

JANUARY 2018

THIS IS YOUR YEAR

My Shiny Start

SURET *Alive*
Femininity & Confidence Expert

Take a Look at January

SHINE LIKE THE WHOLE UNIVERSE IS YOURS!

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My Shiny Goals

A GOAL SHOULD SCARE YOU A LITTLE, & EXCITE YOU A LOT

MY ONE REALISTIC AND REACHABLE SHINY GOAL FOR THIS MONTH

WHAT DO I NEED TO PUT IN PLACE TO REACH MY SHINY GOAL

ONE QUOTE TO MOTIVATE ME TO REACH MY GOAL

WHEN I HAVE ACHIEVED MY SHINY GOAL, I WILL REWARD MYSELF WITH

HEALTHY HABIT CHANGES FOR THIS MONTH

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MY SAVINGS AMOUNT THIS MONTH?

THIS MONTH IM EXCITED FOR

My Shiny New Day

DATE _____

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MY **3** PRIORITY TASKS FOR THE DAY

1

2

3

MY DAY

NOTES

MORNING

AFTERNOON

EVENING

TODAY I'M GRATEFUL FOR

MY SHINY MOMENT OF THE DAY

