

# *Journey*

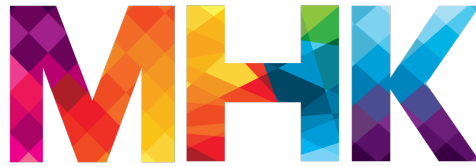
FROM WITHIN

2023

YEARLY PLANNER







TRANSFORMATIONAL LIFE & LEADERSHIP COACHING

*Empowering your creative brilliance.*

Produced by:  
Margaret H. Kelsey, LLC

Creator of Live Your Values Monthly Planner®  
Creator of Live Your Values Daily Planner®  
Founder of MHK Coaching & Consulting  
Founder of Insightful Learning Architects  
Author of Wave of Insight: Poetry & Prose for Conscious Living & Loving®

With gratitude to my mentors, colleagues and clients whose work  
has influenced my writing, coaching and consulting practices.

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# How to Use this Planner

## Hello Friend

Thanks for your interest in receiving our monthly planner! I'm so glad you did because it tells me we likely share something in common, that is – the desire to lead a meaningful life filled with purpose, passion and joy.

Personally, I've come to learn this results from living into the dreams we hold in our heart and experiencing ourselves and others as we share these opportunities for growth.

Dreams are a reflection of what we hold dear, which is reflected in our VALUES. For this reason, this planner approaches goal development like no other. It acknowledges the important relationship between goals, values, beliefs, reactions and mindfulness practices.

This planner includes the following sheets:

- Monthly Calendar
- Inner & Outer Development Goals
- Goal

The sheets have been designed to work in concert with one another in this way.

- At the beginning of the month, on the right side of a given month, make a list of any specific dates/events/occasions you want to make sure you get to under the “Top List” column.
- Next, jump into the Inner & Out Development Goals. Run through the boxes for each goal. (See the notes I've shared on the next few pages for more information on each box.) The purpose of these boxes is to show where and how what you desire to bring to fruition is both an inner and outer experience.
- Then, for each goal listed outline the details of it on a corresponding Goal sheet. Note the Target Dates and Milestones you'd like to reach each week.
- Then break down each milestone into corresponding subtasks, if/as needed.
- Finally, return to the Monthly Calendar and carry over the milestones and any subtasks you'd like to chart at a very high level.

Let's take an example. One of my goals for the month has been to re-organize my office.

The Intention/Purpose for this goal is to have an orderly office that makes me feel uplifted and delighted to work within it. One that has different work surfaces and sitting areas based on how I like to work, which is sometimes at a desk, standing and/or sitting and other times at a couch.

The Current State is: Disarray, clutter, not the right furniture.

The Desired State is: Order, new furniture arrangement, inviting and inspiring.

My Milestones were:

- Layout design and make list of what I need/don't need.
- Declutter (get rid of what I do and don't need)
- Order/purchase new furniture
- Organize new layout

Note, I use the Notes page to first MindMap out my milestones and tasks so I can get a sense of what order they need to be in. To help boost my energy to realize each milestone, I list the values that they represent. This helps me think less about the “doing” and more about the “being and feeling” as I work towards it.

If you're new to discovering how values influence your life, please scan this QR code to take our complimentary Personal Values Assessment on our mobile device.



Keep in touch and all good wishes on your journey!

*Margaret Hasna Kelsey, Ed.M.*

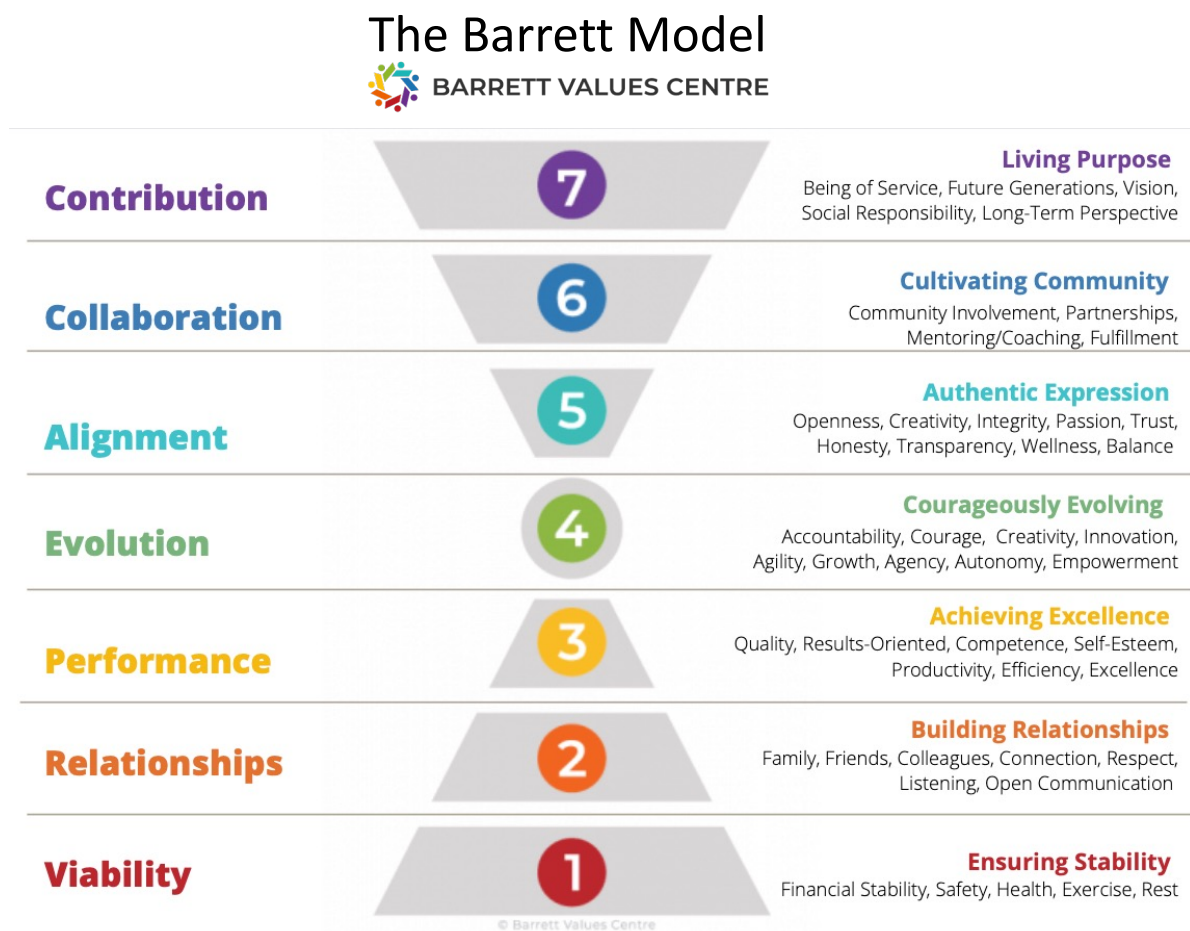
Founder & CEO

MHK Coaching & Consulting

# Understanding Values

Values are a short-hand way of letting you know what really matters to you. They reflect the energy you hold in your heart to grow and evolve as well as the fears that can sneak into and seize your mind potentially holding you back.

The Barrett Model is one of the most illuminating theoretical frameworks for understanding your values. It categorizes and maps values to Seven Levels of Consciousness, for individuals, organizations, society and leaders. As an individual, when you experience your emotions, be they positive or negative, they are a reflection of the values you hold dear.



*The Barrett Model is the breakthrough work of Richard Barrett. Inspired by Abraham Maslow's Hierarchy of Needs and tested over more than two decades of real-world experience with thousands of organizations, the model identifies the seven areas that comprise human motivations. These range from basic survival at one end, to service and concern for future generations at the other.*

*It provides a proven and extraordinarily useful map for understanding the values of your employees, leaders, and stakeholders. Even better, it offers a means for creating more supportive and productive relationships between them, and a deeper alignment of purpose across your organization.*

For instance, let's pretend for a moment that you work as a Senior Customer Account Associate. You get a call from an irate person. You listen well to their concerns and they leave satisfied. You end the call feeling a sense of pride, accomplishment, and maybe even a little bit of joy. Why? Well, in large part because you probably value listening and caring and got a chance to express this fully. Similarly, imagine if the call hadn't gone well. Instead, the customer kept cutting you off and interrupting you when you attempted to assist them. They then asked for your supervisor. How might you feel then? Frustrated? Worried? When we're not able to live into or express our values, such negative emotions can arise. Couple these with a thought or story, and next thing you know, you're triggered and muttering to yourself at the water cooler. Or worse!

Values hold energy and in different places in our bodies even! As an exercise, where do you feel the energy in your body when you imagine taking an action that would express each one of these values:

- Safety
- Creativity
- Wisdom

## Understanding Goals

What are goals? They are the reflection of a desire, yes? Something we want to experience more of, yes? An aspiration, right? In essence, they reflect a value we are longing to express more fully.

Goals reflect values that you are longing to embody more fully.

For example, imagine a person has a goal of singing in a choir. What values come to mind as something that could be important to this person? Maybe: Expression? Connection? Personal growth? Creativity? Inspiration? Beauty? Song? Making a difference?

By breathing life into the values a goal represents, we charge up our cylinders to take action towards reaching it. So, when you look at your month's goals, always pair them with your values. Notice every day even what values you living into as you work towards your goals.

## Understanding Beliefs

Values are also wed with beliefs. That is, we apply meaning to them. For example, a person who values honesty might believe it helps bring them good karma. Beliefs further set the context for why we make the choices and take the actions we do towards our goals. By noticing the beliefs associated with our goals, we can affirm and/or where necessary shift them to shape the context that will allow the goal to come into fruition.

When we struggle in reaching our goals, it because our values are in conflict, somewhere, somehow, as well as our beliefs. Typically, fear sets in somewhere as well. To make tracks, we need to resolve the conflict in our values and beliefs and identify the root fear. This where understanding our emotional landscape comes in.

## Understanding Reactions

Working towards goals will always bring up positive and negative reactions. Why? Because goals represent change and growth. As much as we are inclined to grow, we are also wired for routine, familiarity. It's a fine balance. Too much growth too fast creates stress. Too little growth over too much time also creates stress.

The good news, where and how we seek to grow will bring forth an emotional reaction we've experienced once or twice or many times before. It's pretty unlikely, going for a goal will ever evoke an emotion you haven't ever felt before.

This means you can help influence where and how you'll be able to realize your goals by anticipating some of the feelings and how best to respond to them.

## Understanding Mindfulness

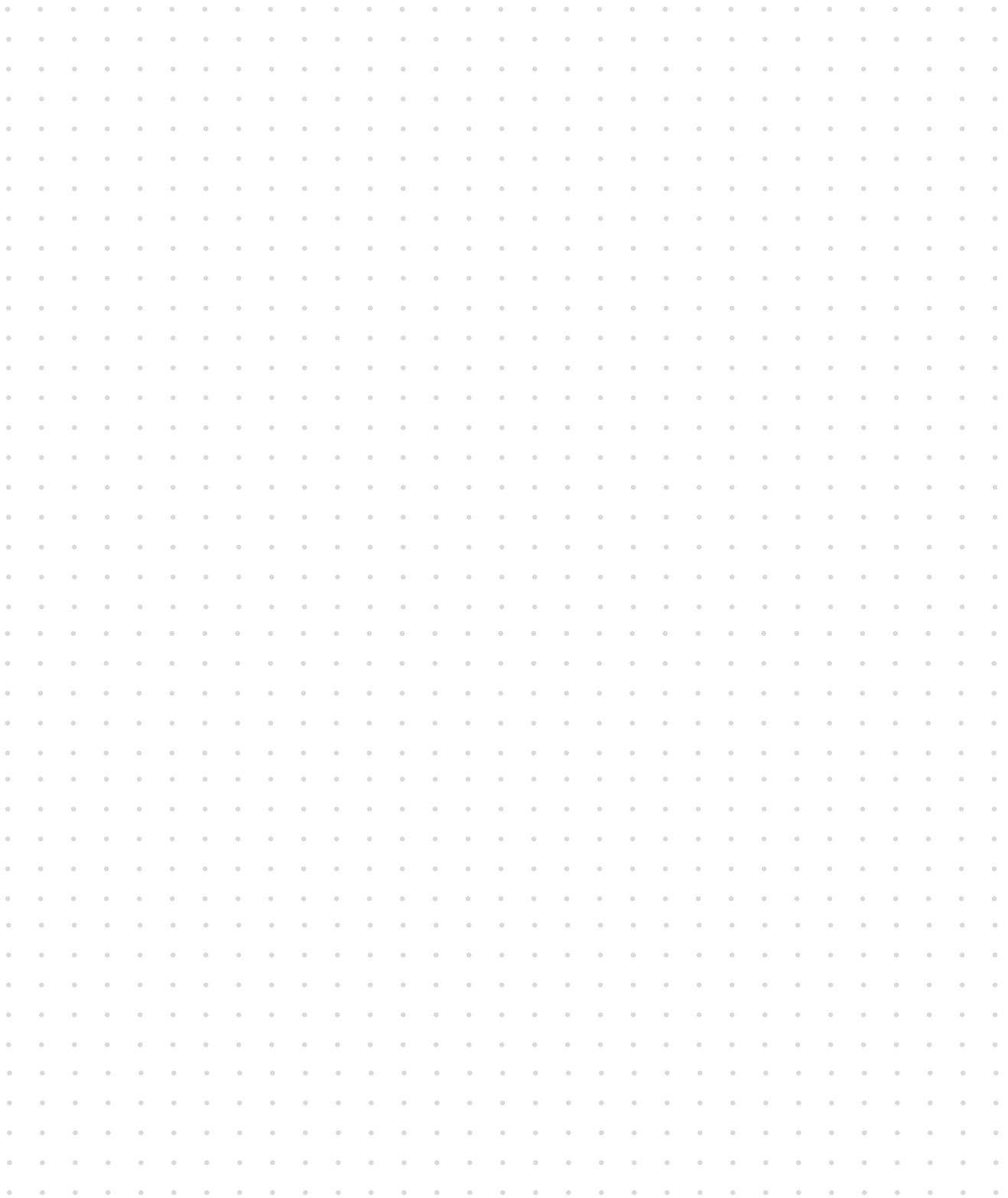
A mindfulness practice is like ballast, it helps to keep positive and negative reaction in balance. Walking in nature, meditating, doing yoga, journaling, talking with loved ones who will just listen, these are all great activities you can take to help even out the positive and negative emotions that arise when pursuing a goal.

Think about the amount of energy it takes to reach a goal. How much energy will it take if you're constantly swinging between the highs and lows of the positive and negative emotions that arise as you apply yourself vs. if you find ways to keep your energy more even? Practicing mindfulness will support your focus, which will in turn help you realize your goals quicker!

**"Where focus goes, energy flows."**

Tony Robbins

# Notes





# 2023

## JANUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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## FEBRUARY

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30	31					

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27	28	29	30	31		

## SEPTEMBER

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## OCTOBER

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22	23	24	25	26	27	28
29	30	31				

## NOVEMBER

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## DECEMBER

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24	25	26	27	28	29	30
31						

# January 2023


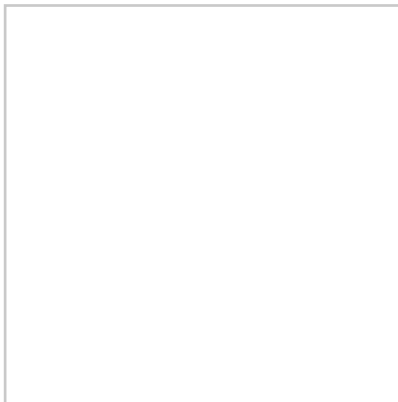
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3	4
8	9	10	11
15	16 Martin Luther King Day	17	18
22	23	24	25
29	30		

THURSDAY	FRIDAY	SATURDAY	TOP LIST
5	6	7	
12	13	14	
19	20	21	
26	27	28	

# Inner & Outer

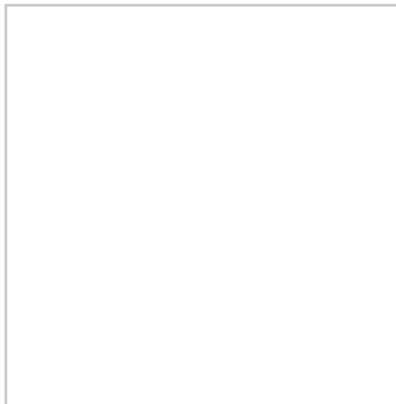
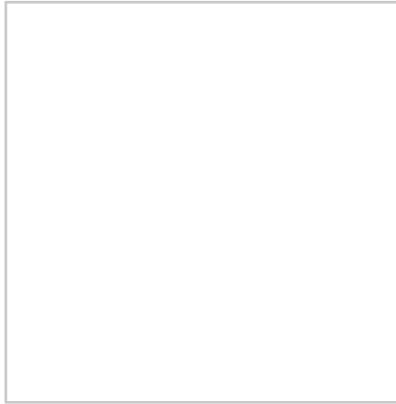
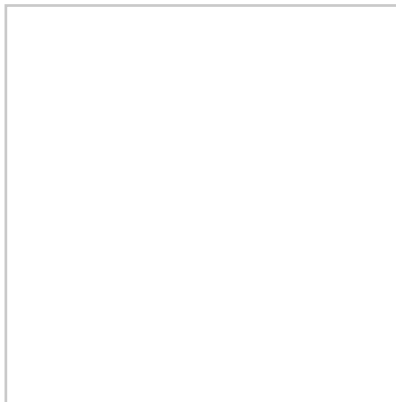
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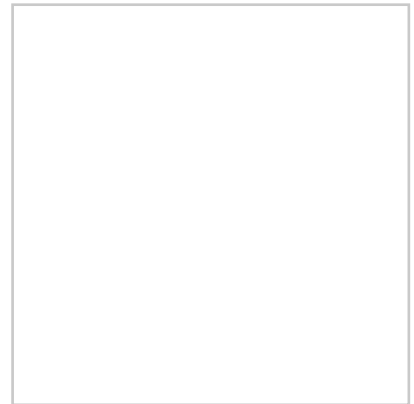
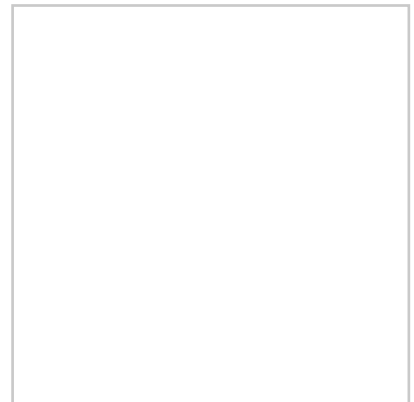
## Values

List the values each goal touches upon. Focus on the motivational energy of these values to help you reach each goal.

