	NTICITY /5
10	30	KINDNE	ESS /5
11	30	FUN	/5

TODAY I'M GRATEFUL FOR:					
-	VEDCICE		ACTIONLITEMS		
	XERCISE		ACTION ITEMS		
ACTIVITY	DISTANCE	TIME	1		
			2		
ACTIVITY	WEIGHT SETS	REPS	3		
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00000000		OZ			
	RIUMPHS LESSO	ONS L	DOWNFALLS  EARNED:		
Never give	up, for that is just	the pla	ce and time that the tide will turn.		

Never give up, for that is just the place and time that the tide will	turn.
~ Harriet Beecher Stowe	
	<b>NOTES</b>
	Y / N
HABIT:	P:

TIME:

PLACE:

Affirmation:

SCHEI	DULE FOR SUC	CESS a.m DA	ILY ROUTINE P.M
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8	30	Act of	Random Kindness:
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11	30		∩_VIBRANT
12	30	Rate	
1	30	the	-OK MEH
2	30	Day	WEARY
3	30		
4	30		/35 %
5	30	ENERG	Y /5
6	30	PURPO	SE /5
7	30	EFFORT	/5
8	30	PRIORIT	TIES /5
9	30	AUTHEN	NTICITY /5
10	30	KINDNE	ESS /5
11	30	FUN	/5

TODAY I'M GRATEFUL FOR:				
	VED CIAE		A CTION LITER 49	
	XERCISE		ACTION ITEMS	
ACTIVITY	DISTANCE	TIME	1	
			2	
ACTIVITY	WEIGHT SETS	REPS	3	
			3	
			4	
			7	
		OZ	5	
	RIUMPHS		DOWNFALLS	
	LESSO	ONS L	EARNED:	
D.	o vou want to kno	ow who	you are? Don't ask Act!	

Do you want to know who you are? Don't ask. Act Action will delineate and define you.

~ Harriet Beecher Stowe

HABIT: \_\_\_\_

IVOIEO
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Y / N

P:

Affirmation:

DAY 9 sunny cloudy rainy snowy

SCHEI	DULE FOR SUC	CESS a.m DA	ILY ROUTINE P.M
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6	30		
7	30		
8	30	Act of	Random Kindness:
9	30		
10	30		
11	30		∩_VIBRANT
12	30	Rate	
1	30	the	-OK MEH
2	30	Day	WEARY
3	30		
4	30		/35 %
5	30	ENERG	Y /5
6	30	PURPO	SE /5
7	30	EFFORT	/5
8	30	PRIORIT	TIES /5
9	30	AUTHEN	NTICITY /5
10	30	KINDNE	ESS /5
11	30	FUN	/5

	EXERCISE		ACTION ITEMS
CTIVITY	DISTANCE	TIME	1
			2
CTIVITY	WEIGHT SETS	REPS	3
			4
	<b>A A A A</b>	0.7	5
	RIUMPHS	OZ	DOWNFALLS
	I ESS	ONIS I	EARNED:
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~ Ella Wheeler Wilcox

HABIT: \_\_\_\_\_

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TIME:

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Affirmation:

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8	30	Act of	Random Kindness:
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12	30	Rate	
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2	30	Day	WEARY
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4	30		/35 %
5	30	ENERG	Y /5
6	30	PURPO	SE /5
7	30	EFFORT	/5
8	30	PRIORIT	TIES /5
9	30	AUTHEN	NTICITY /5
10	30	KINDNE	ESS /5
11	30	FUN	/5

	EXERCISE		ACTION ITEMS
ACTIVITY	DISTANCE	TIME	1
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ACTIVITY	WEIGHT SETS	REPS	3
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	RIUMPHS	OZ	DOWNFALLS
	1 E \$ \$ 6	LPIAC	EADNED.
	LE33(	JN9 L	EARNED:

~ Maya Angelou

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	LESSO	ONS L	EARNED:

~ Bruce Lee

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TODAY I'M GRATEFUL FOR:			
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ACTIVITY	DISTANCE	TIME	1
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	LESSO	ONS L	EARNED:
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The power of imagination makes us infinite.

~ John Muir

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TODAY I'M GRATEFUL FOR:			
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TRIUMPI	HS	DOWNFALLS	
	LESSONS L	EARNED:	

In a gentle way, you can shake the world.

