

THERE'S NOTHING
BETTER THAN

A
friend

EXCEPT A

FRIEND

WITH

wine



I DO

WHAT YOU



LOVE

WHAT YOU



TOVAT'S

forecast:

WAZ



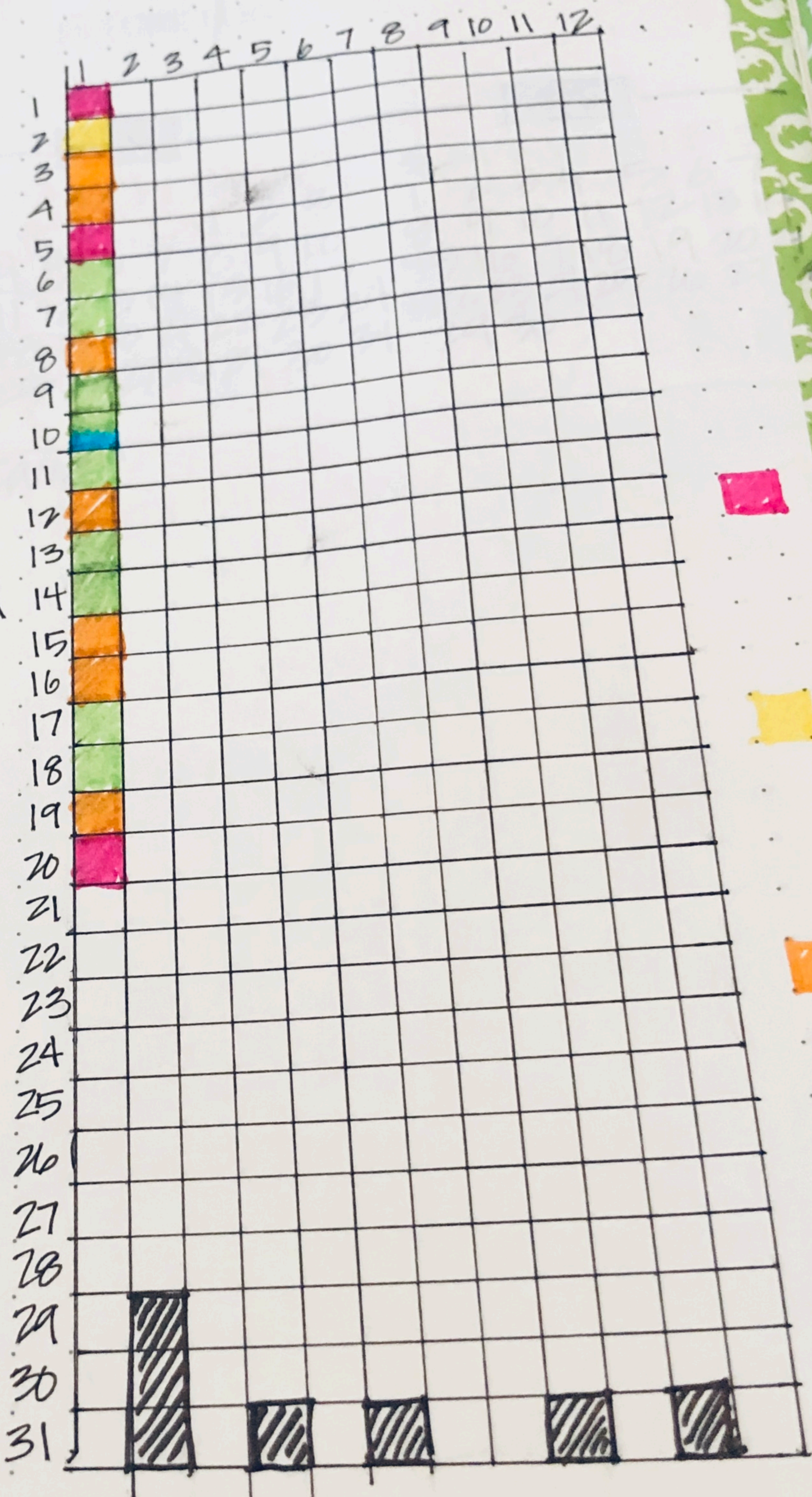
90%

CHANCE

of
telling

2019

- Angry, frustrated
Annoyed, grumpy
- Average, normal
uneventful
- Sick, tired, lazy
lethargic, un-
motivated
- Productive,
energetic, active
- motivated, focused
- sad, anxious
depressed, down
- unsure, numb
disassociated
- Joyful, happy
fulfilled, content
satisfied, good!



