



MAKE IT A HABIT



JANUARY: PLAN MORE

- BUY A KICK ASS PLANNER
- SCHEDULE IN "PLANNER TIME" EACH DAY
- BE MORE ORGANIZED AND MOTIVATED!

FEBRUARY: BUDGET BOSS

- DOWNLOAD WSW BUDGET PRINTABLES
- FILL OUT PRINTABLES!
- BE A BUDGET BOSS!!!

MARCH: SAVE, SISTA!

- OPEN SAVINGS ACCOUNT
- DEPOSIT X AMOUNT EACH PAYCHECK
- BUY AWESOME NEW THINGS!

APRIL: H2O, MY FRIEND.

- PURCHASE SUPER CUTE WATER BOTTLE
- TAKE IT EVERYWHERE
- CHUG, CHUG, CHUG IT!

MAY: HAVE A GOOD NIGHT

- FIGURE OUT YOUR PERFECT NIGHT ROUTINE
- DO IT!
- EVERY SINGLE NIGHT!

JUNE: GOOOOOOD MORNING!

- FIGURE OUT YOUR MORNING ROUTINE
- DO IT!
- EVERY SINGLE MORNING!

JULY: WEEKENDS!

- REEVALUATE GOALS FOR THE WEEK
- MEAL PLAN/PREP
- PLAN OUTFITS

AUGUST: SLEEP SCHEDULE

- HOW MANY HOURS PER NIGHT DO YOU REQUIRE?
- SLEEP THAT MUCH...
- EVERY SINGLE NIGHT!

SEPTEMBER: FIT IN FITNESS!

- SCHEDULE FITNESS TIME IN YOUR PLANNER
- EXERCISE
- FEEL GREAT!

OCTOBER: CHALLENGE YOURSELF

- LEARN SOMETHING NEW
- READ A BOOK
- PLAY A GAME

NOVEMBER: STRESS LESS!

- TAKE DEEP BREATHS BEFORE REACTING
- WILL IT MATTER TOMORROW?
- READ "DON'T SWEAT THE SMALL STUFF" BY RICHARD CARLSON

DECEMBER: FOCUS ON YOU!

- EVALUATE AND REFLECT
- FIND A SOLUTION
- PAMPER YOURSELF