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## Beliefs

Next, why is each goal and expressing these values important to you? Identify the beliefs you hold about living into them.

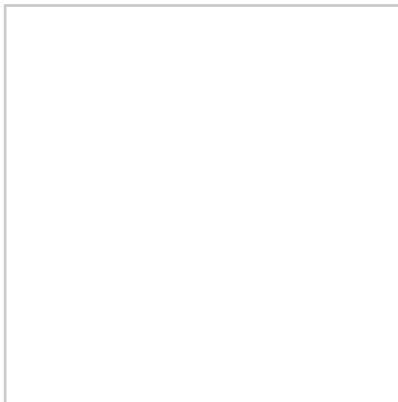
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# Development Goals

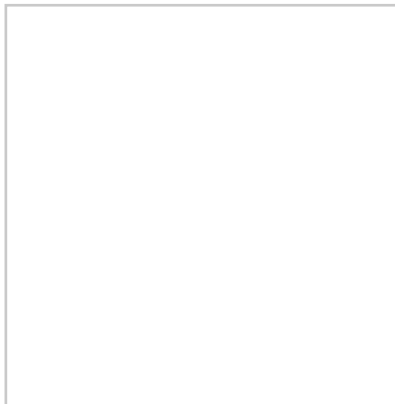
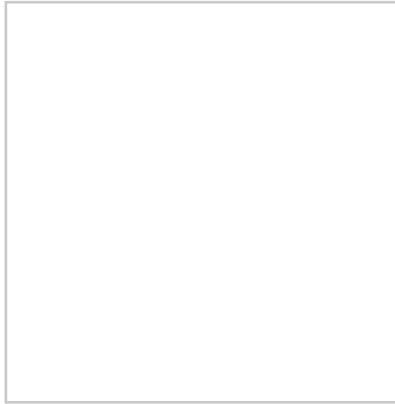
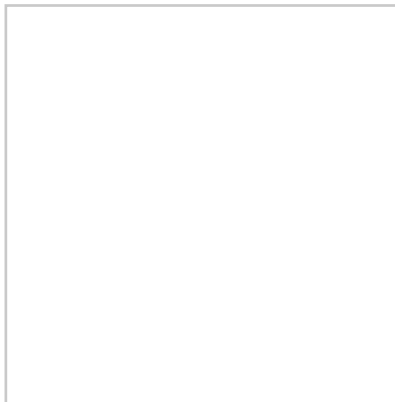
## Behaviors

What behaviors will you practice to breathe life into each goal and express these values?

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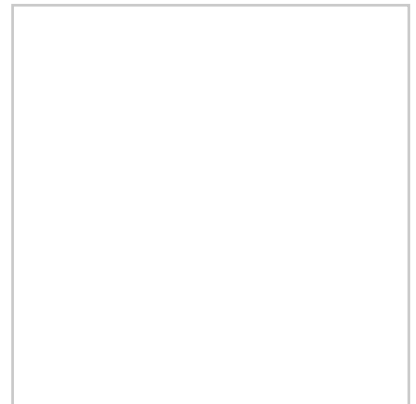
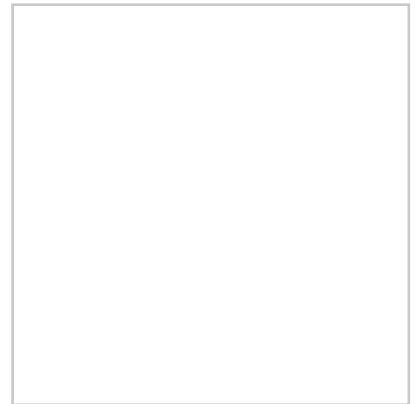
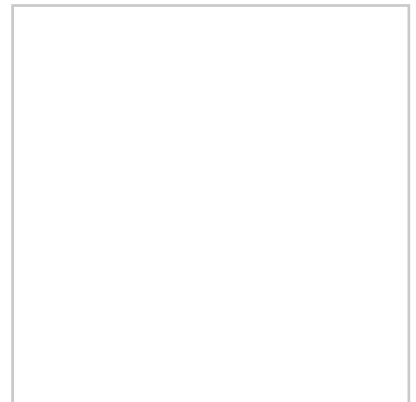
## Reactions

How might you react when either challenges emerge and/or as you make progress toward your goal?

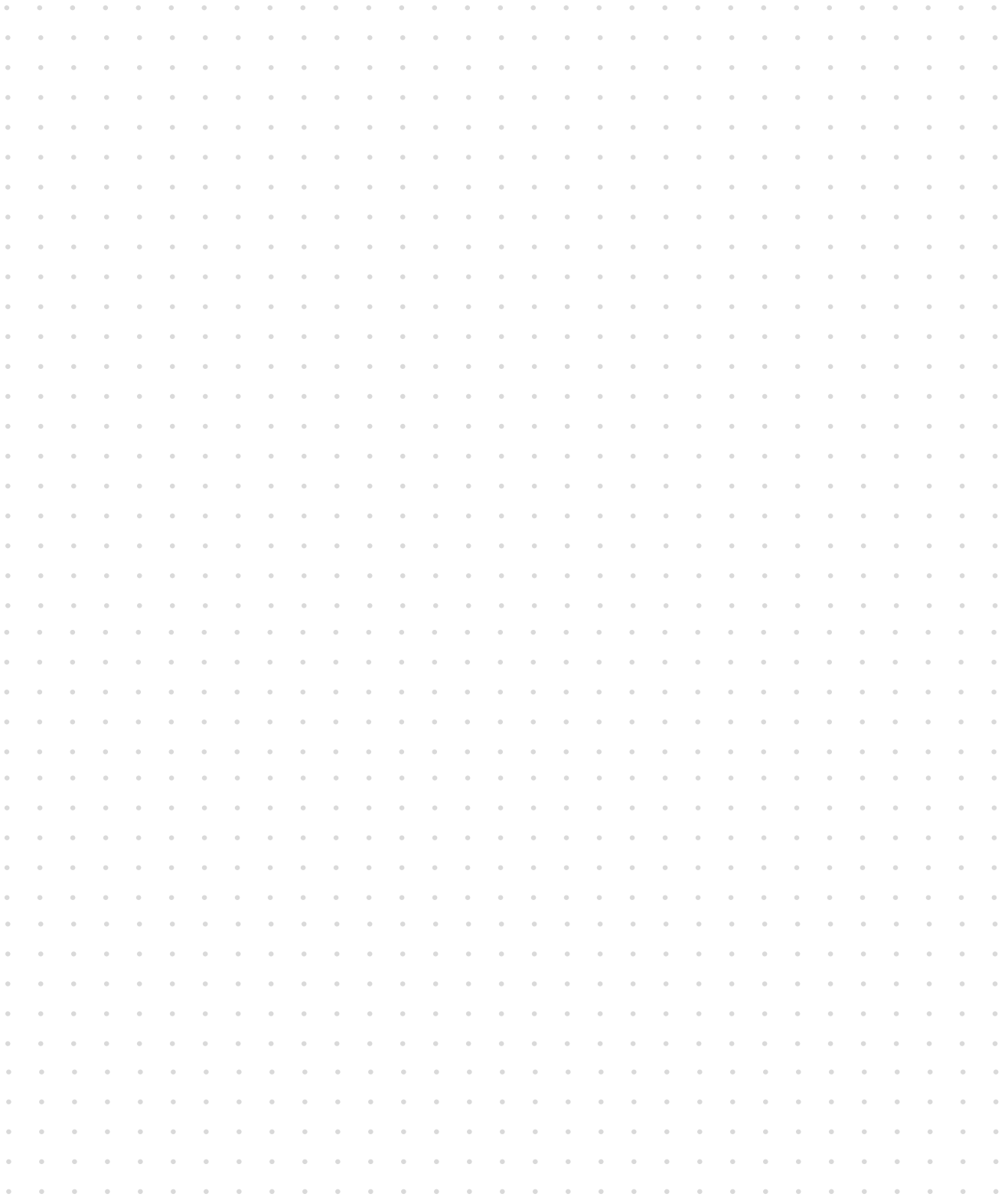
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# Notes



# Goal \_\_\_\_\_

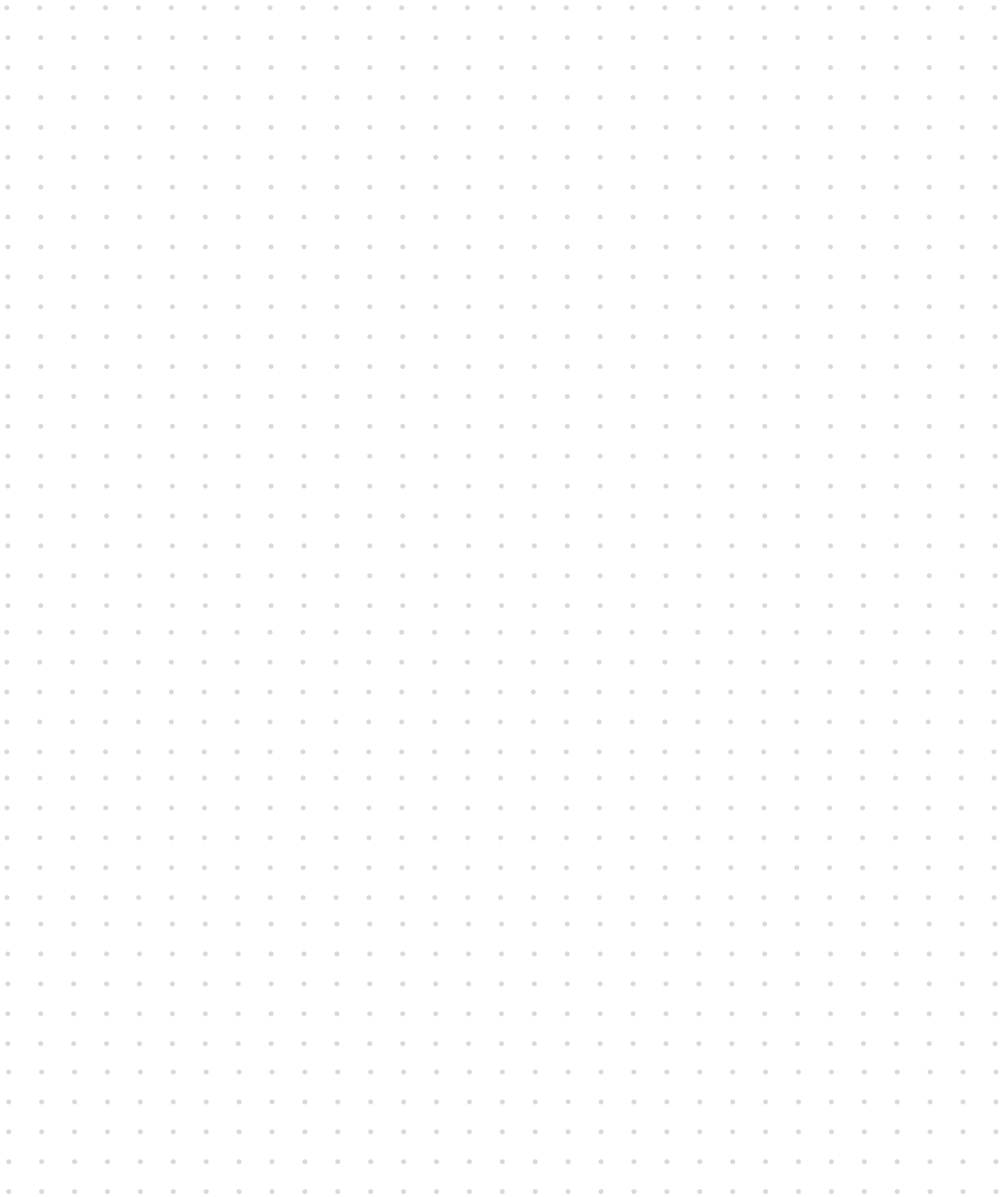
INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# Notes





# Goal \_\_\_\_\_

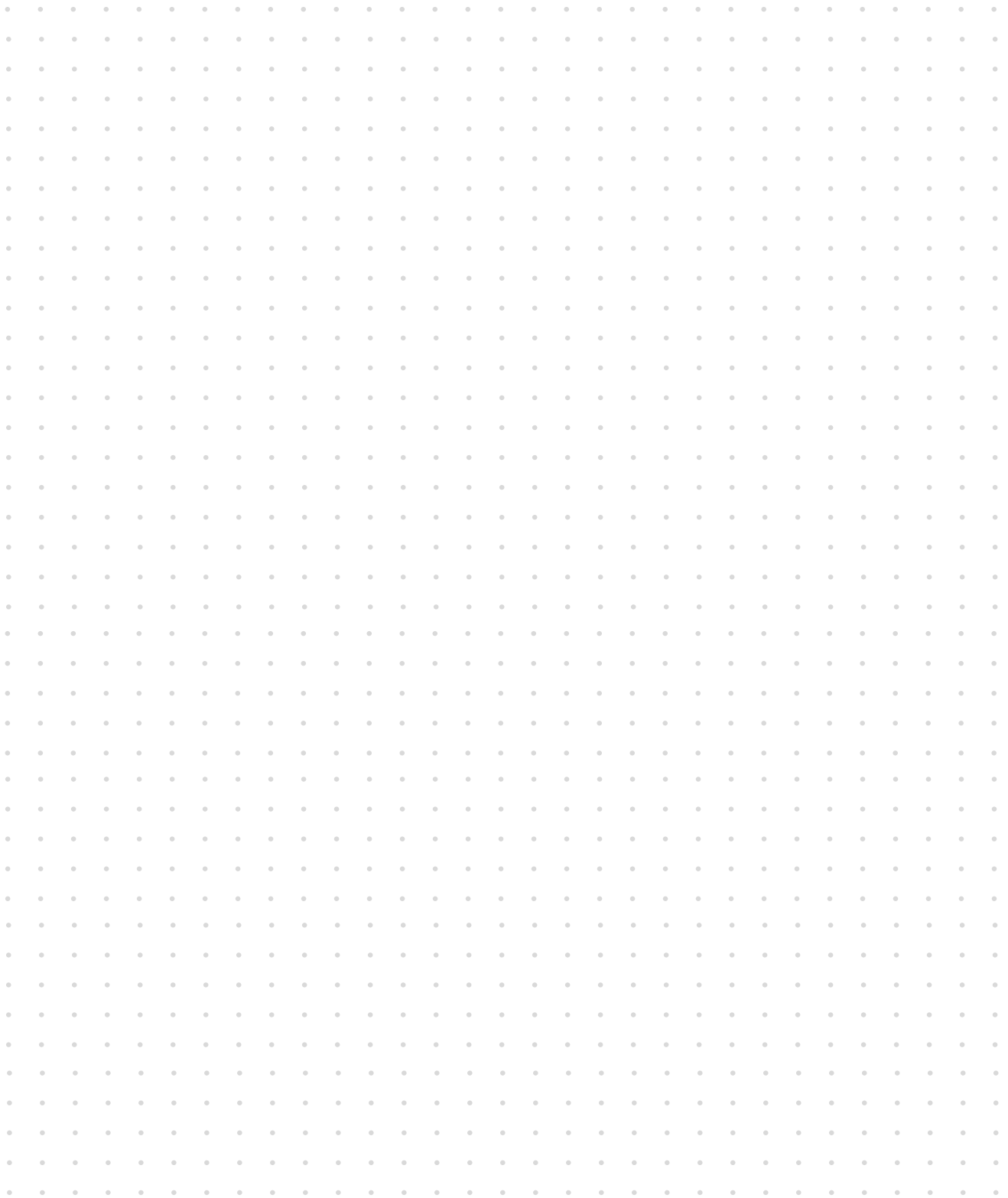
INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# Notes



