

Sunday

Monday

Tuesday

Wednesday

4..... Easter ☆	5.....	6.....	7.....
11.....	12.....	13.....	14.....
18.....	19.....	20.....	21.....
25.....	26.....	27.....	28.....

MONTHLY GOALS

Personal

Health/Fitness

Home

- | | | |
|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Pick from your annual list what you want to read or listen to each week. Consider what would be most helpful where you are right now: a podcast a stress, a tutorial for a project you're working on, a book on parenting, etc. Just 15 min. Maybe during your lunch break, before bed, or

To Read	To Listen To
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>

DAY TRIPS

<p>Day Trip 1</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>Day Trip 2</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Day Trip 3</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>Day Trip 4</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Thursday, April 1

Reference List	Priorities	Home/Cleaning Tasks
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<i>Meal</i>	<i>Exercise</i>
	<i>Read/Listen To</i>	<i>Connect with</i>
	<i>15 minutes for Me</i>	<i>15 minutes Goals</i>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Family Activities	<input type="checkbox"/>	<input type="checkbox"/>
	Schedule	
	5:00	
	6:00	
	7:00	
	8:00	
	9:00	
	10:00	
	11:00	
	12:00	
	1:00	
	2:00	
	3:00	
	4:00	
	5:00	
	6:00	
	7:00	
	8:00	

Friday, April 2 *Good Friday*

Reference List	Priorities	Home/Cleaning Tasks
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<i>Meal</i>	<i>Exercise</i>
	<i>Read/Listen To</i>	<i>Connect with</i>
	<i>15 minutes for Me</i>	<i>15 minutes Goals</i>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Family Activities		
	Schedule	
	5:00	
	6:00	
	7:00	
	8:00	
	9:00	
	10:00	
	11:00	
	12:00	
	1:00	
	2:00	
	3:00	
	4:00	
	5:00	
	6:00	
	7:00	
	8:00	

Saturday, April 3

Reference List	Priorities	Home/Cleaning Tasks
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<i>Meal</i>	<i>Exercise</i>
	<i>Read/Listen To</i>	<i>Connect with</i>
	<i>15 minutes for Me</i>	<i>15 minutes Goals</i>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Family Activities	<input type="checkbox"/>	<input type="checkbox"/>
	Schedule	
	5:00	
	6:00	
	7:00	
	8:00	
	9:00	
	10:00	
	11:00	
	12:00	
	1:00	
	2:00	
	3:00	
	4:00	
	5:00	
	6:00	
	7:00	
	8:00	

Sunday, April 4 Easter

Reference List	Priorities	Home/Cleaning Tasks
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<i>Meal</i>	<i>Exercise</i>
	<i>Read/Listen To</i>	<i>Connect with</i>
	<i>15 minutes for Me</i>	<i>15 minutes Goals</i>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
Family Activities		
	Schedule	
	5:00	
	6:00	
	7:00	
	8:00	
	9:00	
	10:00	
	11:00	
	12:00	
	1:00	
	2:00	
	3:00	
	4:00	
	5:00	
	6:00	
	7:00	
	8:00	