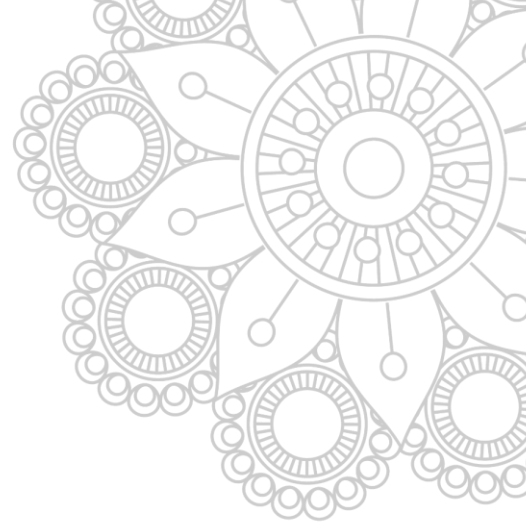
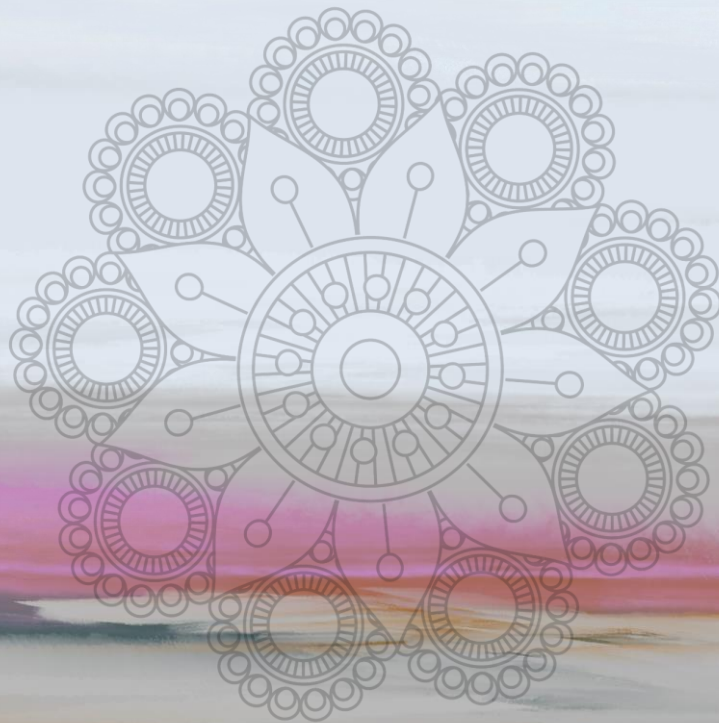