~ Mahatma Gandhi

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TODAY I'M GRATEFUL FOR:				
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	RIUMPHS		DOWNFALLS	
	LESSO	ONS L	EARNED:	
Learning how	v to be still, to red	ally be st	ill and let life happen; that stillness	

becomes a radiance.

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TODAY I'M GRATEFUL FOR:				
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	RIUMPHS	OZ.	DOWNFALLS	
	LESSO	ONS L	EARNED:	
How wonderfu	ul it is that nobody	/ need \	wait a single moment before starting	

How wonderful it is that nobody need wait a single moment before starting to improve the world.

	~ Anne Frank	NOTES
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	EXERCISE		ACTION ITEMS	
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	RIUMPHS LESSO	ONS L	DOWNFALLS  EARNED:	
Be who you	are and say who	at you fe	ell because those who mind don't	

Be who you are and say what you fell because those who mind don't matter and those matter don't mind.

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I	RIUMPHS		DOWNFALLS	
	LESSO	ONS L	EARNED:	
			risk curiosity, wonder, spontaneous	
deliq		ence tho <b>e. e. cu</b> i	at reveals the human spirit.  MOTES	

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			ore than this day. ng Von Goethe

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TODAY I'M GRATEFUL FOR:				
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T	RIUMPHS		DOWNFALLS	
	LESSO	ONS L	EARNED:	
V			ourself before you can do them.	

You must expect great things of yourself before you can do th	em.
~ Michael Jordan	
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7	30	EFFORT	/5
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TODAY I'M GRATEFUL FOR:				
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	RIUMPHS	ONS L	DOWNFALLS  EARNED:	
Ah, but a ma	an's reach should	exceed	his grasp, or what's a heaven for?	

7 (1, bot a mana reach should exceed the grasp, or what a	a neaven for.
~ Robert Browning	
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TODAY I'M GRATEFUL FOR:					
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	RIUMPHS	OZ	DOWNFALLS		
	LESSO	ONS L	EARNED:		
Happiness is a	ı choice. You grie	ve, you	stomp your feet, you pick yourself up		

Happiness is a choice. You grieve, you stomp your feet, you pick yourself up and choose to be happy.

~ Lucy Lawless	NOTES
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	EXERCISE		ACTION ITEMS
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TODAY I'M GRATEFUL FOR:				
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T	RIUMPHS		DOWNFALLS	
	LESSO	ONS L	EARNED:	
Success is not final, failure is not fatal.				

Success is not final, failure is not fatal.

It is the courage to continue that counts.

~	W	'inston	Churc	hill
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TODAY I'M GRATEFUL FOR:				
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	I F S S A		EARNED:	
	LESS	JNS L	LARNED:	
	Never assume t	hat you	o can make it alone.	

Never assume that you can make it alone You need the help of the Lord.

~ Gordon B. Hinckley

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Ţ	RIUMPHS		DOWNFALLS
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	LESSO	ONS L	EARNED:
No	thing areat was e	ver ach	ieved without enthusiasm.

	Nothing great was ever achieved without enthusiasm.	
	~ Ralph Waldo Emerson	
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TODAY I'M GRATEFUL FOR:				
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Ī	RIUMPHS		DOWNFALLS	
	LESSO	DNS L	EARNED:	
You must bed	come unshakable ir	the bel	lief that YOU are worthy of a big life.	

You must become unshakable in the belief that YOU are worthy of a bi	g life.
~ Kristin Lohr	
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TODAY I'M GRATEFUL FOR:				
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T	RIUMPHS		DOWNFALLS	
	LESSO	ONS L	EARNED:	
lt is our chai	ices that show wh	at wa tr	ruly are far more than our abilities	

It is our choices that show what we truly are, tar more than our of	abilities.
~ J. K. Rowling	
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TODAY I'M GRATEFUL FOR:				
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	XERCISE		ACTION ITEMS	
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	RIUMPHS		DOWNFALLS	
	LESSO	ONSI	EARNED:	
\\/hat\	vou wish to ignite i	in other	s must first burn within vourself	

,	~ Aurelius Augustinus	•
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	RIUMPHS	OZ	DOWNFALLS
	LESSO	ONS L	EARNED:
			bt, pause. When angry, pause. pause. And when you pause, pray.

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	LESSO	ONS L	EARNED:
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Whatever you want to do, do it now. There are only so many tomorrows.