# Goal \_\_\_\_\_

INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1
5	6	7	8
12	13	14	15
19	20 Washington Birthday	21	22
26	27	28	


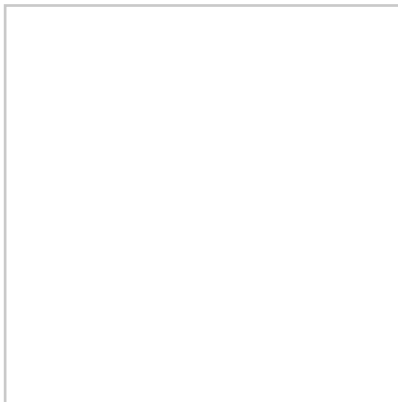


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# Inner & Outer

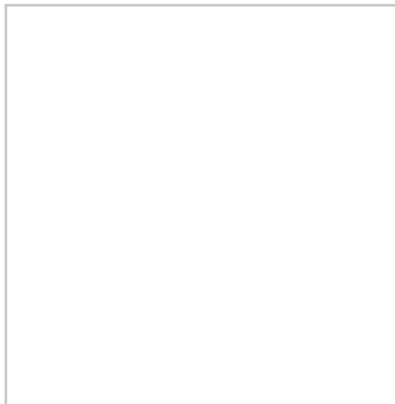
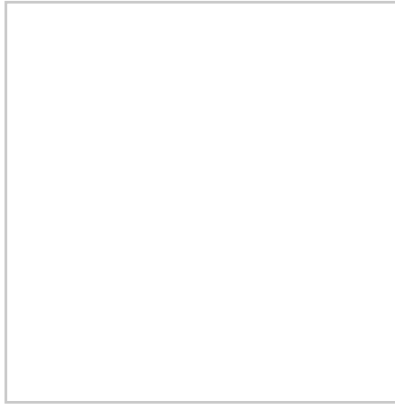
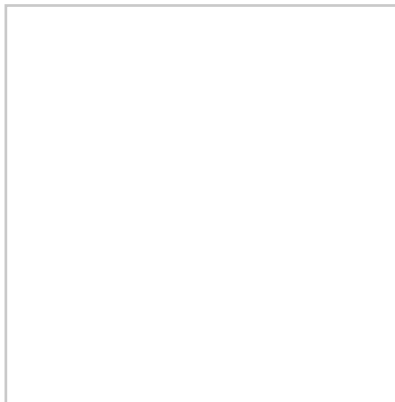
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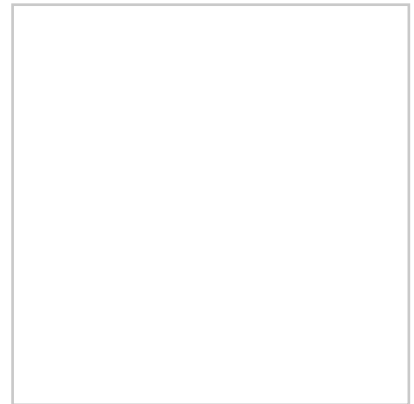
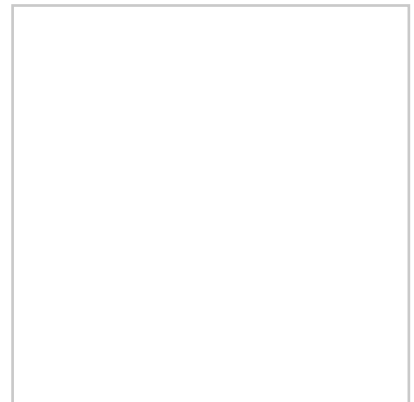
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## Beliefs


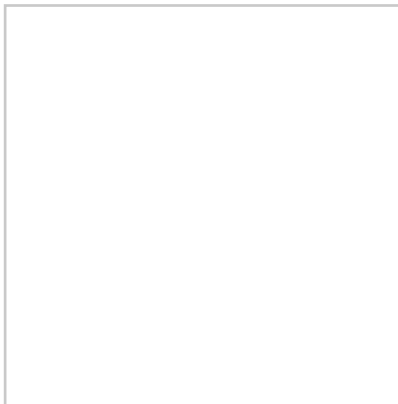
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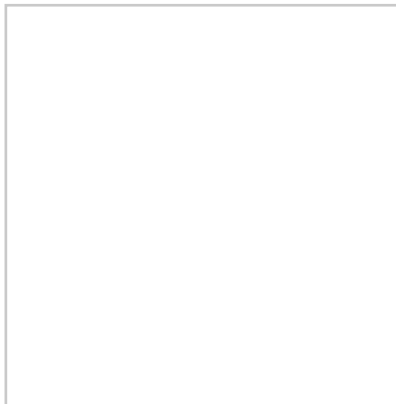
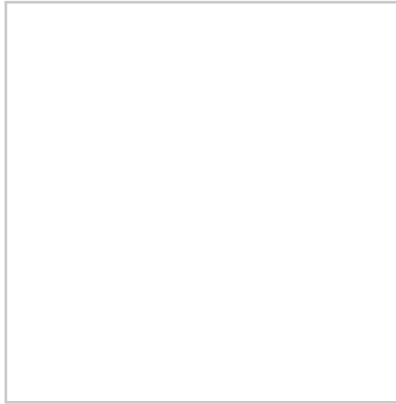
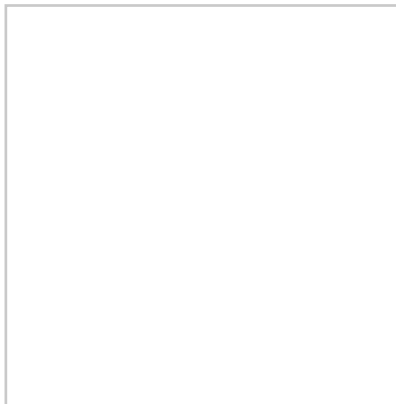
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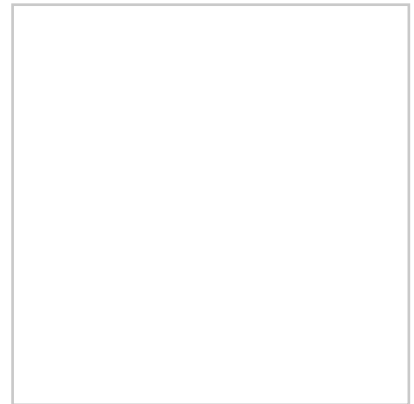
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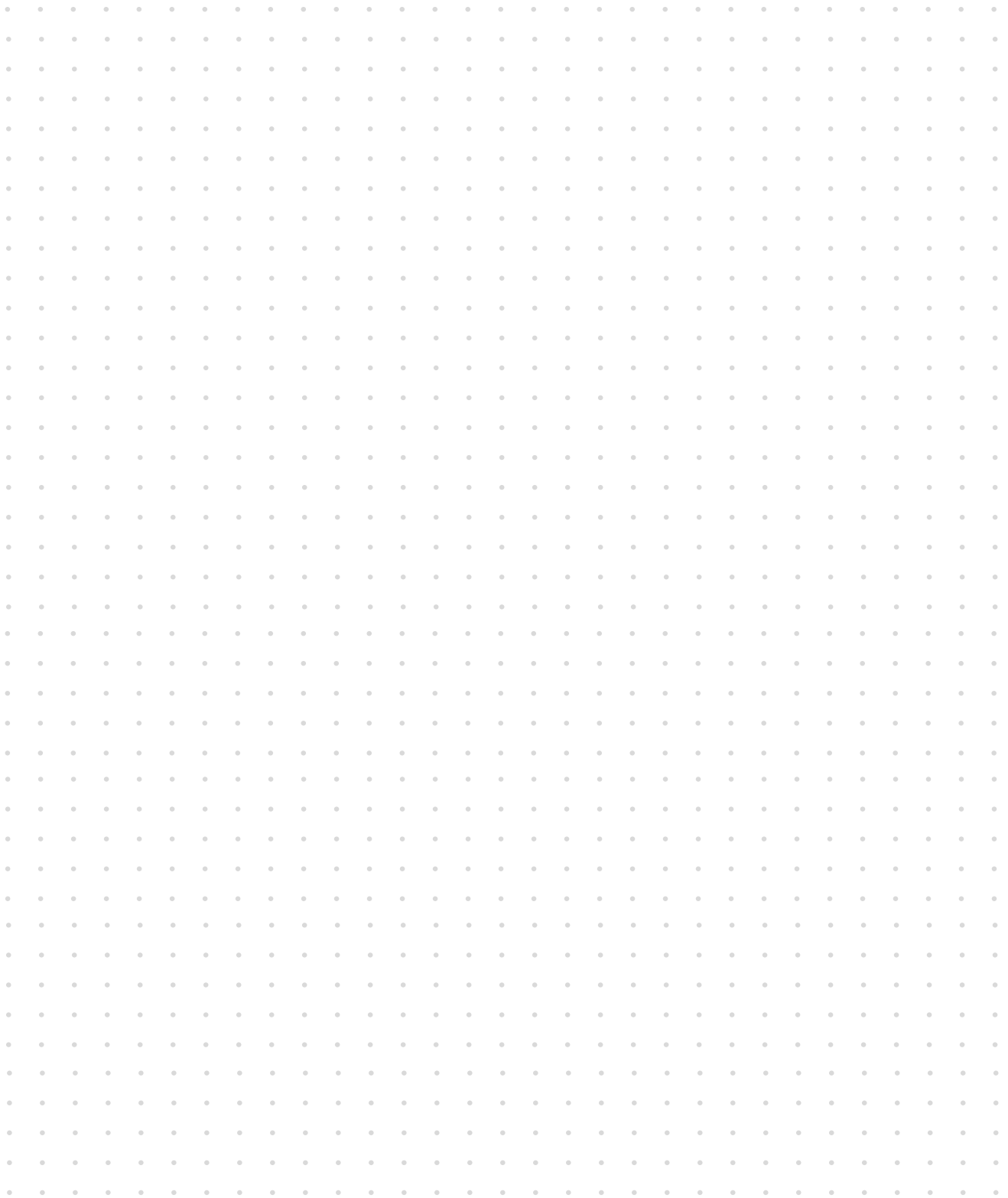
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# Goal \_\_\_\_\_

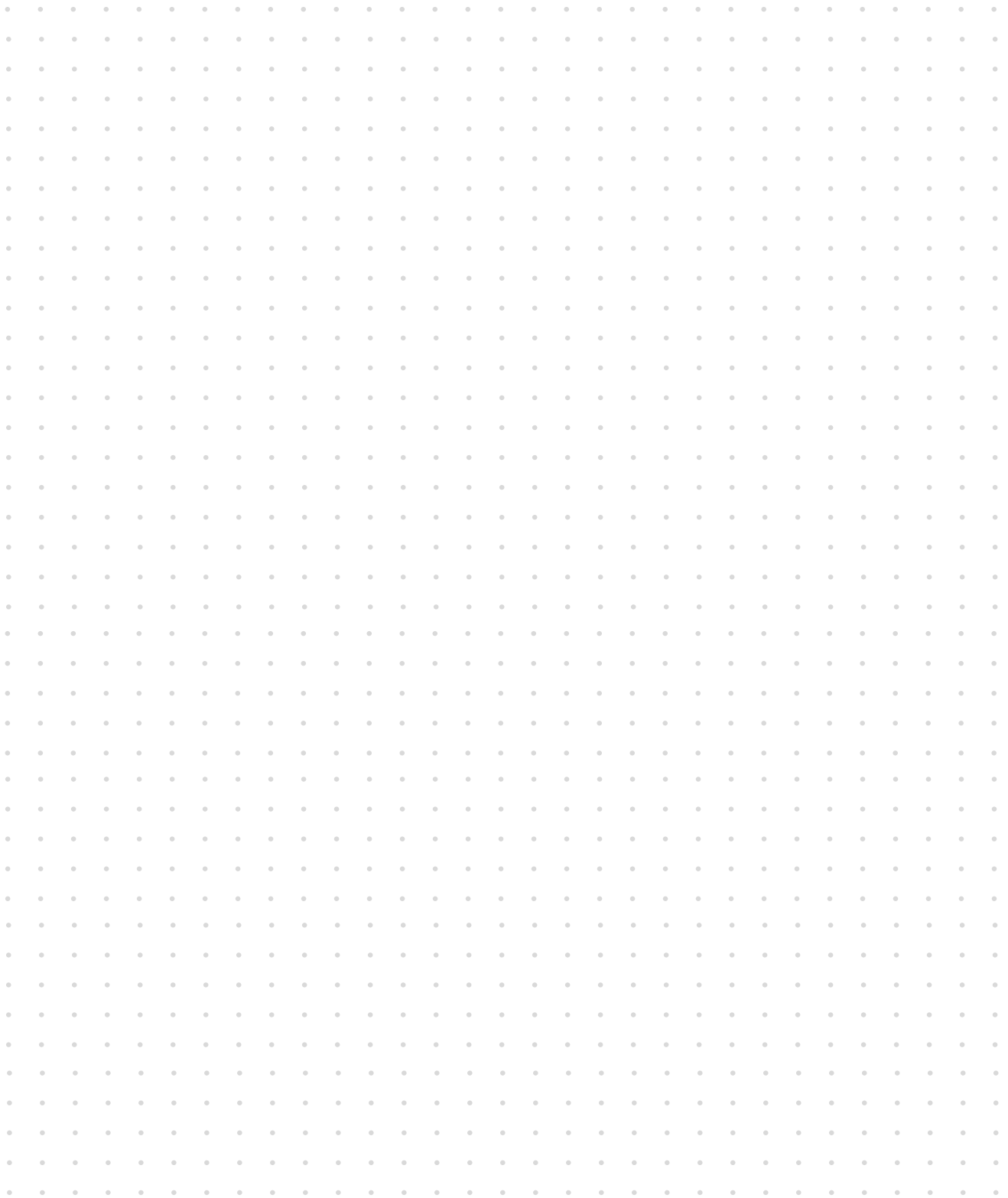
INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# Notes



# Goal \_\_\_\_\_

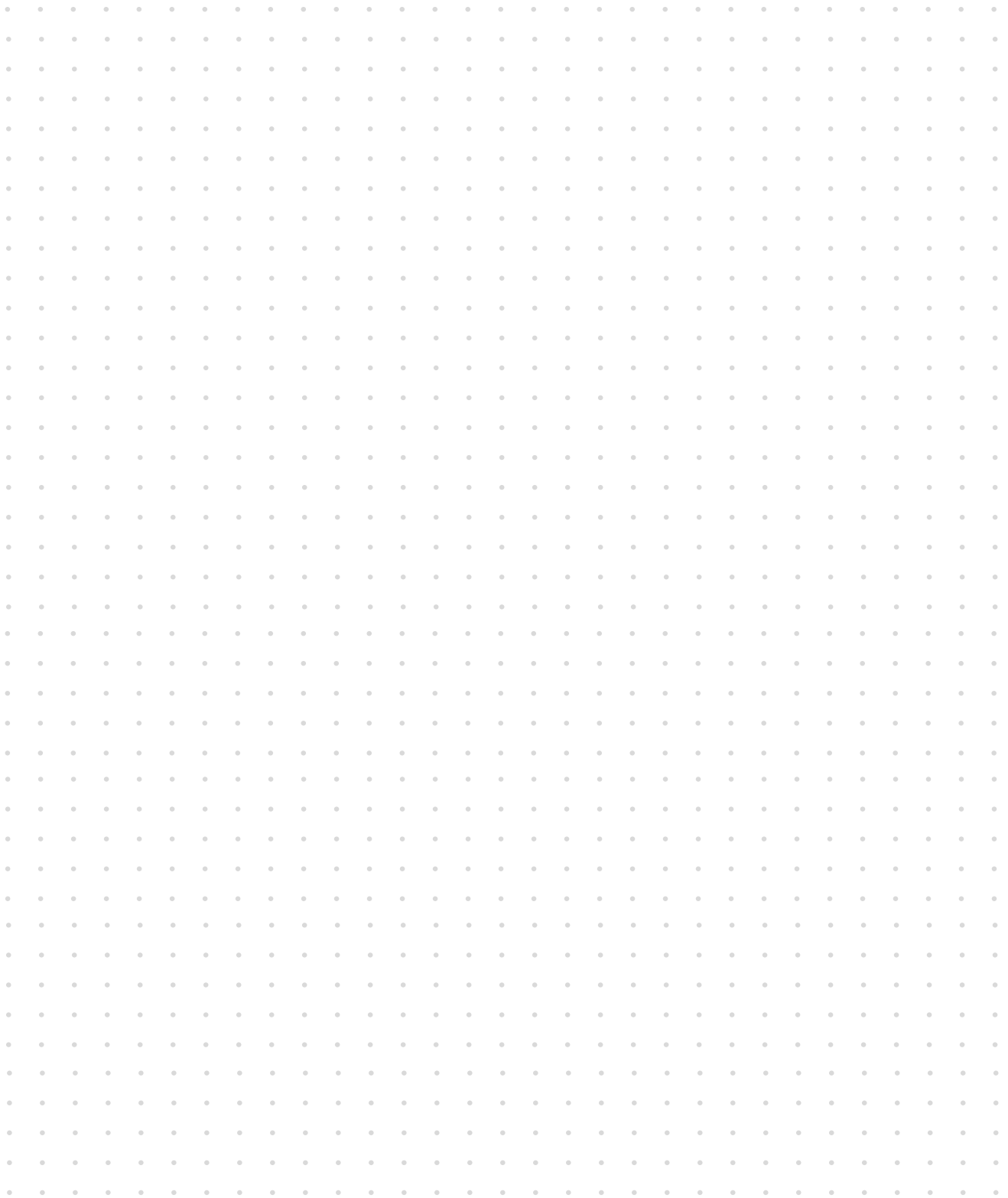
INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# Notes