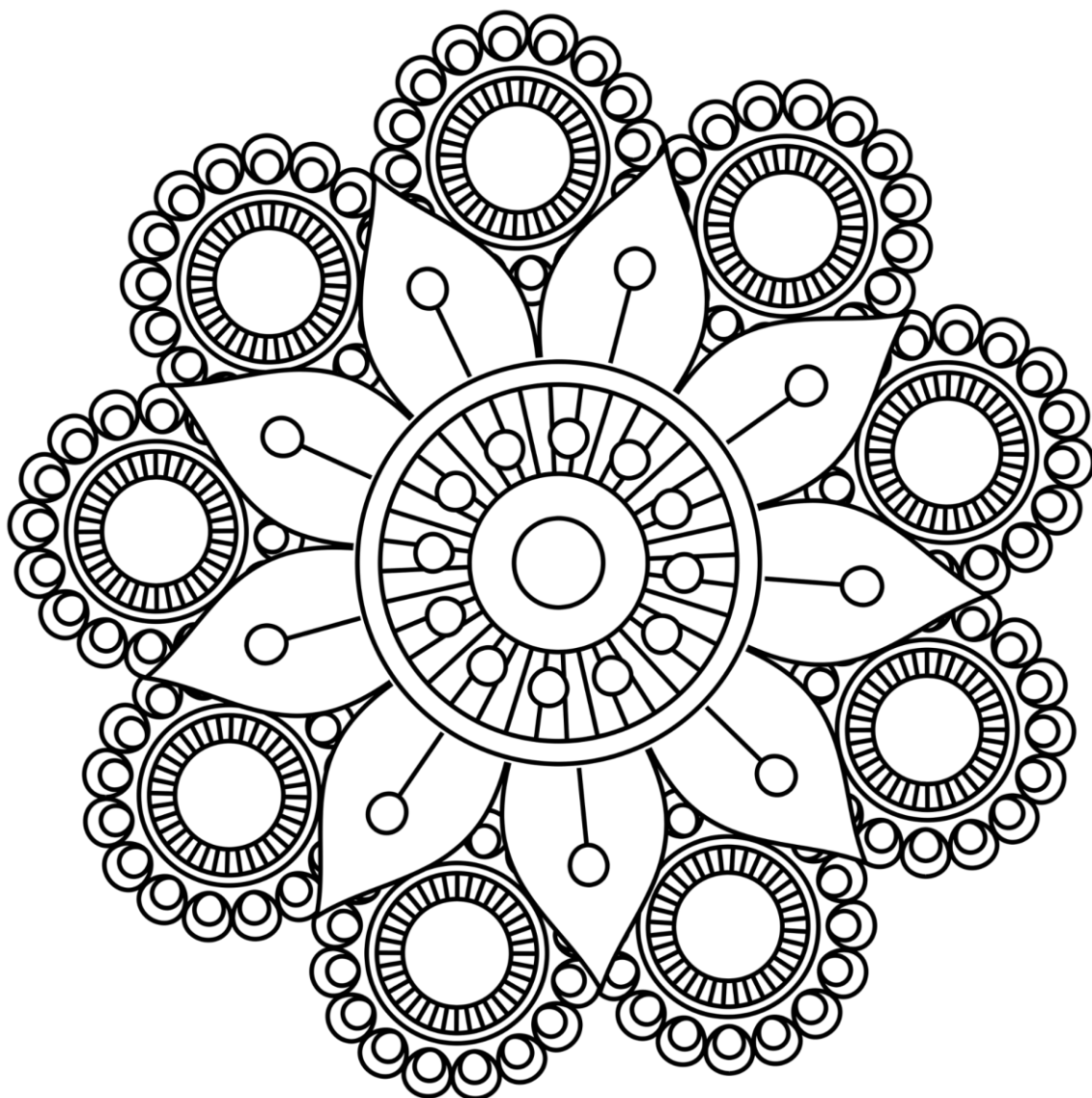