~ Michael Landon

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	RIUMPHS		DOWNFALLS		
	LESSONS LEARNED:				

Life is 10% what happens to you and 90% how you react to it.

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	~ Charles R. Swindoll	NOTES
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	RIUMPHS		DOWNFALLS	
	LESSO	ONS L	EARNED:	

Failure will never overtake me if my courage to succeed is strong	g enough.
~ Og Mandino	<b>NOTES</b>
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T	RIUMPHS		DOWNFALLS
	LESSO	ONS L	EARNED:

Accept the challenges so that you can feel the exhilaration of victory.

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	~ George S. Patton	NOTES	
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TRIUMPHS	DOWNFALLS		
LESSONS I	LEARNED:		

Dream in a pragmatic way.

~	Αlα	dou	ıs F	lυx	ley
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TRIUMPHS	DOWNFALLS		
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LESSONS L	EARNED:		

The only disability in life is a bad attitude.

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I	RIUMPHS		DOWNFALLS
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	LESSO	ONS L	EARNED:

Never be afraid to trust an unknown future to a known  $\operatorname{\mathsf{God}}$ .

~ Corrie Ten Boom

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	RIUMPHS		DOWNFALLS
	LESSO	ONS L	EARNED:
			ith integrity. Say only what you mean. urself or to gossip about others. Use the

power of your word in the direction of truth and love. **NOTES** 

~ Don Miguel Ruiz	
" DOITHINGUEL RUIZ	

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TRIUMPHS	DOWNFALLS
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LESSONS L	EARNED:

Follow your inner moonlight; don't hide the madness.

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Ī	RIUMPHS		DOWNFALLS
	LESSO	ONS L	EARNED:
			ot do. Fail at it. Try again. Do better
the second ti			never tumble are those who never syour moment. Own it.
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	LESSO	ONS L	EARNED:

You can't wait for inspiration. You have to go after it with a club.

red earn wanter inspiration. Tee have to go after it	WIIII a clob.
~ Jack London	NOTES
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\a/bata: a::	uniont in life, other	noon!-	a are aging to word it too Relieve in
			e are going to want it too. Believe in that you have an equal right to it.
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	LESSO	LZINC	EARNED:
		ONO L	
Lo	ove yourself first ar	nd ever	ything else falls into line.

You really have to love yourself to get anything done in this world.

	~ Lucille Ball	NOTES
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TRIUMPHS	DOWNFALLS		
LESSONS I	EARNED:		
Perfection is no	La Uarradala		

Perfection is not attainable, but if we chase perfection we can catch excellence.

~ Vince Lombardi

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	<b>♦♦♦</b> UMPHS	OZ	DOWNFALLS
	LESSO	ONS L	EARNED:
	•		f training, but I said, rest of your life as a champion."

"Don't quit. Suffer now and live the rest of your life as a champion."

~ Muhammad Ali

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Affirmation:

SCHEI	DULE FOR SUC	CESS a.m DA	ILY ROUTINE P.M
12	30		
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8	30	Act of	Random Kindness:
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12	30	Rate	
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2	30	Day	WEARY
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5	30	ENERG	Y /5
6	30	PURPO	SE /5
7	30	EFFORT	/5
8	30	PRIORIT	TIES /5
9	30	AUTHEN	NTICITY /5
10	30	KINDNE	ESS /5
11	30	FUN	/5

E	XERCISE		<b>ACTION ITEMS</b>
CTIVITY	DISTANCE	TIME	1
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	RIUMPHS	ΟZ	DOWNFALLS
	LESSO	ONS L	EARNED:

~ Amelia Earhart

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7	30	EFFORT	/5
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9	30	AUTHENT	TICITY /5
10	30	KINDNES	S /5
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TODAY I'M GRATEFUL FOR:				
	EXERCISE		ACTION ITEMS	
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T	RIUMPHS		DOWNFALLS	
	LESSO	ONS L	EARNED:	

I believe that if one always looked at the skies, one would end up with wings.

	~ Gustave Flaubert	
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7	30		EFFORT		/5
8	30		PRIORIT	IES	/5
9	30		AUTHEN	ITICITY	/5
10	30		KINDNE	SS	/5
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TODAY I'M GRATEFUL FOR:					
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I	RIUMPHS		DOWNFALLS		
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	LESSC	ONS L	EARNED:		

When we seek to discover the best in others, we somehow bring out the best in ourselves.