# Goal \_\_\_\_\_

INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1
5	6	7	8
12	13	14	15
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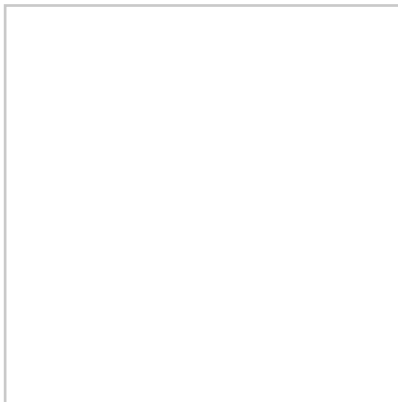


THURSDAY	FRIDAY	SATURDAY	TOP LIST
2	3	4	
9	10	11	
16	17	18	
23	24	25	
30	31		

# Inner & Outer

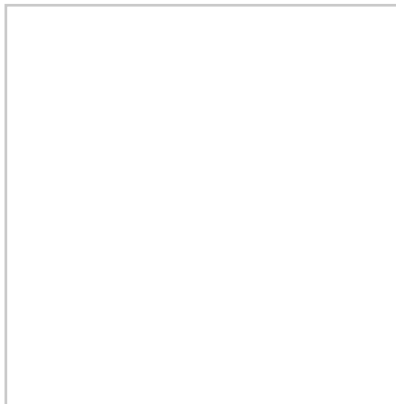
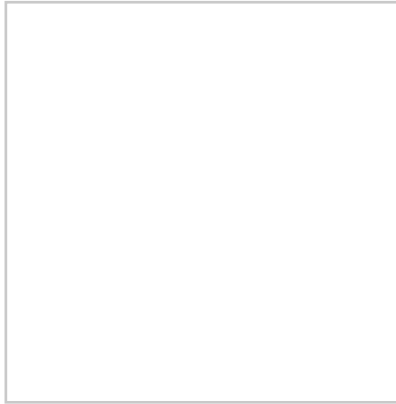
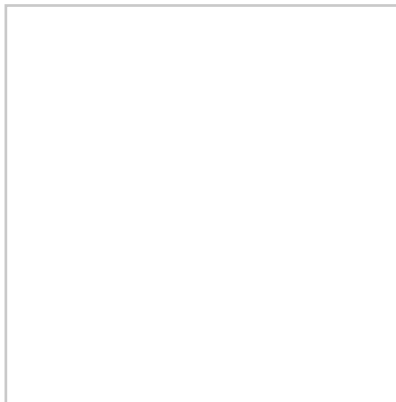
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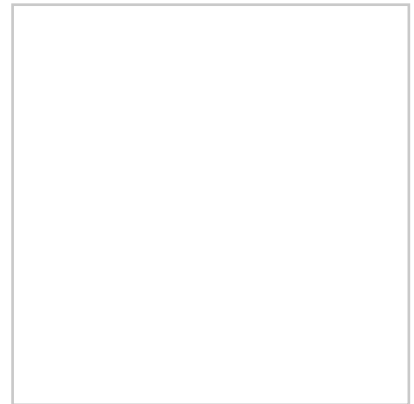
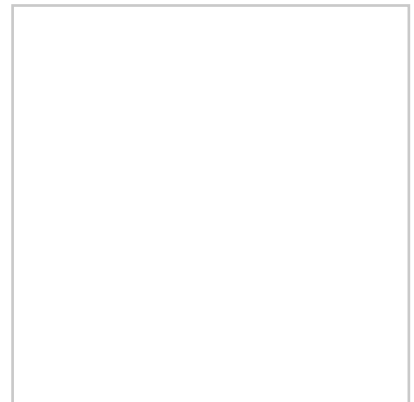
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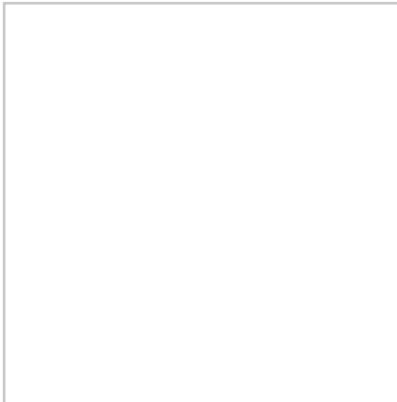
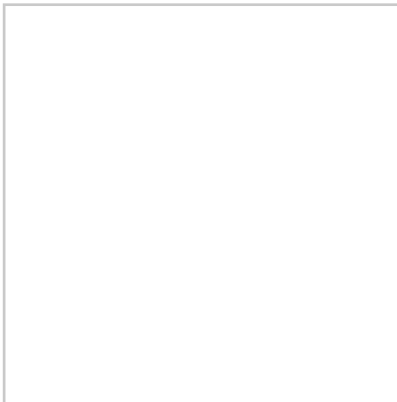
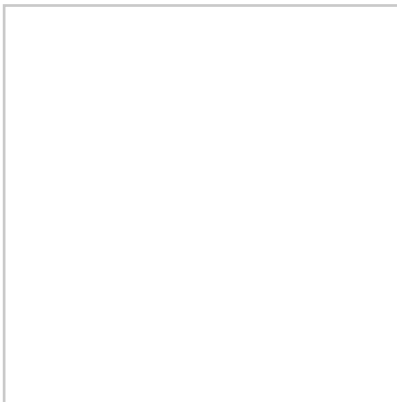
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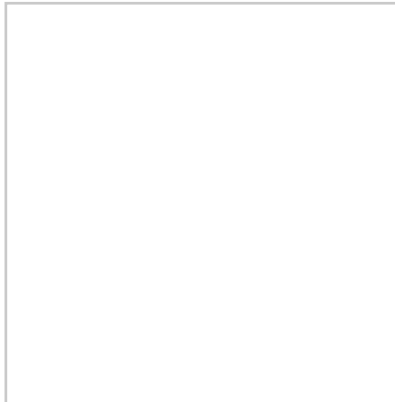
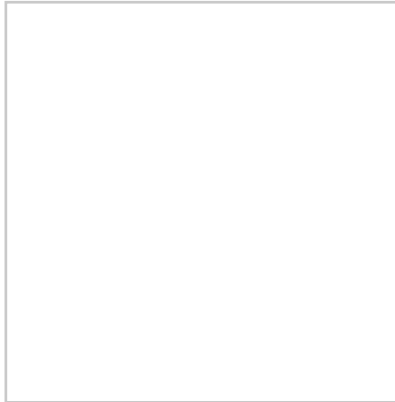
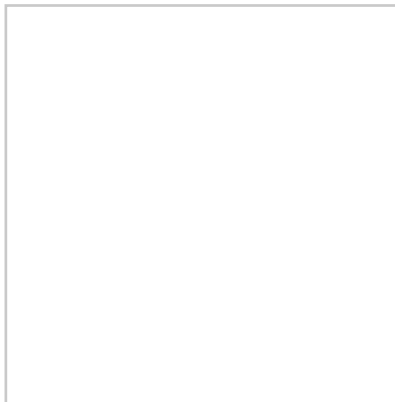
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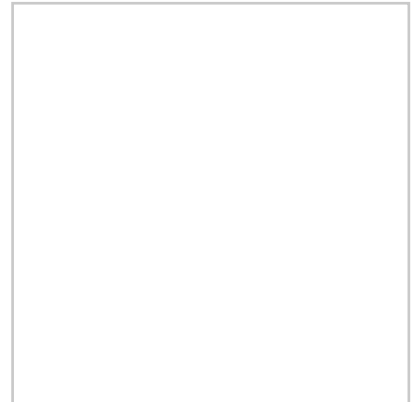
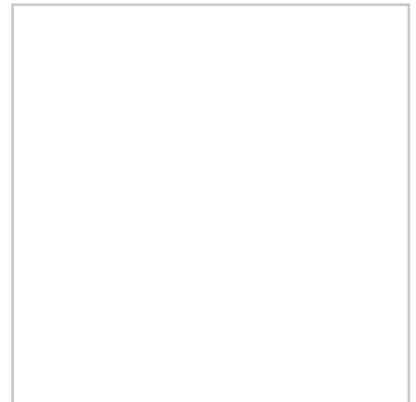
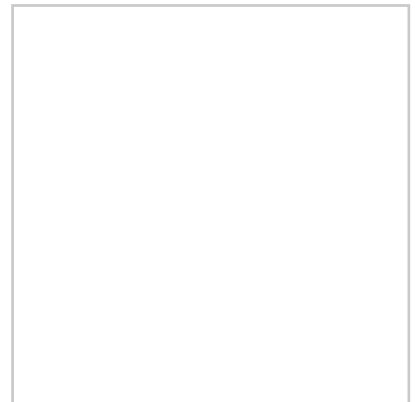
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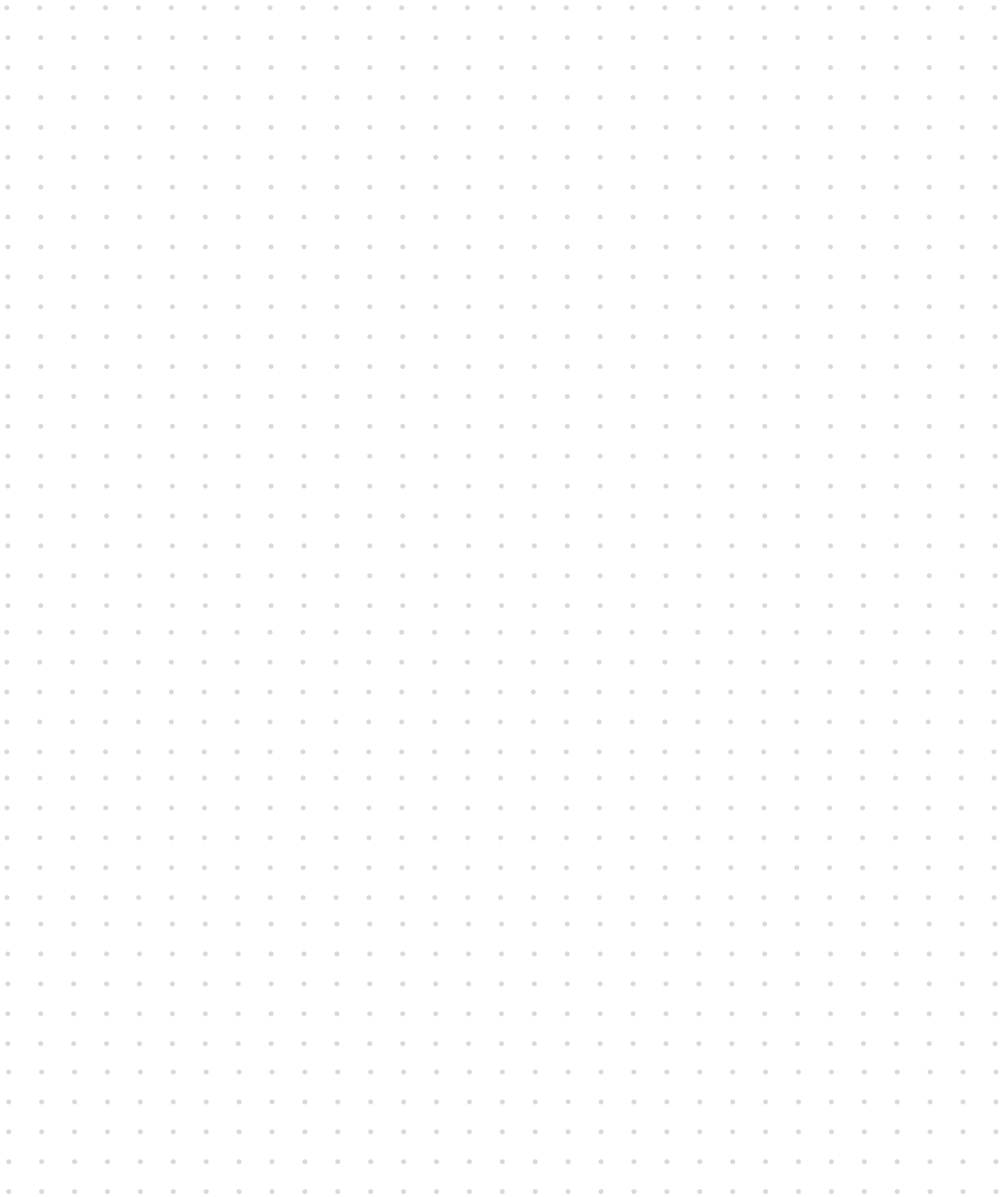
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# Notes



# Goal \_\_\_\_\_

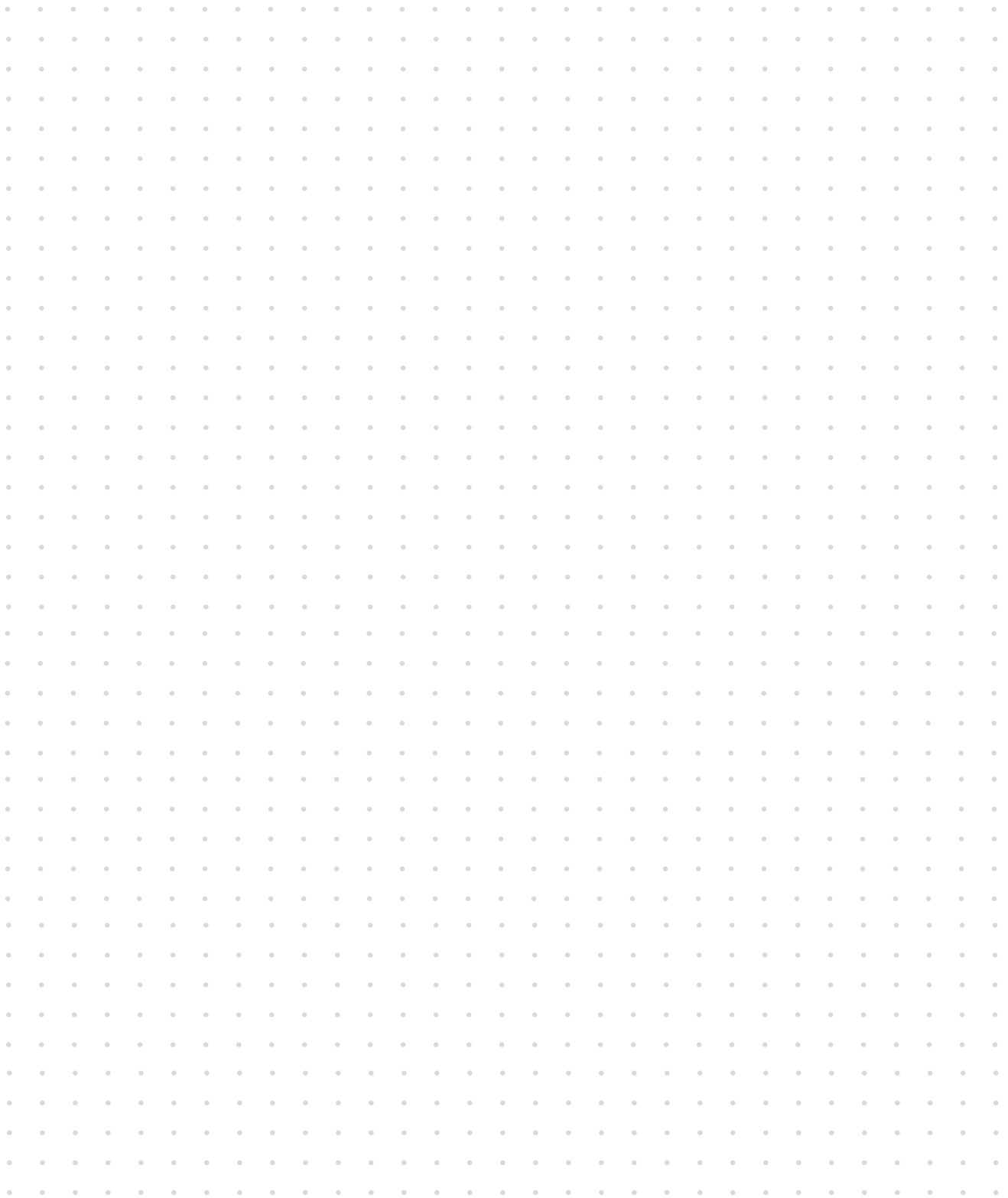
INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# Notes