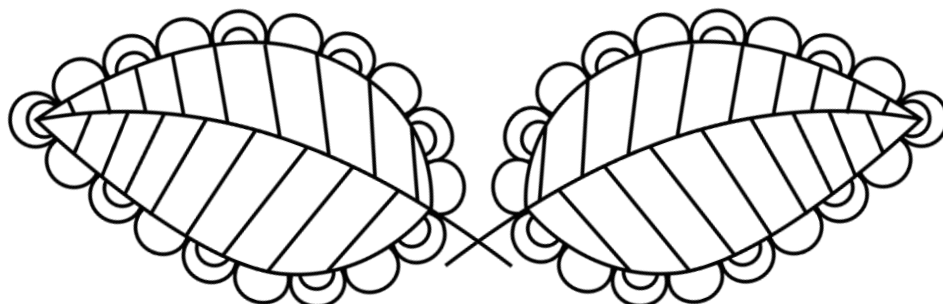
SZÍNEZHETŐ TERVEZŐ

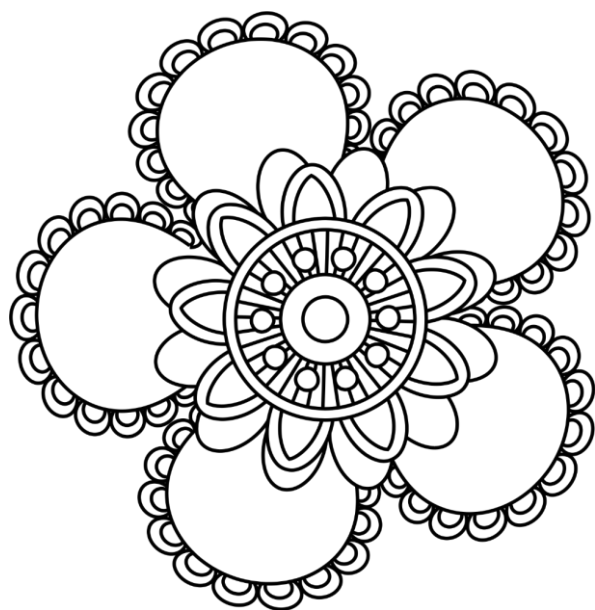




EZ A TERVEZŐ

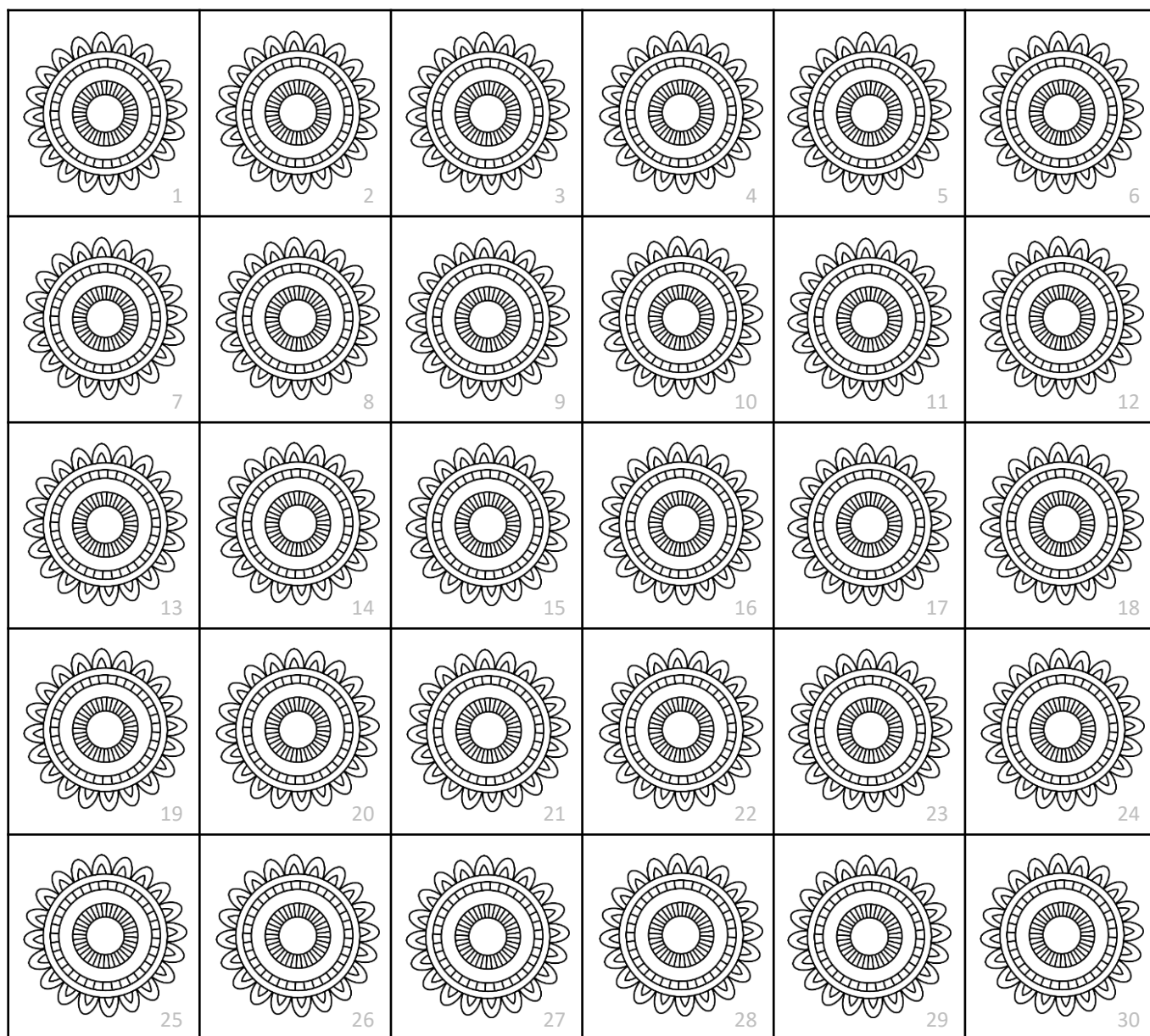
TULAJDONA

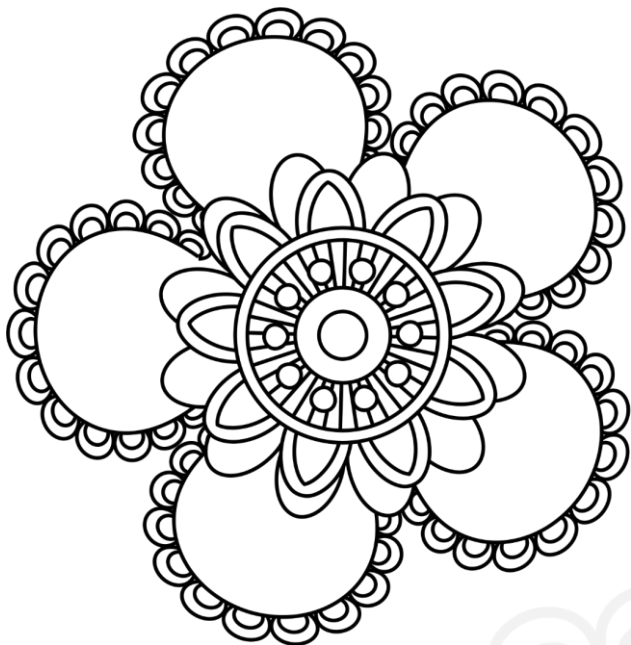




SZOKÁSKÖVETŐ

30 napig



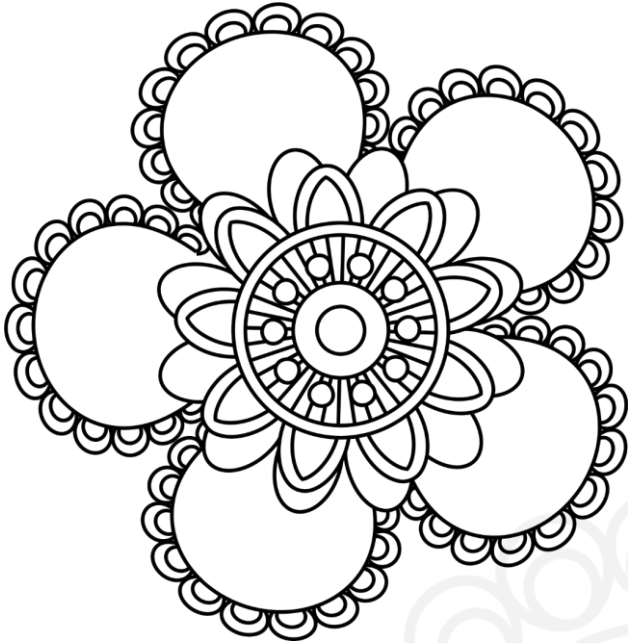


AGYDÖMPING

