

THIS WEEK

january 2020

| SUN | MON | TUE | WED |
|-----|-----|-----|-----|
|     |     |     | 1   |
| 5   | 6   | 7   | 8   |
| 12  | 13  | 14  | 15  |
| 19  | 20  | 21  | 22  |
| 26  | 27  | 28  | 29  |

notes

my PRIORITIES this month

- ① healthy food
- ② meditation
- ③ holidays

| THU | FRI | SAT |
|-----|-----|-----|
| 2   | 3   | 4   |
| 9   | 10  | 11  |
| 16  | 17  | 18  |
| 23  | 24  | 25  |
| 30  | 31  |     |

to-do list

do what you love  
everyday