# Goal \_\_\_\_\_

INTENTION/PURPOSE

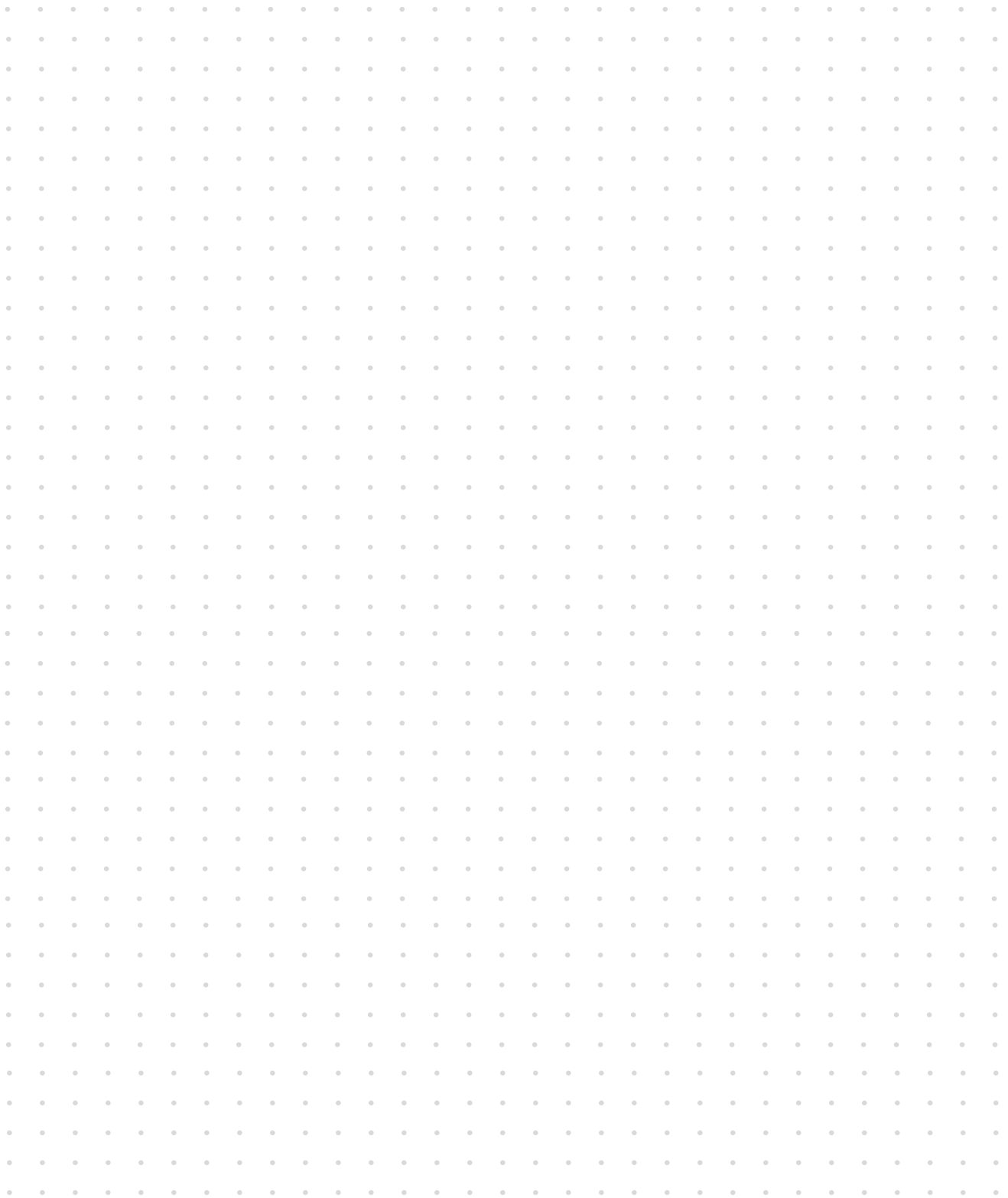
CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE



# Notes



# Goal \_\_\_\_\_

INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

April 2023

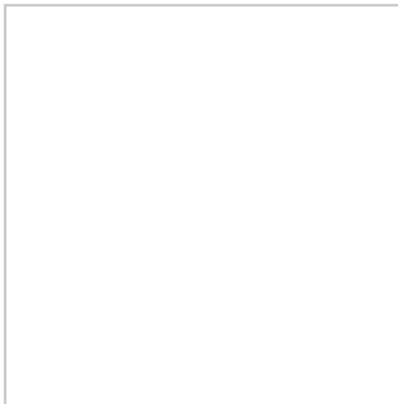

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2	3	4	5
9 Easter	10	11	12
16	17 Patriot's Day	18	19
23	24	25	26
30			

THURSDAY	FRIDAY	SATURDAY	TOP LIST
		1	
6	7	8	
13	14	15	
20	21	22	
27	28	29	

# Inner & Outer

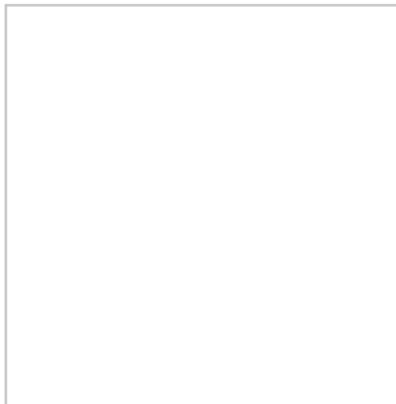
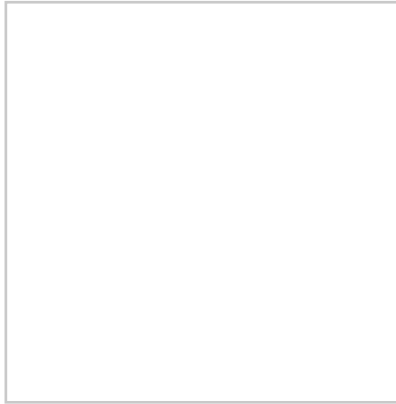
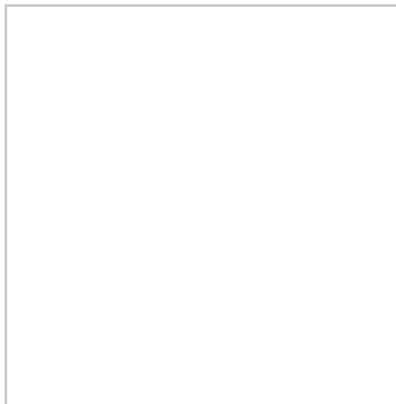
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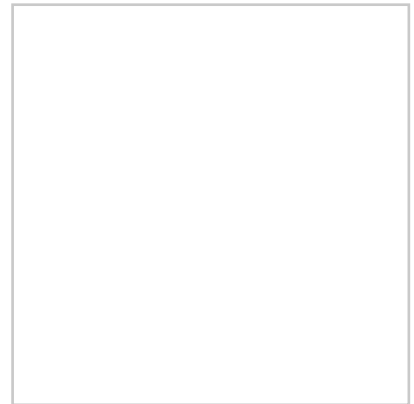
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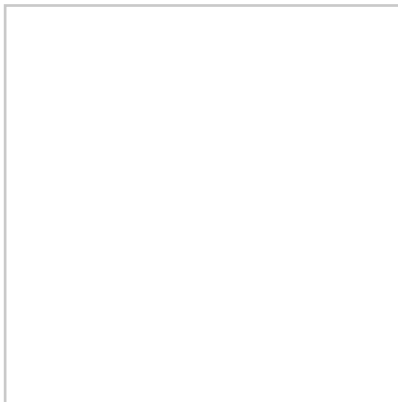
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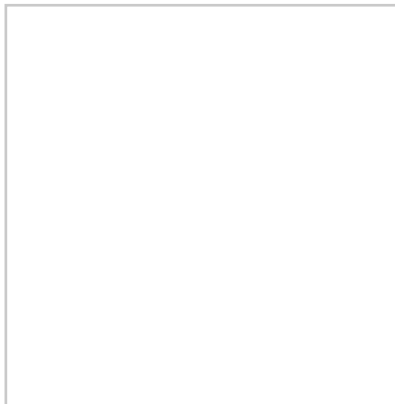
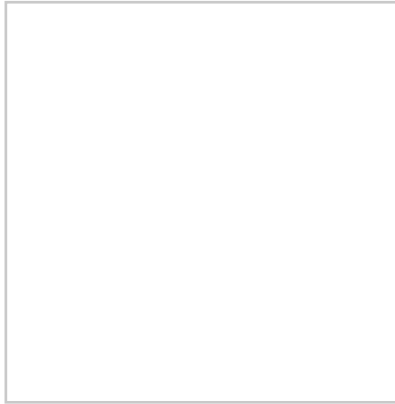
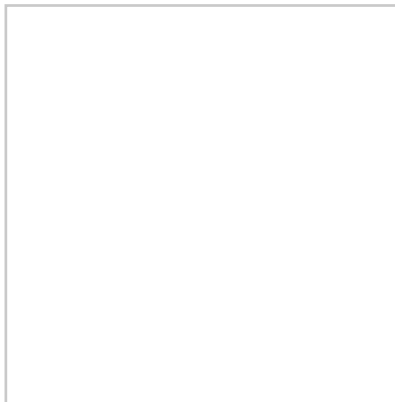
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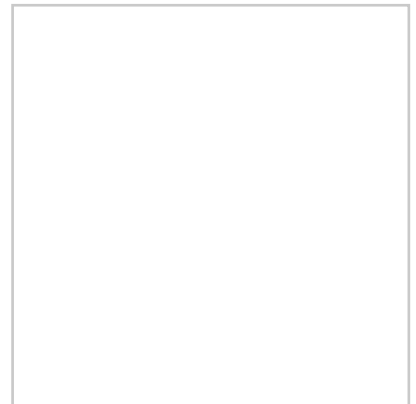
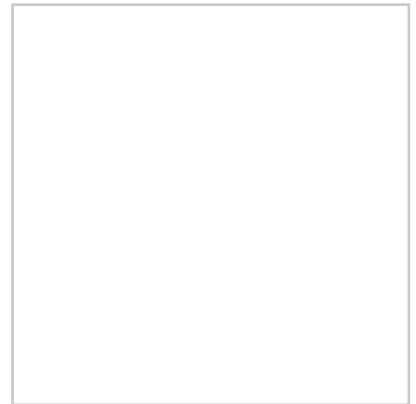
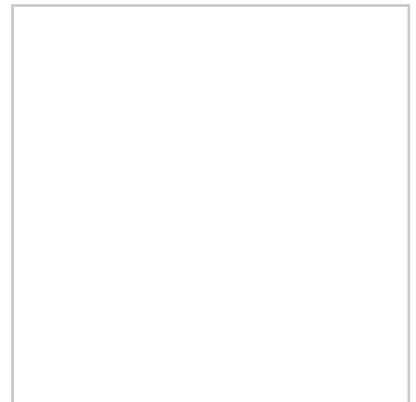
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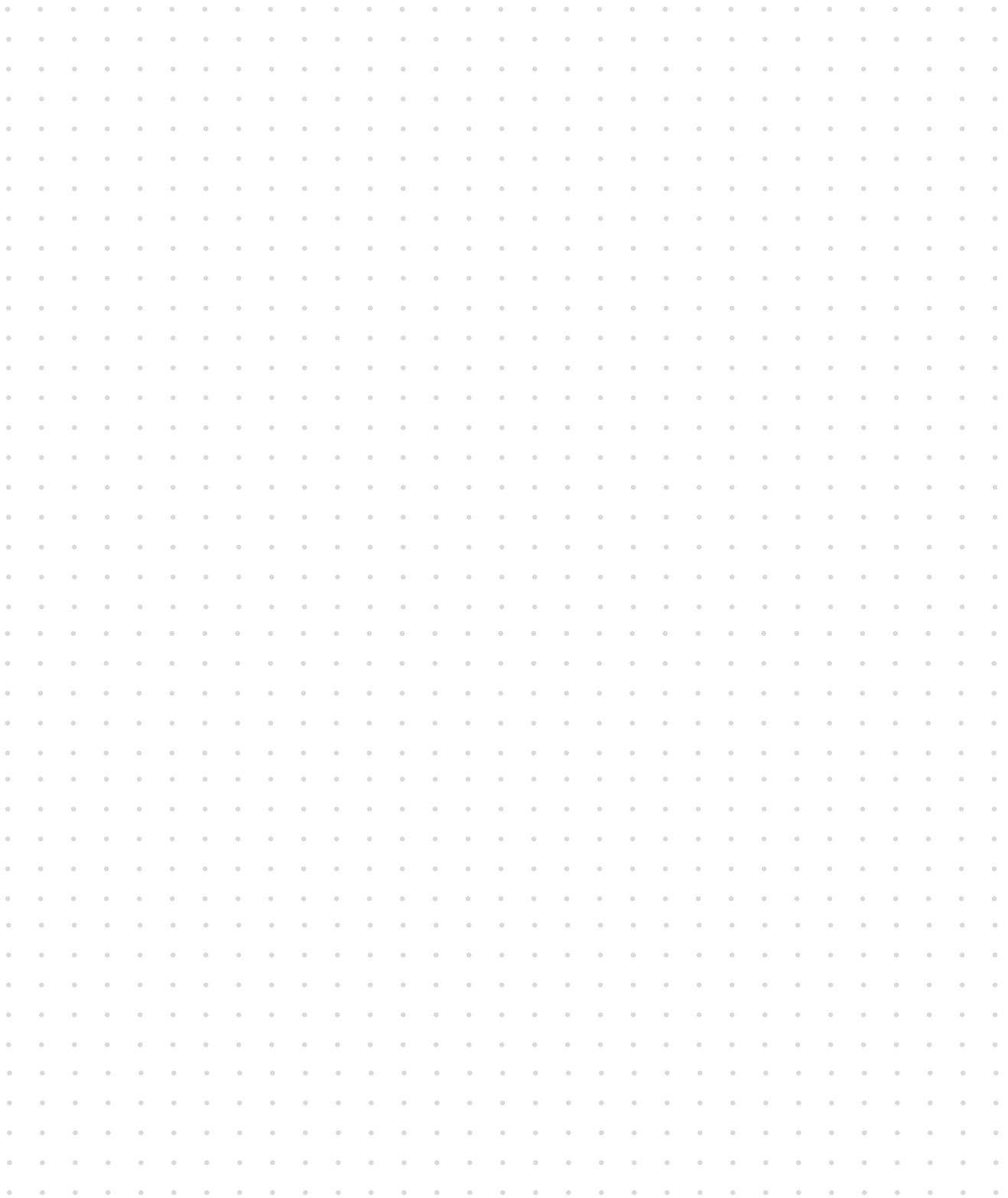
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# Notes