ÍRJ LE MINDENT AMI AGGASZT,
AMIT MEG KELL CSINÁLNOD,
AMI KAVAROG A FEJEDBEN



HETI TERVEZŐ



Dátum: _____

A hét mottója

Fő prioritások



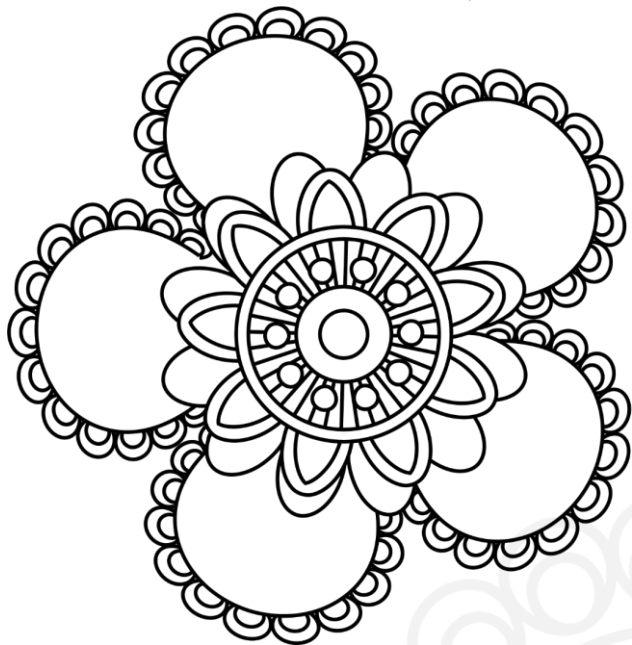
Találkozók, időpontok



Jegyzetek

NAPI TERVEZŐ

Dátum: _____



Hálás vagyok mert...

Tennivalók



Vízivás



Lépések (ezer)

