

Monthly planner



by Girls Glow Up

Journal Prompts

What did you learn last month?

What did you enjoyed ?

A moment that challenged you...

What are you looking forward to do this month?

Non-negotiable



for this month



A non-negotiable is a commitment to yourself that you will not break.
it can go from trying a new restaurant to attending your therapy session or
starting a new hobby.



Non-negotiable Habits ideas

8 Hours of sleep

Skin care routine

Read that book

Get outside

Listen to that podcast

Move your body

Call that person you miss

Sign up to that class

Cook a nice meal

Self-care baby

Alone Time

Try something new

This is the time to book in anything you said

Once it has been booked in, it's highly likely that you WILL do it.

M O N T H L Y P L A N

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

TO DO

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-
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-
-

TO DO

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-

Action Plan

Get Sh*t DONE

Use the formula below to take action!

& WHAT - WHEN - WHERE?

I am going to _ at this time _ at this location _

To Do	When?	Where?
Read a book	saturday at 11Am	in Starbucks

HABIT TRACKER

HABIT	CHECKLIST																															
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***MOTHLY
AFFIRMATION***

I AM CREATING THE LIFE I WANT