~ William Arthur Ward

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TODAY I'M GRATEFUL FOR:					
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T	RIUMPHS		DOWNFALLS		
	LESSO	ONS L	EARNED:		

A champion is someone who gets up when he can't.

~	lack Dempsey	
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10	30	KINDNESS	/5
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TODAY I'M GRATEFUL FOR:			
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S		DOWNFALLS	
LESSO	NS L	EARNED:	
true noto:	ntial va	ou must first find your own limits,	
	S	SETS REPS  OZ  S	

To uncover your true potential you must first find your own limits, and then you have to have the courage to blow past them.

~ Picabo Street

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8	30		PRIORITIES	5 /5
9	30		AUTHENTI	CITY /5
10	30		KINDNESS	/5
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TODAY I'M GRATEFUL FOR:			
-	VEDCICE		ACTIONLITEMS
	XERCISE		ACTION ITEMS
ACTIVITY	DISTANCE	TIME	1
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		OZ	DOWNFALLS
	RIUMPHS	ONS L	EARNED:
Even if I knew that tomorrow the world would go to pieces,			

Even if I knew that tomorrow the world would go to pieces
I would still plant my apple tree.

~	Μ	lar	tin	Lut	her
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4	30	/35 %
5	30	ENERGY /5
6	30	PURPOSE /5
7	30	EFFORT /5
8	30	PRIORITIES /5
9	30	AUTHENTICITY /5
10	30	KINDNESS /5
11	30	FUN /5

TODAY I'M GRATEFUL FOR:			
-	VEDCICE		ACTIONLITEMS
ACTIVITY	XERCISE	TIME	ACTION ITEMS
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	RIUMPHS		DOWNFALLS
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The secret to getting ahead is getting started. ~ Mark Twain

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6	30		PURPOSE	/5
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10	30		KINDNESS	/5
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TODAY I'M GRATEFUL FOR:				
	EXERCISE		ACTION ITEMS	
ACTIVITY	DISTANCE	TIME	1	
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	ESSC	ONS L	DOWNFALLS  EARNED:	
The purpose of life, after all, is to live it. To taste experience to the utmost. To				

reach out eagerly and without fear for newer and richer experience.

	9-17				
	~ Eleanor Roosevelt	NOTES			
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Affirmation:

DAY 55 sunny cloudy rainy snowy

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6	30		PURPOSE	/5
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8	30		PRIORITIES	5 /5
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10	30		KINDNESS	/5
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TODAY I'M GRATEFUL FOR:				
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ACTIVITY	DISTANCE	TIME	1	
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<u> </u>	RIUMPHS		DOWNFALLS	
	LESSC	DNS L	EARNED:	

+ When things aren't adding up in your life, start subtracting	<del></del>
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SCHEI	DULE FOR SUC	CESS a.m DAIL	Y ROUTINE P.M
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7	30	EFFORT	/5
8	30	PRIORITI	ES /5
9	30	AUTHEN	TICITY /5
10	30	KINDNE	SS /5
11	30	FUN	/5

TODAY I'M GRATEFUL FOR:			
E	EXERCISE		ACTION ITEMS
ACTIVITY	DISTANCE	TIME	1
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ACTIVITY	WEIGHT SETS	REPS	3
			4
		Oz	5
T	RIUMPHS		DOWNFALLS
	LESSO	ONS L	EARNED:
			of all. The risk of spending your life not

doing what you want on the bet you can buy yourself the freedom to do it later.

	~ Randy Komisar	
		Y / N
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Affirmation:

9	CHEDULE FO	D SLICCESS	a.m DAIIY	ROUTINE P.M
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10	30		KINDNESS	/5
11	30		FUN	/5

ACTIVITY DISTANCE TIME 2  ACTIVITY WEIGHT SETS REPS 3  4  5  TRIUMPHS DOWNFALLS  LESSONS LEARNED:		XERCISE		ACTION ITEMS
ACTIVITY WEIGHT SETS REPS  4  5  TRIUMPHS  DOWNFALLS	ACTIVITY	DISTANCE	TIME	1
3 4 5 TRIUMPHS DOWNFALLS				2
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LESSONS LEARNED:		KIUI*IPH3		DOWNFALLS
LESSONS LEARNED:				
		LESSO	ONS L	EARNED:

and you will always look lovely. **NOTES** ~ Roald Dahl

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Affirmation:

DAY 58 sunny cloudy rainy snowy

9	CHEDULE FO	D SLICCESS	a.m DAILY	ROUTINE P.M
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TODAY I'M GRATEFUL FOR:			
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ACTIVITY	DISTANCE	TIME	1
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	RIUMPHS	OZ	DOWNFALLS
	LESSO	ONS L	EARNED:

Blessed are the flexible, for they shall not be bent out of shape.