# Goal \_\_\_\_\_

INTENTION/PURPOSE

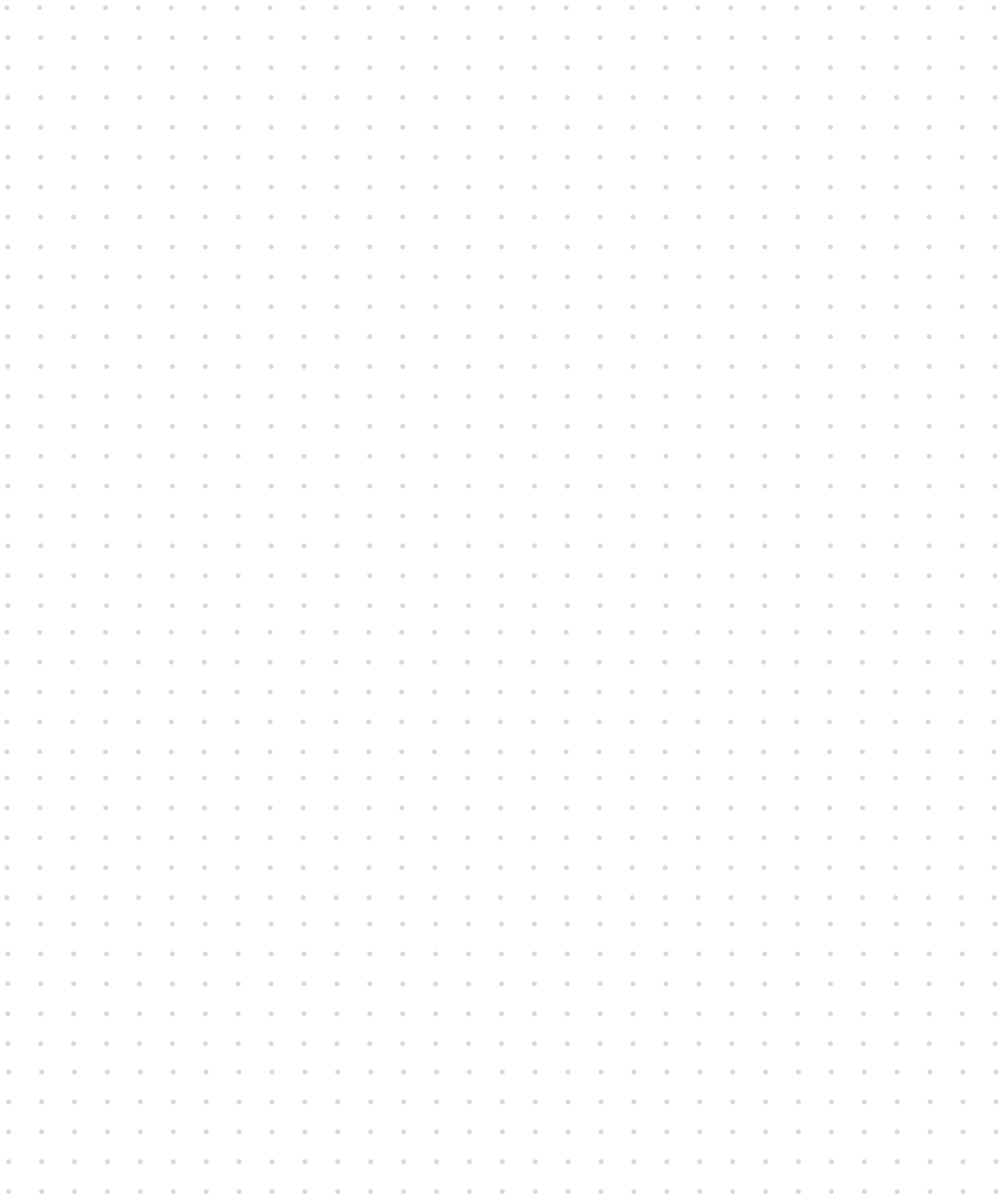
CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE



# Notes



# Goal \_\_\_\_\_

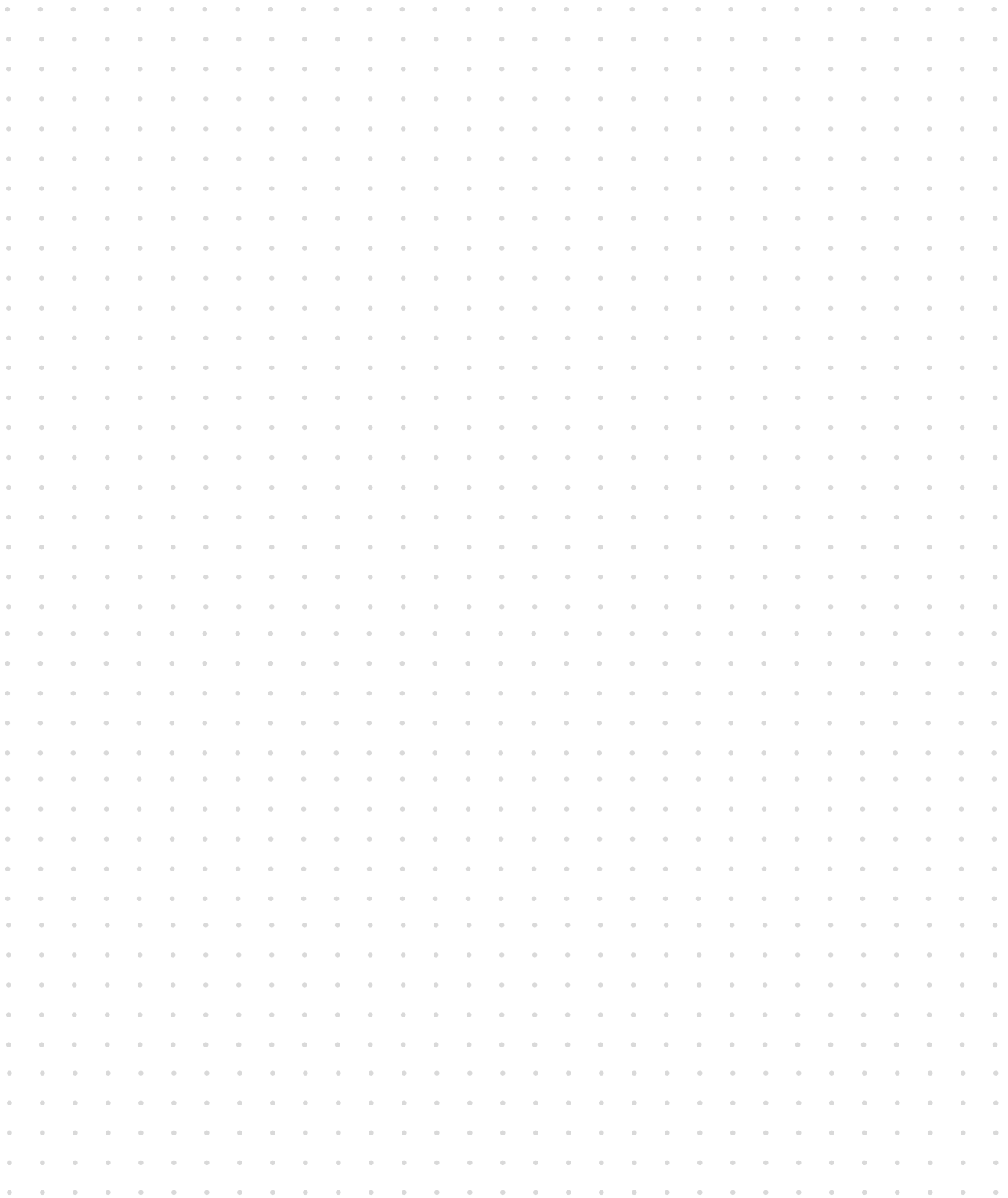
INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# Notes



# Goal \_\_\_\_\_

INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# May 2023

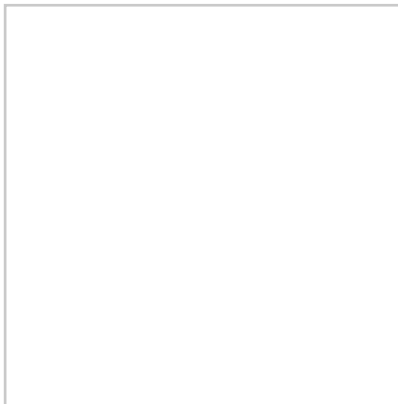

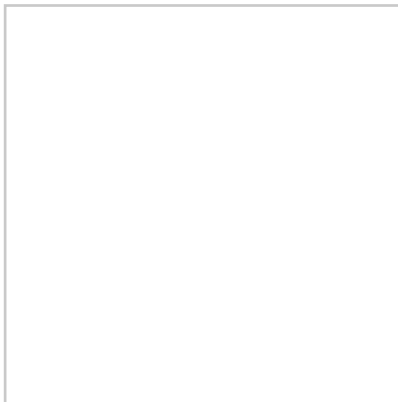
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29 Memorial Day	30	31

[illegible]

# Inner & Outer

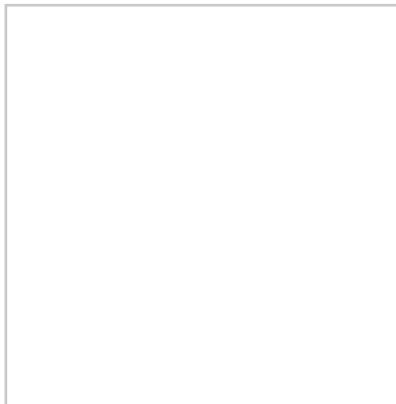
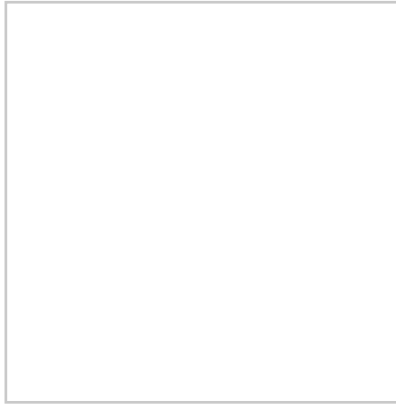
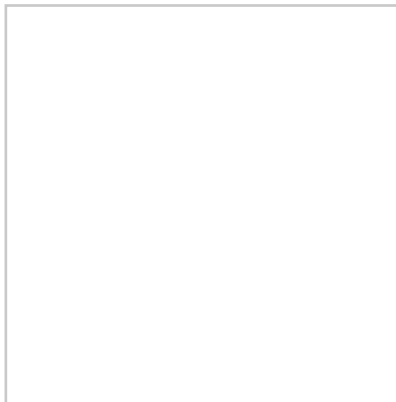
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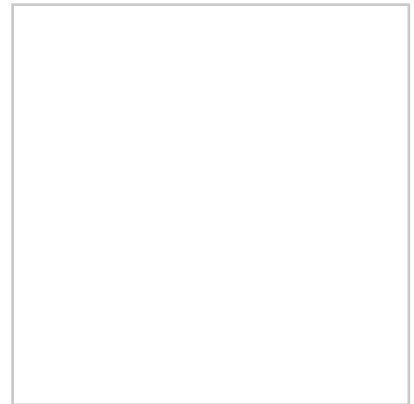
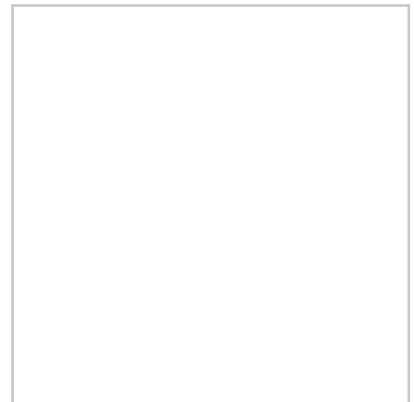
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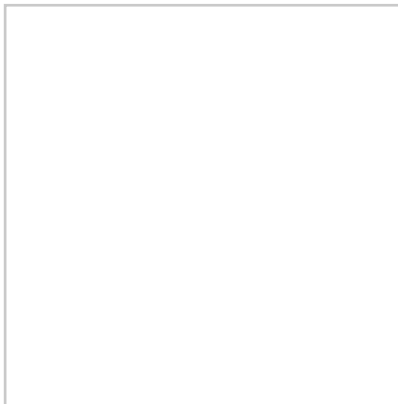

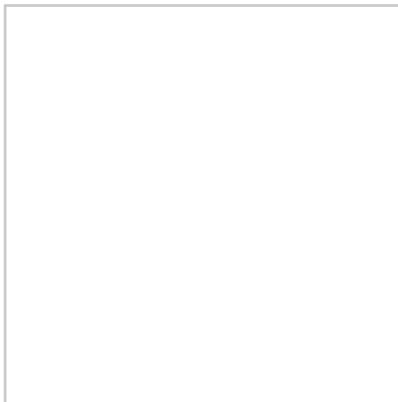
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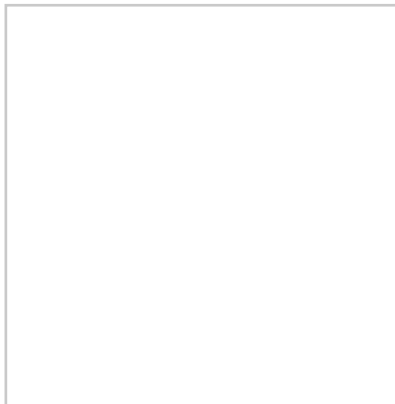
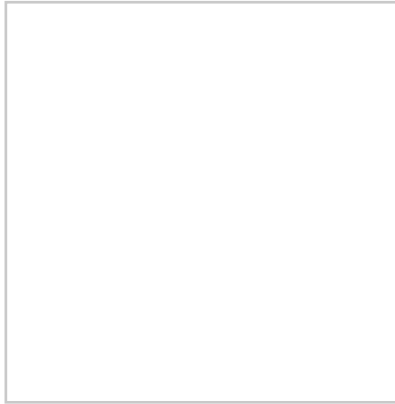
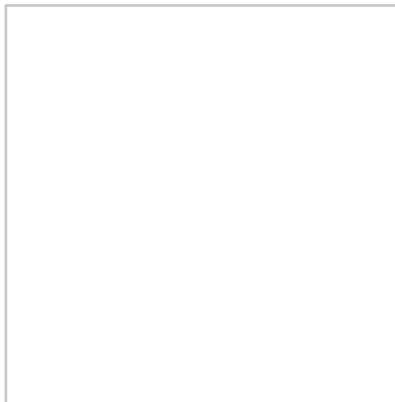
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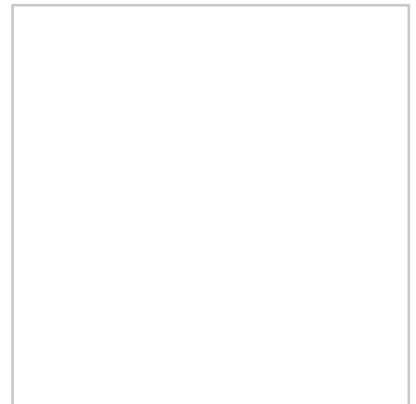
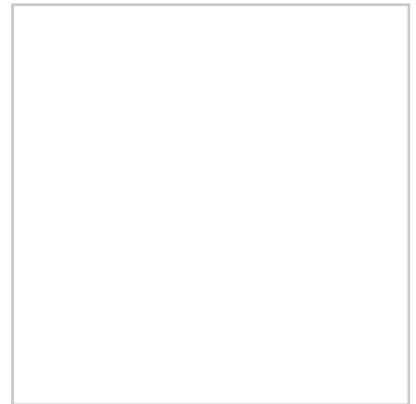
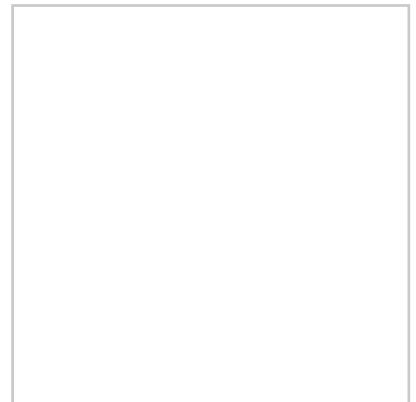
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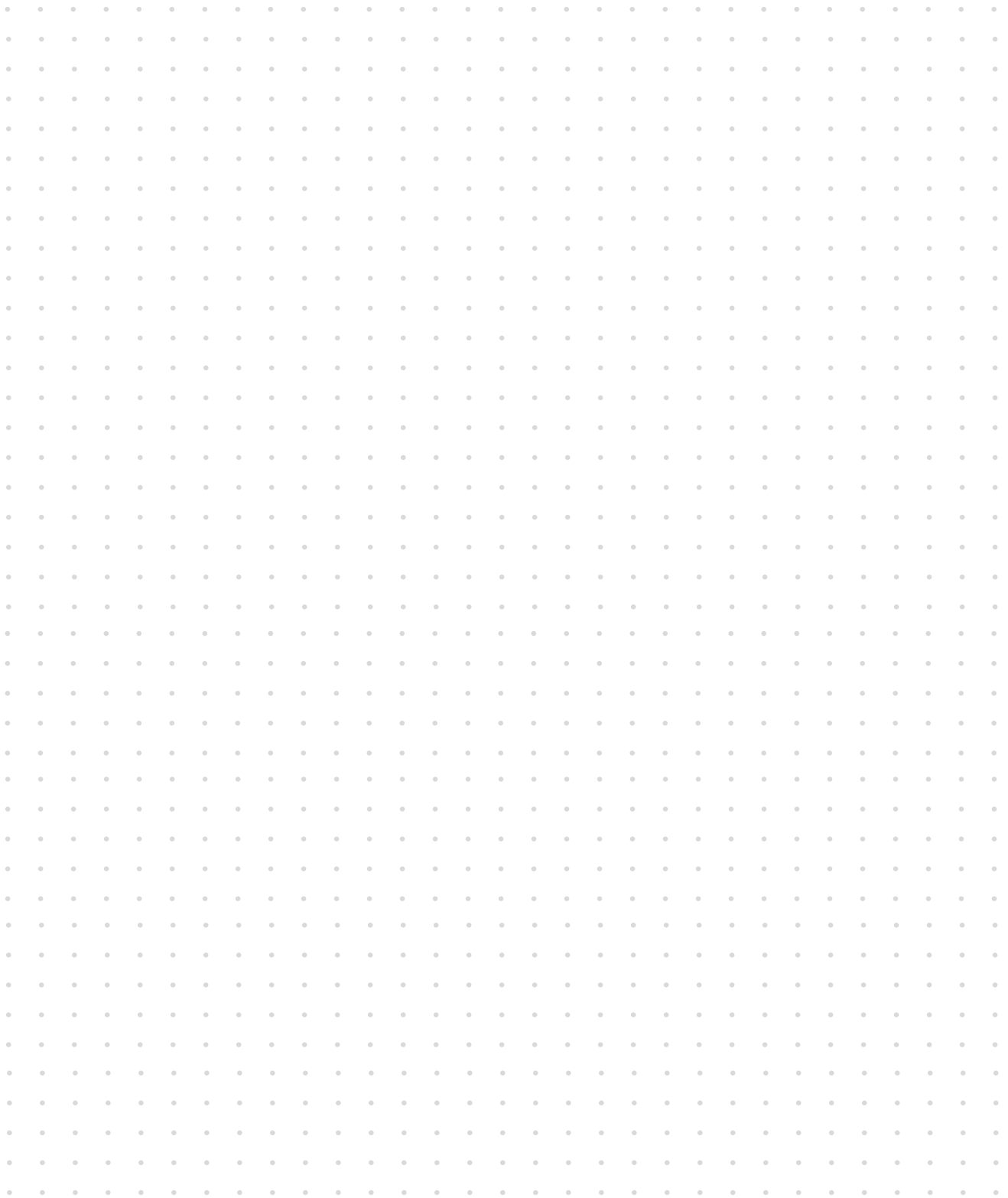
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# Notes