YEAR in Pixels

goals

2015

1 Make healthy choices
→ lower BMI

2 Walk 10,000 steps/day

3 Assume positive intent

4 Stay connected with friends

5 Read 30 books

6 Spend time with kids — individually

7 Commit to quality time with Josh

8 Be a good steward of family finances

9 Drink ↑ 64oz water every day

10 Balance
"It's not all or nothing"

sleep

FEBRUARY

7 8 9 10 11 12 1 2 3 4 5 6

1	
2	
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7	
8	
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22	
23	
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25	
26	
27	
28	

habits

FEBRUARY

SLEEP 7+ HOURS	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
WATER 64+ OZ	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
10,000 STEPS	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
EXERCISE	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
FLOSS	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
GRATITUDE	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
SPEND < \$20	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
READ	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
JOURNAL	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

18

21

thursday

19

22

friday

saturday

23

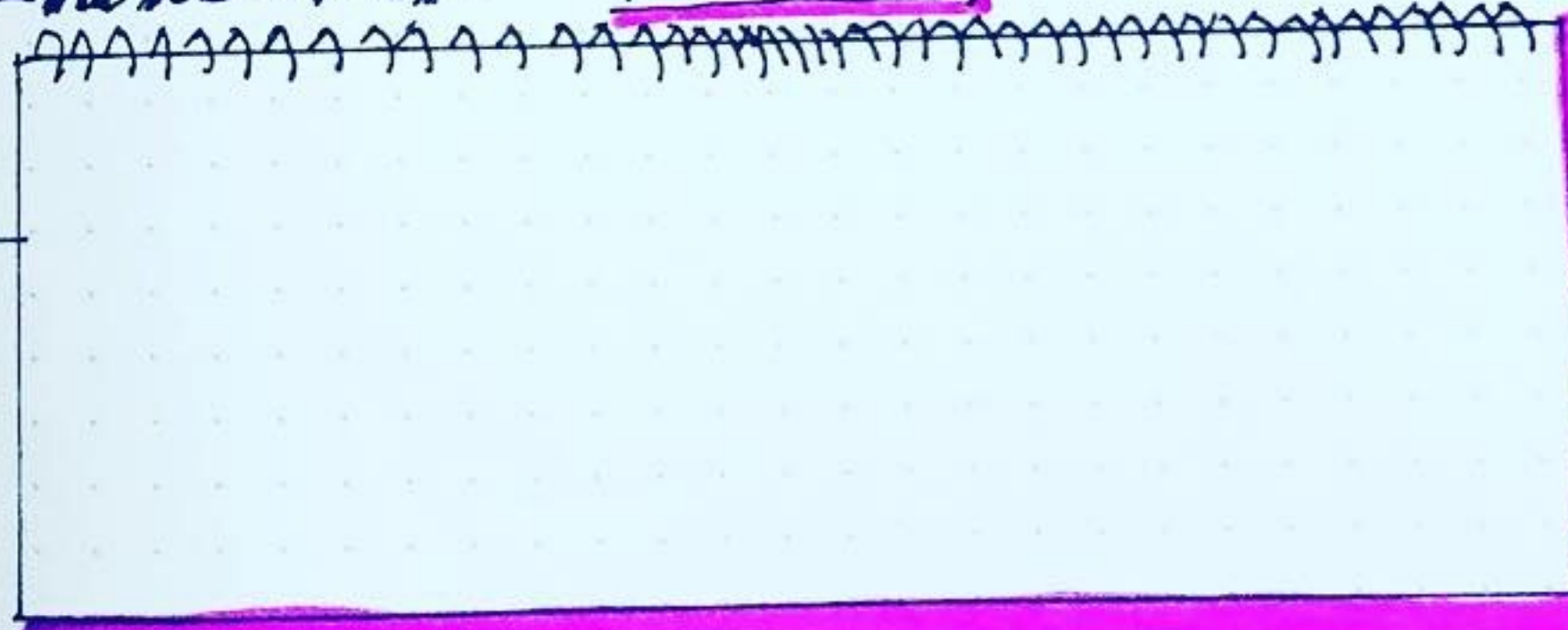
24

sunday

20

next week

25th - 3/3



February ♡

M T W T h F S

/				1	2
4	5	6	7	8	9
11	12 shiviyah	13	14	15	16
18	19	20	21	22	23
25	26	27	28	/	

events

2.12 - Shiviyah

to do

goals

birthdays

2.28 - KIM

notes

march

I Love YOU

MORE THAN

Michael Scott

HATES

♥ Toby ♥

MY FAVORITE!