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SCHEI	DULE FOR SUC	CESS a.m DA	ILY ROUTINE P.M
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	RIUMPHS		DOWNFALLS
	I ESS/	LSIAC	EARNED:
	LESS	JN9 L	EARNED:

Put one toot in	n front of the other and believe that the road	will be there.
	~ Maggie Smith	NOTES
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	TODAY I'	M GR	ATEFUL FOR:
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	RIUMPHS		DOWNFALLS
	LESSO	ONS L	EARNED:
It is impossible t	o live without failing	at some	ething, unless you live so cautiously that

you might as well not have lived at all. In which case, you fail be default.

	~ J. K. Rowling	NOTES
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SCHEI	DULE FOR SUC	CESS a.m DA	ILY ROUTINE P.M
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TODAY I'M GRATEFUL FOR:				
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	EXERCISE		ACTION ITEMS	
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	TRIUMPHS LESSO	ONS L	DOWNFALLS  EARNED:	
Do the best yo	ou can until you kno	w better.	Then when you know better, do better.	

~ Maya Angelou

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7	30	EFFORT	/5
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TODAY I'M GRATEFUL FOR:				
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	RIUMPHS	O2	DOWNFALLS	
	LESSO	ONS L	EARNED:	
	Knowing vourself	is the be	eginning of all wisdom.	

Knowing y	ourself is the beginning of all wisdom.  ~ Aristotle	
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TODAY I'M GRATEFUL FOR:				
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T	RIUMPHS		DOWNFALLS	
	_  ESS/	LZIAC	LEARNED:	
	LESS	JINJ L		
Find samething varire passionate about and keep tremendously interested in it				

Find something you're passionate about and keep tremendously interested in it.

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6	30	PURPOSE	/5
7	30	EFFORT	/5
8	30	PRIORITIES	/5
9	30	AUTHENTICITY	/5
10	30	KINDNESS	/5
11	30	FUN	/5

TODAY I'M GRATEFUL FOR:				
	XERCISE		ACTION ITEMS	
ACTIVITY	DISTANCE	TIME	1	
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000000000	<b>A</b>	OZ	5	
	RIUMPHS		DOWNFALLS	
	LESSO	ONS L	EARNED:	
To live is the rarest thing in the world Most neonle exist that is all				

To live is the rarest thing in the world. I\*lost people exist, that is all.

~ Osca	r Wilde
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8	30	Act of	Random Kindness:
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8	30	PRIORIT	TIES /5
9	30	AUTHEN	NTICITY /5
10	30	KINDNE	ESS /5
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TODAY I'M GRATEFUL FOR:				
	XERCISE		ACTION ITEMS	
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T	RIUMPHS		DOWNFALLS	
	LESSO	ONSI	EARNED:	
	There is no such th	nina as a	a small act of kindness	

There is no such thing as a small act of kinaness.

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TODAY I'M GRATEFUL FOR:				
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	RIUMPHS	OZ	DOWNFALLS	
	LESSO	ONS L	EARNED:	
No	thing is too small to	know N	lothing too big to attempt.	

	Nothing is too small to know. Nothing too big to attempt.  ~ Sir William Van Horne	
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\$ <b>6 6</b> 6 6 6 6 6	RIUMPHS	OZ	DOWNFALLS
	LESSO	ONS L	EARNED:

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	RIUMPHS	O.	DOWNFALLS
	LESSO	ONS L	EARNED:

just embarrassing bravery and I promise you, something great will come of it.

	~ Benjamin Mee	NOTES
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TODAY I'M GRATEFUL FOR:					
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	RIUMPHS		DOWNFALLS		
LESSONS LEARNED:					
The Lord is in the details of your life					

The Lord is in the details of your life.

	~ Thomas S. Monson	
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	IESS	JVIS T	EARNED:	
	LLSS	JNJL	LAKNED.	
I feel the there is nothing more truly outsition then to leve people				

I feel the there is nothing more truly artistic than to love people.