# Goal \_\_\_\_\_

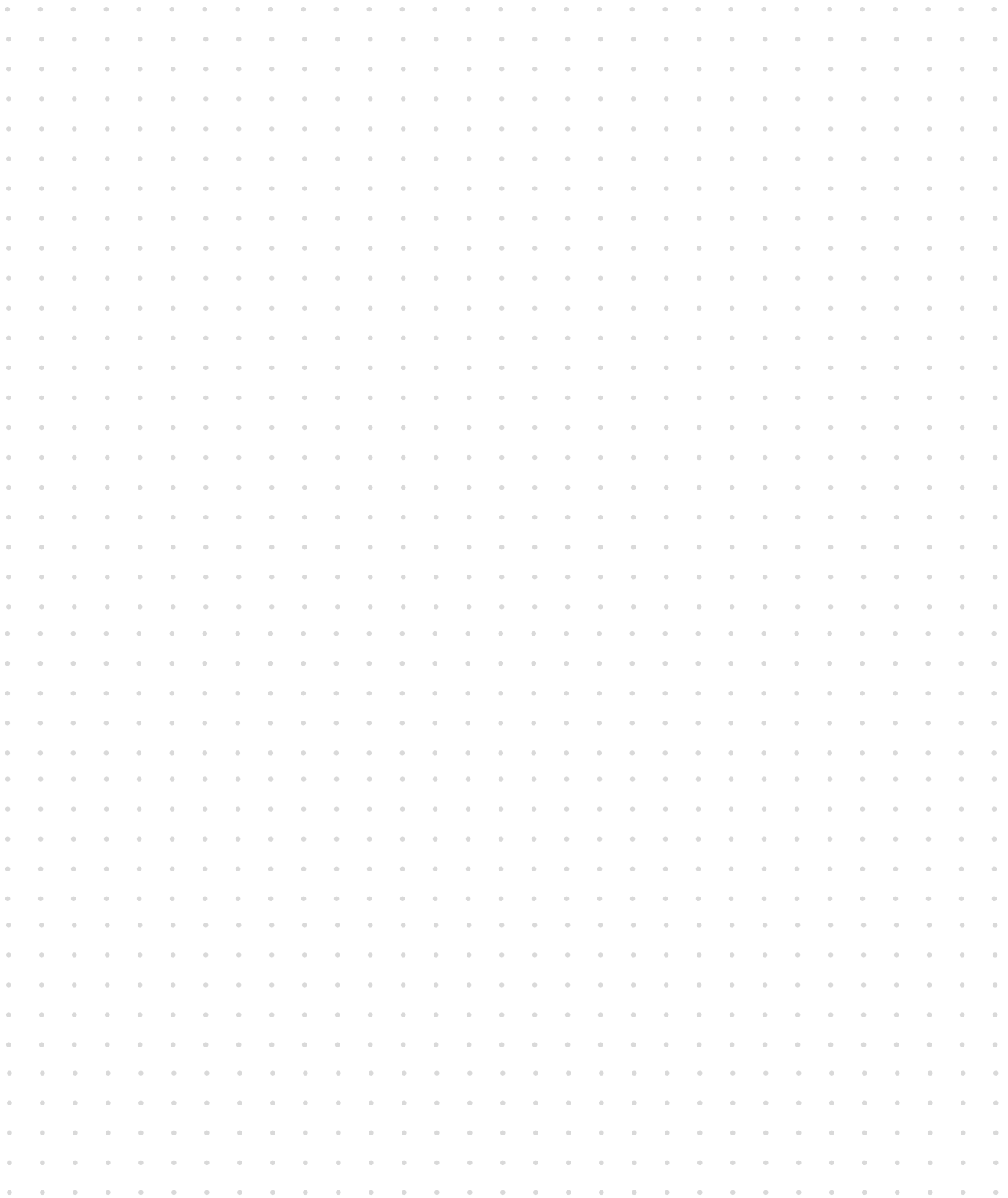
INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# Notes



# Goal \_\_\_\_\_

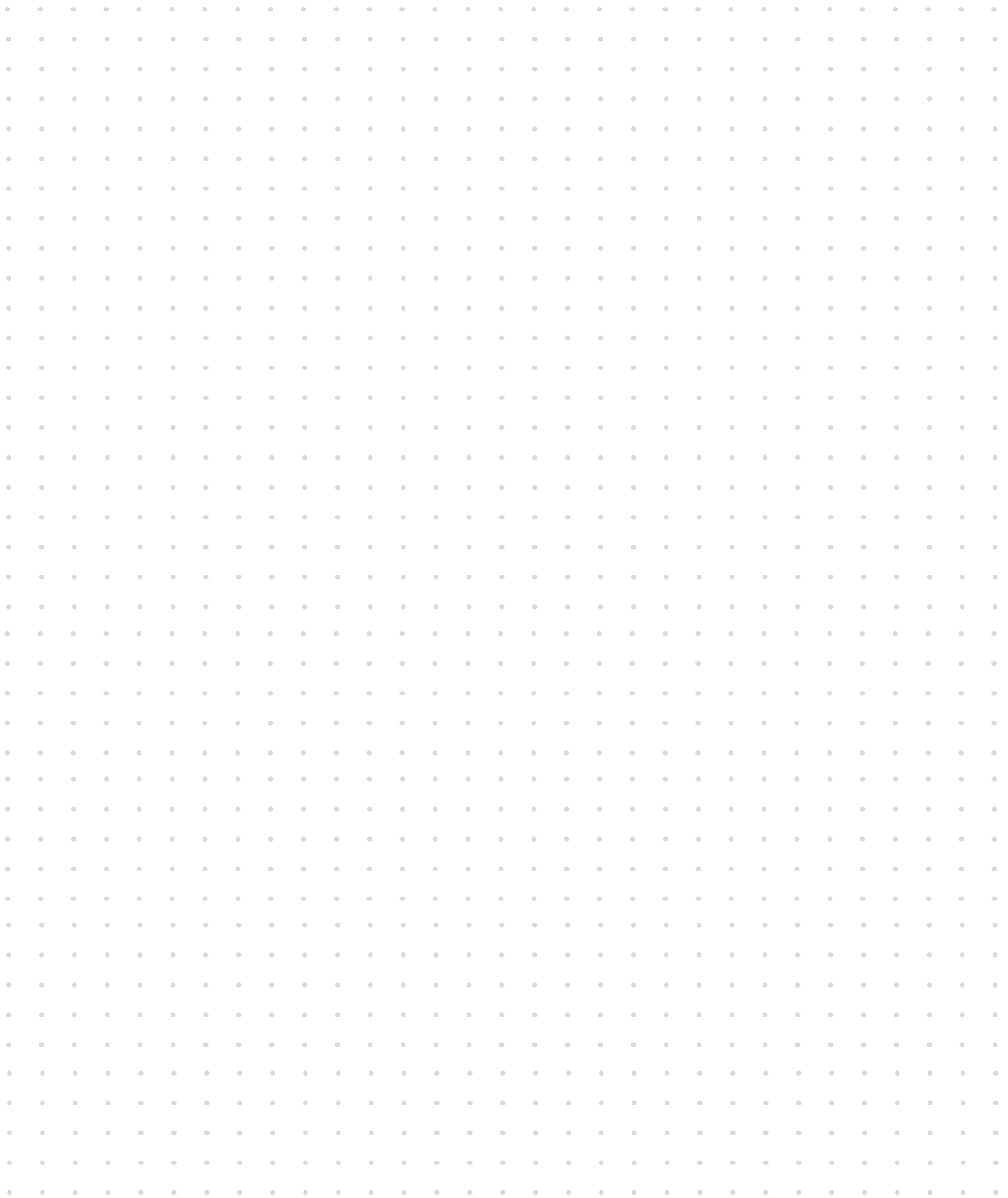
INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# Notes



# Goal \_\_\_\_\_

INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

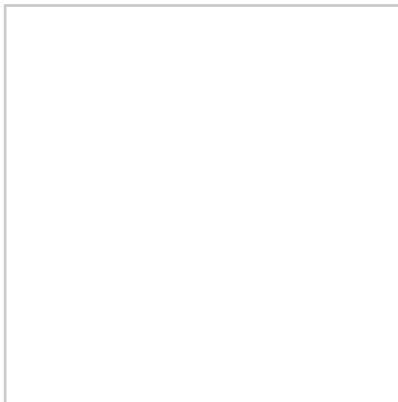
THURSDAY	FRIDAY	SATURDAY	TOP LIST
1	2	3	
8	9	10	
15	16	17	
22	23	24	
29	30		



# Inner & Outer

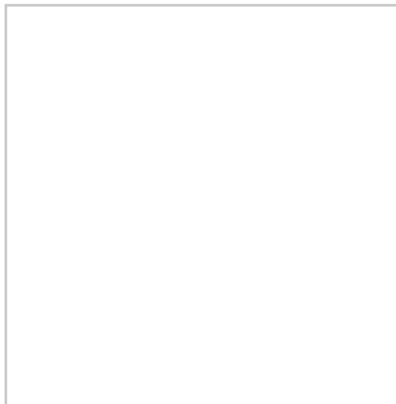
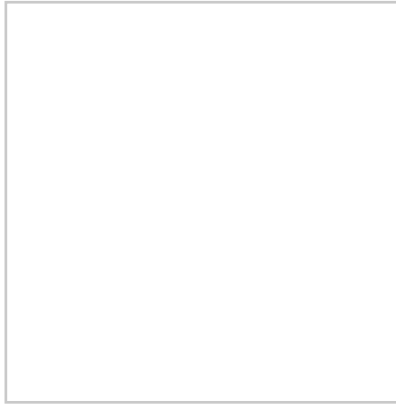
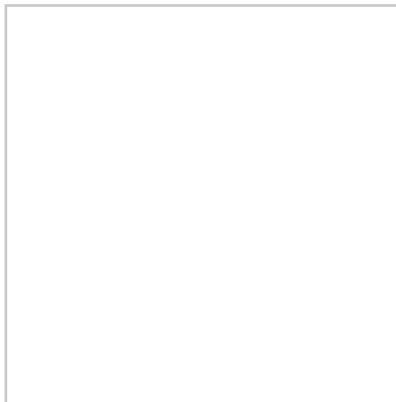
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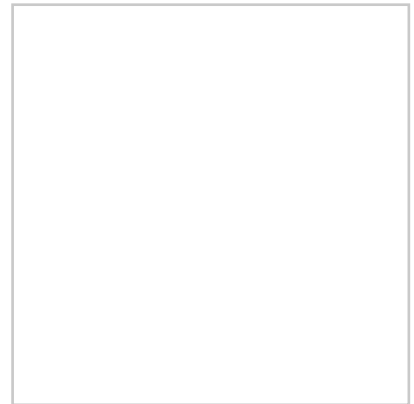
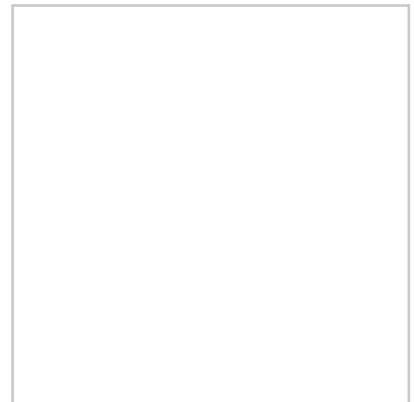
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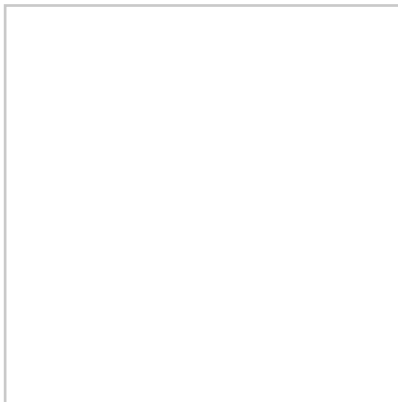
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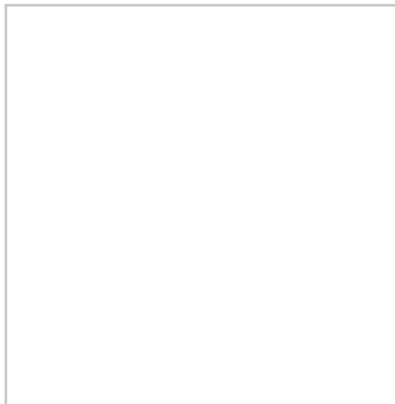
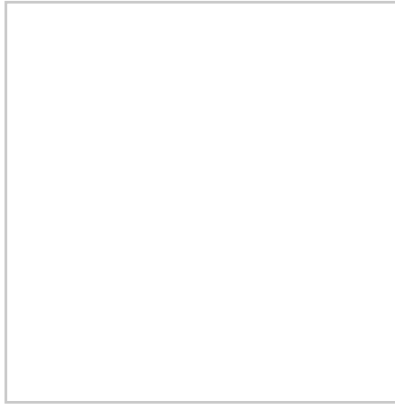
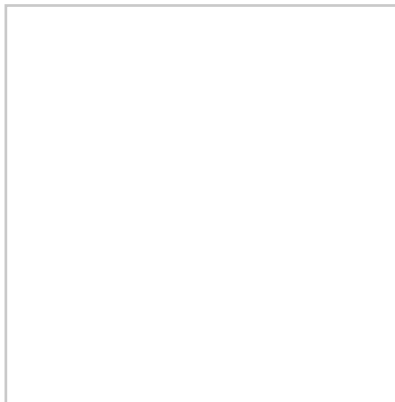
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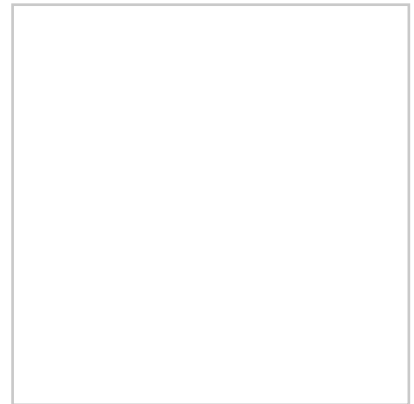
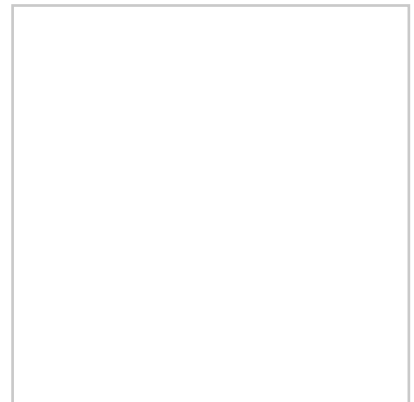
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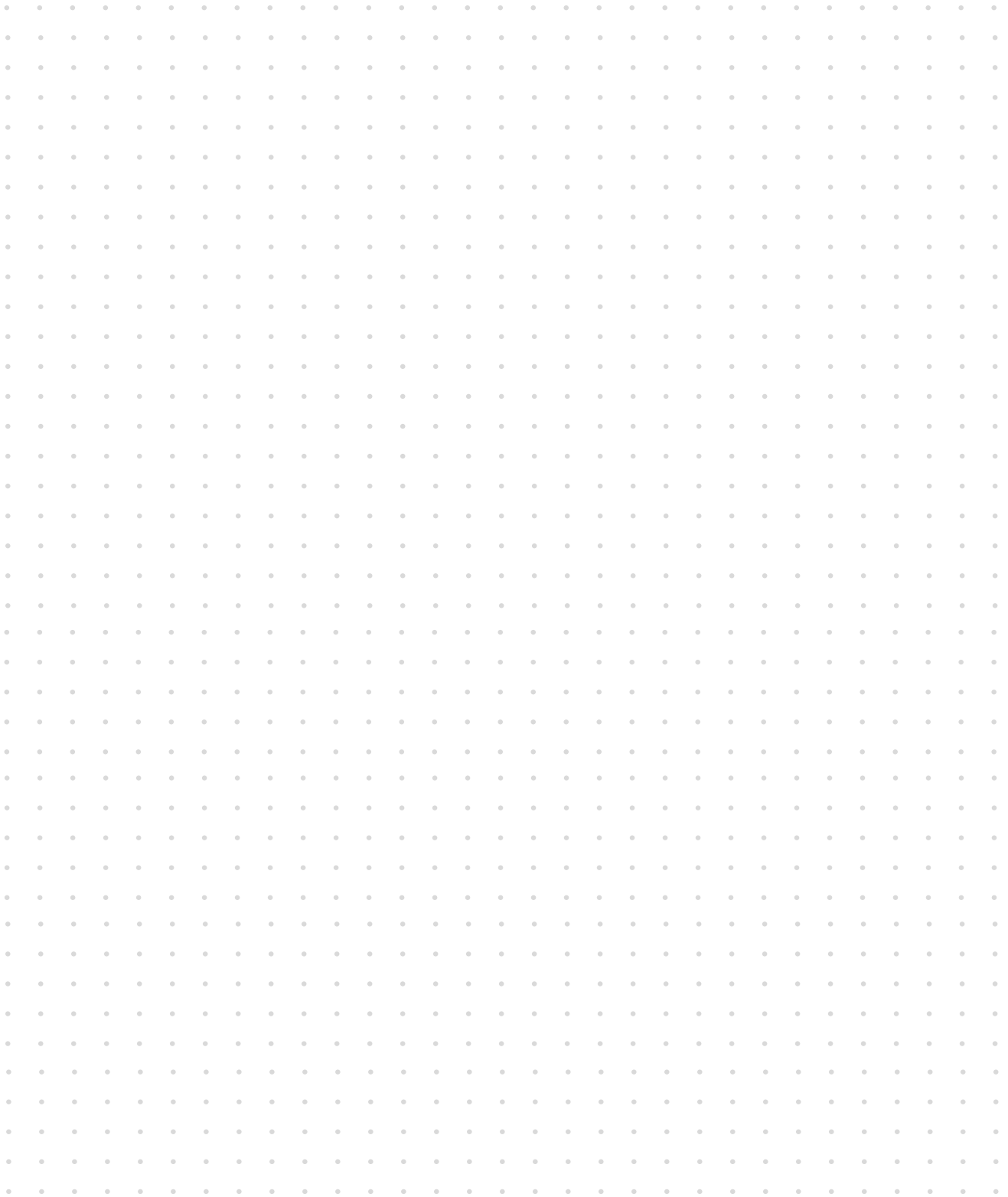
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# Notes



