Monthly planer

by Girls Glow Up

Journal Prompts

A moment that challenged you

GIRLS GLOW UP PAGE!

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 hobbie.

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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

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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.

MONTLTHY PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

то до	TO DO

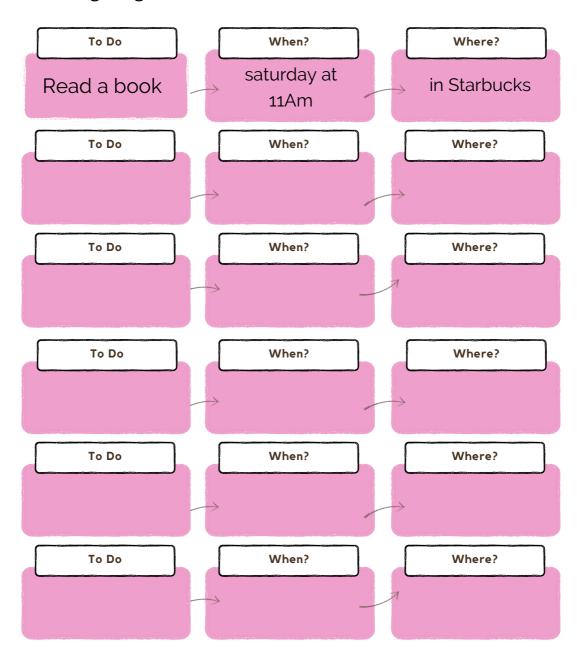
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Action Plan Get Sh*t DONE

Use the formula below to take action!

¿WHAT-WHEN-WHERE?

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



GIRLS GLOW UP PAGE 5

HABIT TRACKER

HABIT	CHECKLIST
	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
	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
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GIRLS GLOW UP PAGE 6

INCOMES & EXPENSES

DATE	INCOME	CATEGORY	AMOUNT
			TOTAL

DATE	EXPENSE	CATEGORY	AMOUNT
			TOTAL

SAVINGS



GIRLS GLOW UP PAGE 7

MOTHLY AFFIRMATION

I AM CREATING THE LIFE I WANT