salad

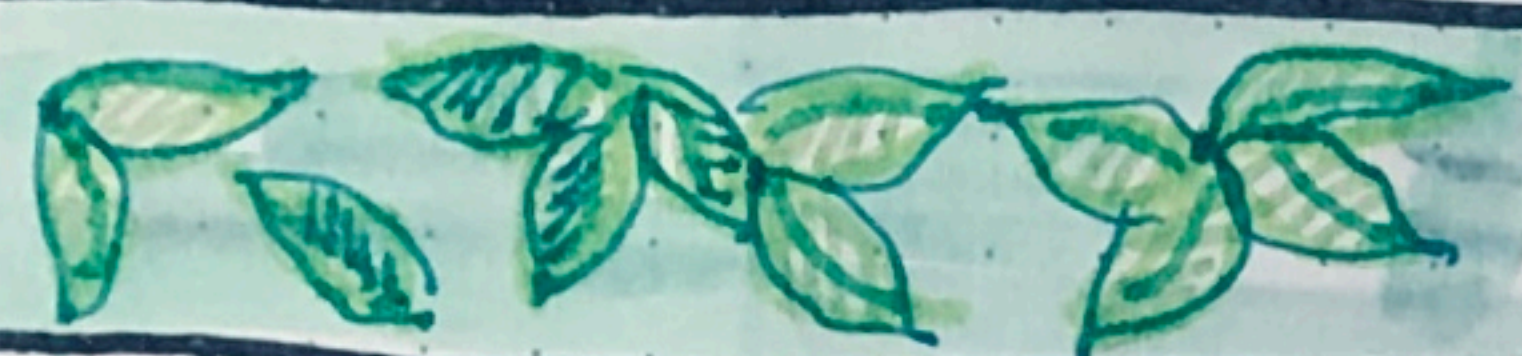



wine



March

SUN MON TUE WED THUR FRI SAT

							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									

To Dos:

KEY

- Travel
- Weber off
- Birthday

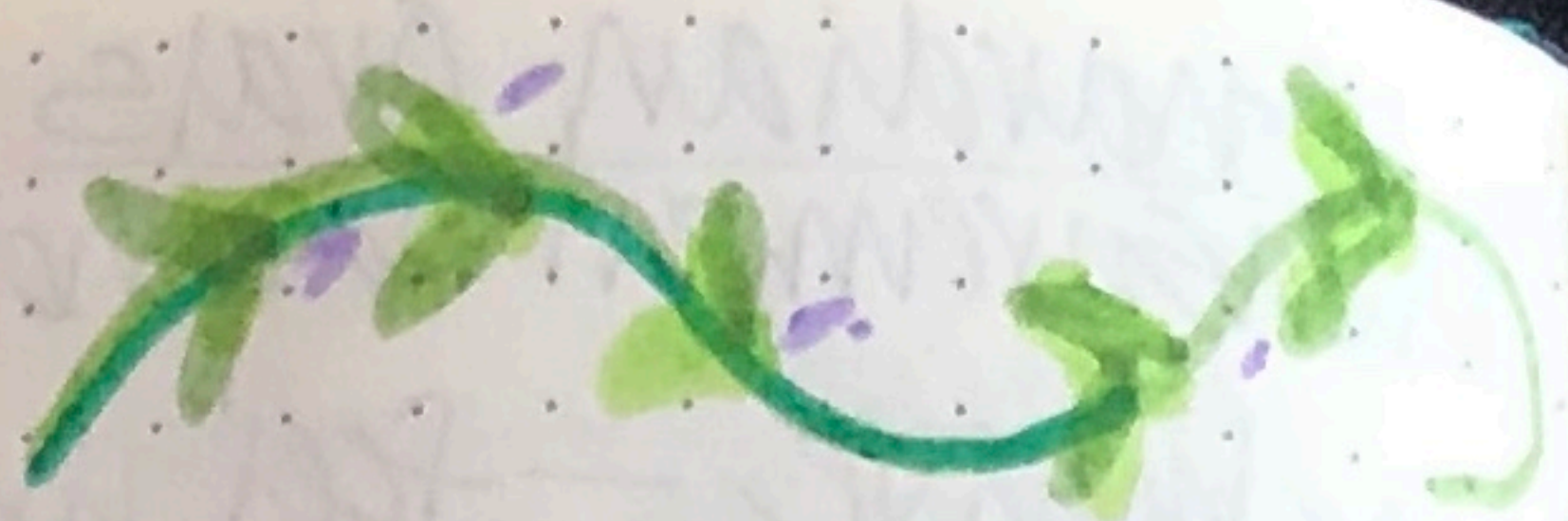
habits

MARCH

SLEEP 7+	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	
WATER 64oz+	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	
FOOD LOG	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	
10,000 STEPS	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	
EXERCISE 30+ MIN	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	
FLOSS	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	
GRATITUDE	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	
READ	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	
0 INBOX	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	
SPEND < \$50	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	

NOTES

APRIL 22-28



monday
22

tuesday
23

wednesday
24

thursday
25

friday
26

saturday
27-28

Large empty rectangular box for Monday's notes.

Large empty rectangular box for Tuesday's notes.

Large empty rectangular box for Wednesday's notes.

Large empty rectangular box for Thursday's notes.

Large empty rectangular box for Friday's notes.

Large empty rectangular box for Saturday's notes.

sunday

THIS WEEK

NEXT WEEK



DON'T
forget
to have



FUN



she

BELIEVED

she

COULD

SO ...

she

DID