1

2

3

4

5

6

7

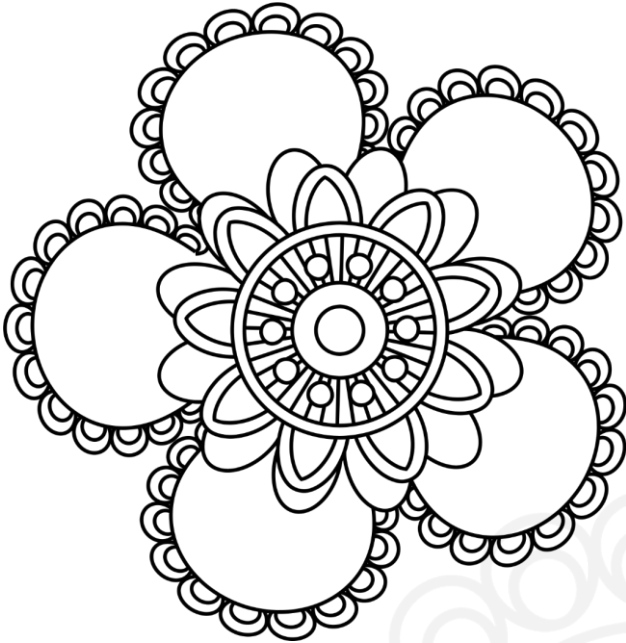
8

9

10

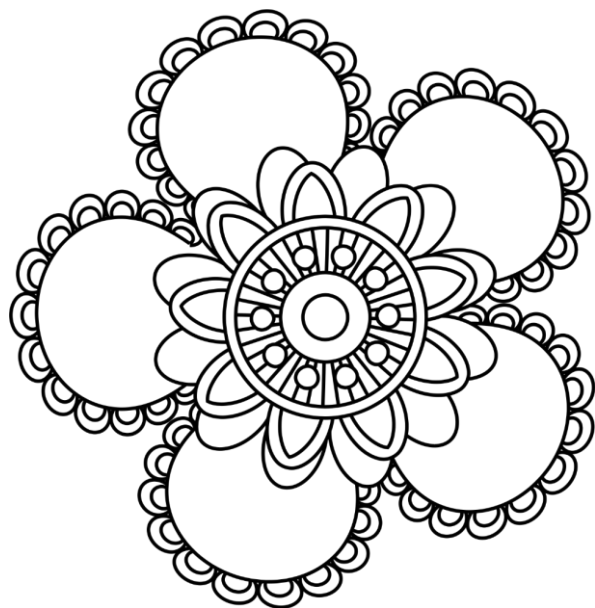
Érzések

DÖNTÉS IDŐ



Amiröl dönteni kell

[illegible][illegible]



HANGULATKÖVETŐ

Hónap _____

A hónap mottója

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					

Hangulat szín kód

energetikus	motivált	boldog	fókuszált	inspirált	elégedett
fáradt	fásult	szomoró	zaklatott	csalódott	nyughatatlan

VIRÁGOS SZÍNEZŐ TERVEZŐ

DAILY PLANNER

Today is _____

I Am Grateful For _____

To Do List

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

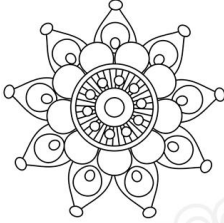
Water

Steps (thousands)

1 2 3 4 5 6

Feelings

BRAIN DUMP



MOOD TRACKER

Month Of _____

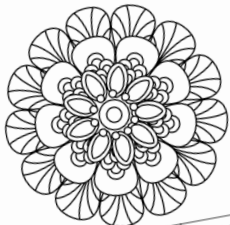
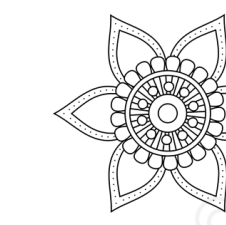
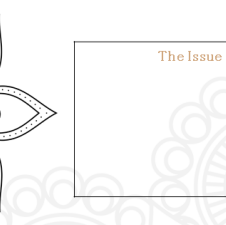
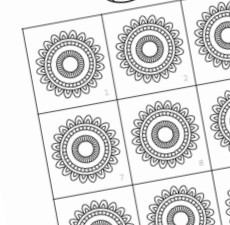
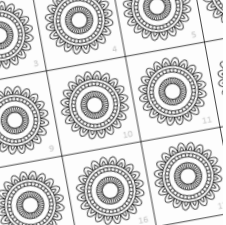
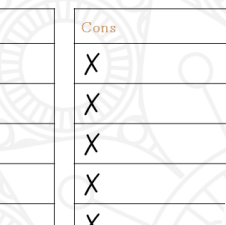
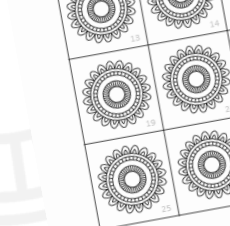
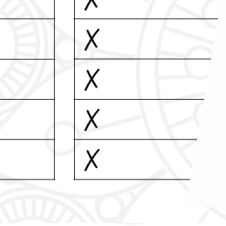
This Month's Motto _____

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

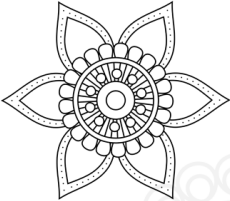
Mood Color Key

HABIT TRACKER

I'm Committed to 30 Days Of _____

TIME TO DECIDE



The Issue _____

Pros	Cons
✓	X
✓	X
✓	X
✓	X
✓	X
✓	X
✓	X
✓	X
✓	X
✓	X

WEEKLY PLANNER

Week Of _____

This Week's Focus Word _____

Main priorities

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Appointments

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Notes

RITA MAY