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	~	Var	n Go	ogh

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TODAY I'M GRATEFUL FOR:				
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T	RIUMPHS		DOWNFALLS	
	LESSO	ONST	EARNED:	
It never gets easier You just get better				

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	RIUMPHS		DOWNFALLS
	I F S S A		EARNED:
	LESS	JN3-L	EARNED:
	ecrets are always hi believe in	dden in	the whole world around you because the most unlikely places. This who don't will never find it.

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~ Ezra Taft Benson

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TODAY I'M GRATEFUL FOR:			
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T	RIUMPHS		DOWNFALLS
	LESSO	ONS L	EARNED:
			the past. If you are anxious, you are

living in the future. If you are at peace, you are living in the present.

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SCHEI	DULE FOR SUC	CESS a.m DA	ILY ROUTINE P.M
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TODAY I'M GRATEFUL FOR:			
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T	RIUMPHS		DOWNFALLS
	LESSO	ONS L	EARNED:

Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work.

~ Stephen King

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TODAY I'M GRATEFUL FOR:			
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Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

~ Helen Keller

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DAY 77 sunny cloudy rainy snowy

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TODAY I'M GRATEFUL FOR:			
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T	RIUMPHS		DOWNFALLS
	LESSO	ONS L	EARNED:

You can't heal what your refuse to confront.

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Nothino	•	_	about art is to work. The down everyday and trying.	

	~ Steven Pressfield	NOTES
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TODAY I'M GRATEFUL FOR:			
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	RIUMPHS		DOWNFALLS
	LESSO	ONSI	EARNED:
	Strength doesn't	come fr	om what you can do.

Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't.

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T	RIUMPHS		DOWNFALLS
	LESSO	ONS L	EARNED:
One of the are	eatest weaknesse	s in mos	t of us is our lack of faith in ourselves.
			enreciate our tremendous worth

One of our common failings is to depreciate our tremendous worth.

~ 1 Tom Perry

	~ L. Iom Perry	NOTES
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On'e destination is never a place, but a new way of seeing things.

`	one desimalion is never a place, but a new way or se	, cirig iriirigo.
	~ Henry Miller	NOTES
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The real thing	gs haven't change	ed. It's sti	ill best to be honest and truthful; to	

The real things haven't changed. It's still best to be honest and truthful; to make the most of what we have; to be happy with simple pleasures; and have courage when things go wrong.

~ Laura Ingalls Wilder

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8	30	PRIORITIES	/5
9	30	AUTHENTICITY	/5
10	30	KINDNESS	/5
11	30	FUN	/5

	TODAY I'M GRATEFUL FOR:			
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T	RIUMPHS		DOWNFALLS	
	LESSO	ONS L	EARNED:	

Discipline is simply choosing between what you want now, and what you want most.

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	RIUMPHS	OZ	DOWNFALLS
	LESSO	ONS L	EARNED:
Keep away from people who try to belittle your ambitions. Small people always do that. But the really great make you feel that you too can become great.  ~ Mark Twain			

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	t's where transformat		d when you bring that effort every single opens. That's how change occurs.  ichaels  Y/N

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	LE33(	JN3 L	EARNED:

When your heart speaks, take good notes.

~ Joseph Campbell

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7	30	EFFORT	/5
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TODAY I'M GRATEFUL FOR:			
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	RIUMPHS		DOWNFALLS
	LESSO	ONS L	LEARNED:

Courage is not simply one of the virtues, but the form of every virtue at the testing point

~ C. S. Lewis

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When you believe, your mind will find a way.

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TODAY I'M GRATEFUL FOR:					
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And the day			nain tight in a bud was more painful		

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	~ Anais Nin	NOTES
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	EXERCISE		ACTION ITEMS	
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	TRIUMPHS LESSO	ONS L	DOWNFALLS  EARNED:	
It's not the s	trongest of the sp	ecies th	nat survive, nor the most intelligent,	

but the one most responsive to change.

	~ Charles Darwin	NOTES
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## QUARTERLY REVIEW

TRIUMPHS DOWNFALLS TO IMPROVE

SPIRITUALITY	
HEALTH	
ПЕЛЬІП	
INTIMACY	
FAMILY	
FAMILT	
SOCIAL	
CAREER	
CAREER	
LIFE MANAGEMENT	

## **NOTES**

Write down the thoughts of the moment.

Those that come unsought for are commonly the most valuable.

~Sir Francis Bacon