# Goal \_\_\_\_\_

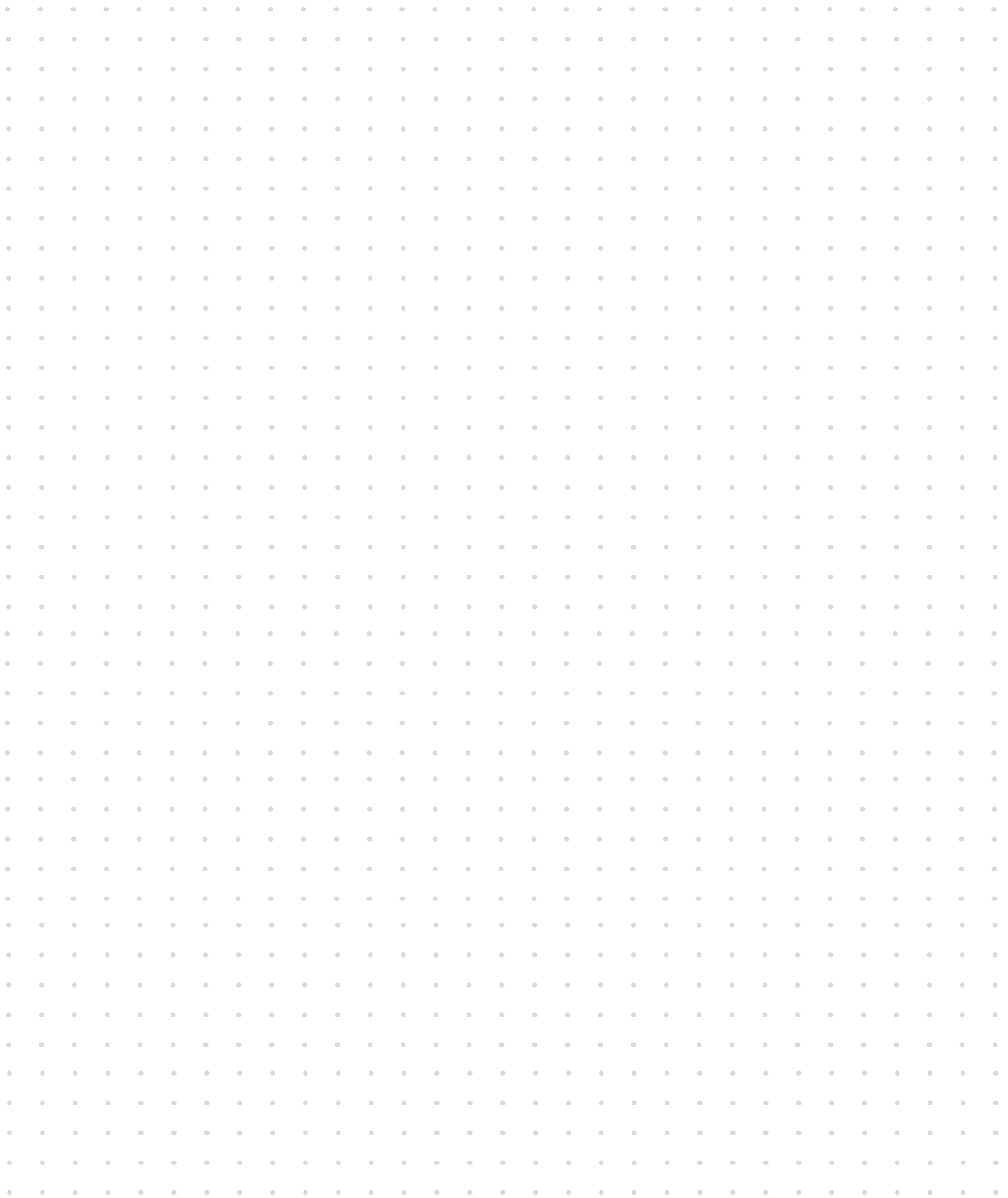
INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# Notes



# Goal \_\_\_\_\_

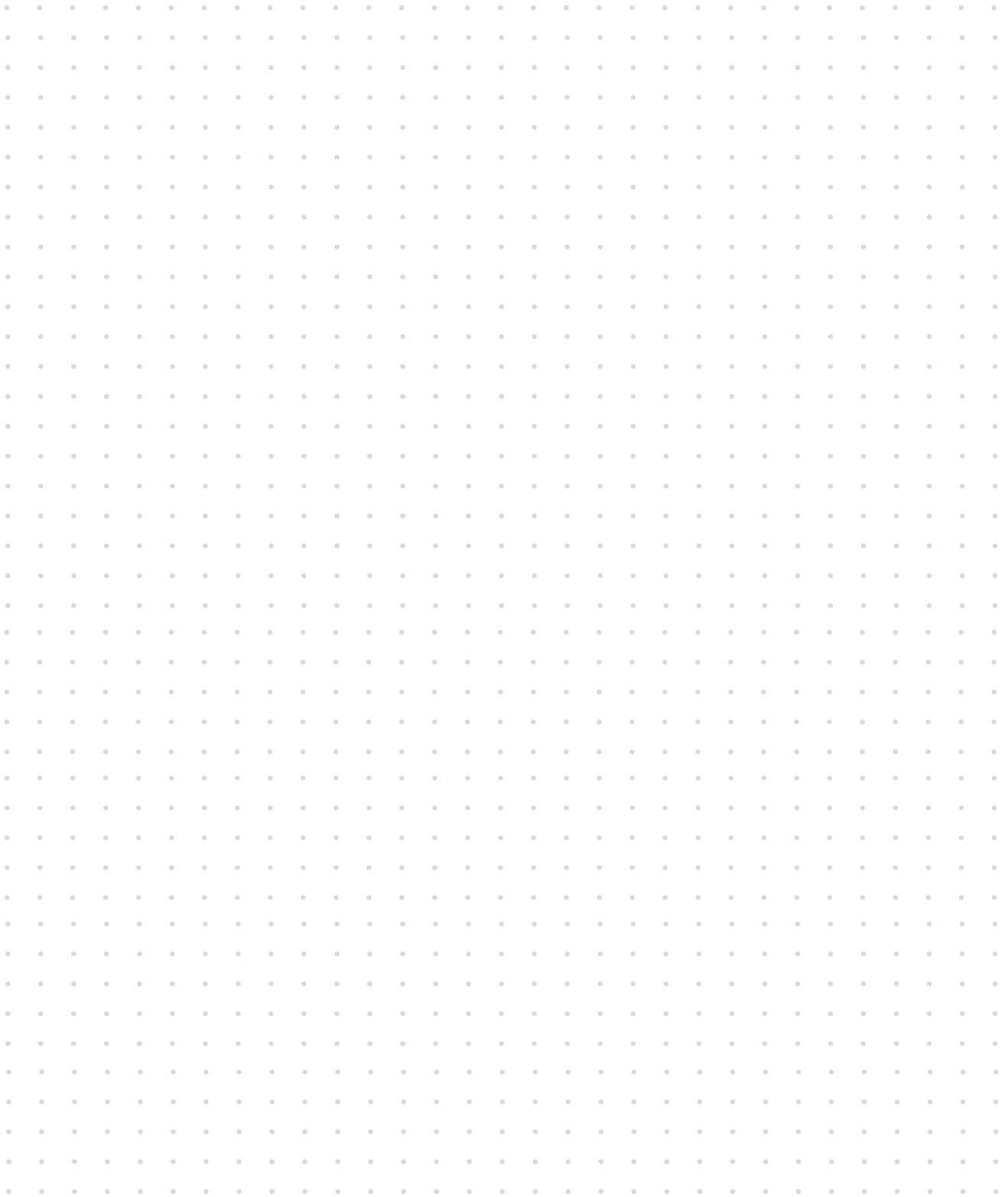
INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# Notes



# Goal \_\_\_\_\_

INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE



# July 2023


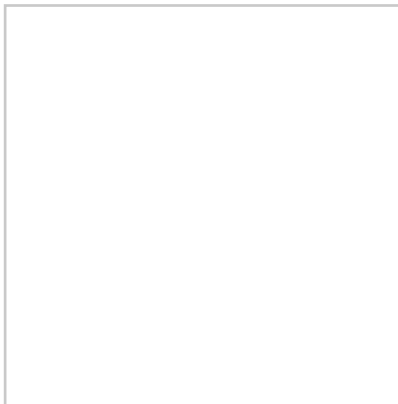
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2	3	4 Independence Day	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

THURSDAY	FRIDAY	SATURDAY	TOP LIST
		1	
6	7	8	
13	14	15	
20	21	22	
27	28	29	

# Inner & Outer

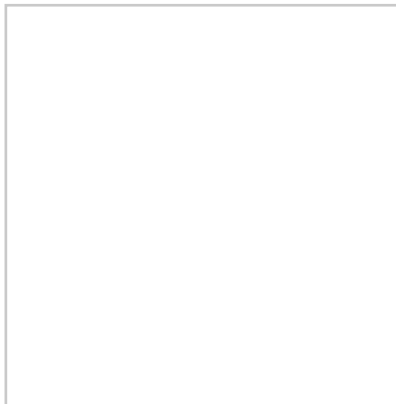
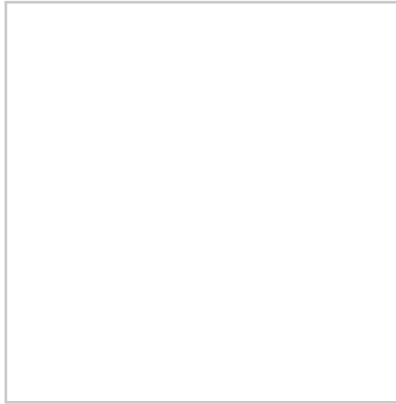
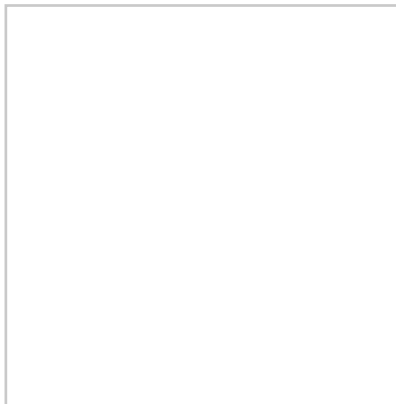
## Top Goals

List your top three goals for the month.  
(Use the Goal Sheets to draft up your work plan for each one.)

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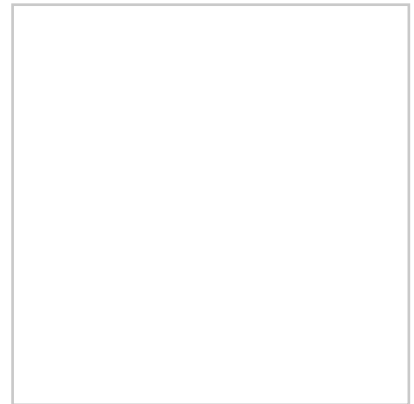
## Values

List the values each goal touches upon. Focus on the motivational energy of these values to help you reach each goal.

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## Beliefs


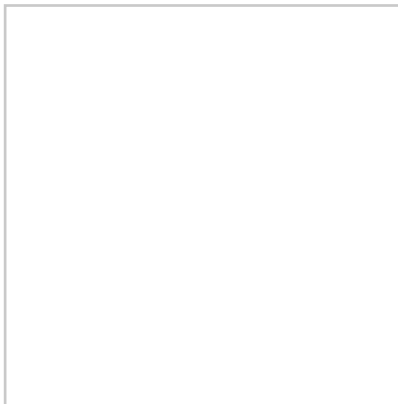
Next, why is each goal and expressing these values important to you? Identify the beliefs you hold about living into them.

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# Development Goals

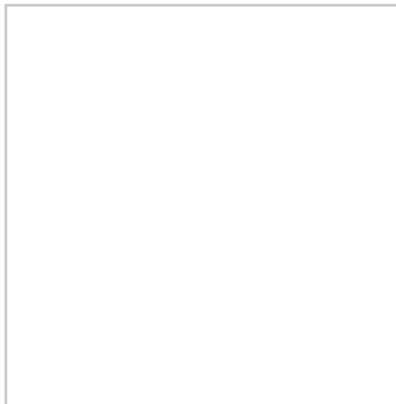
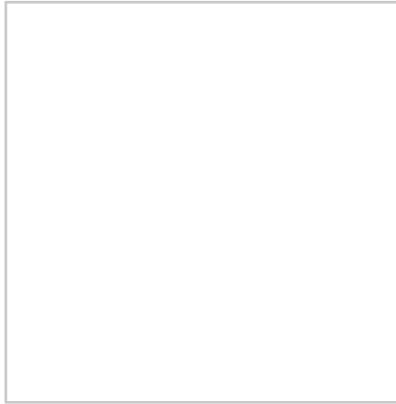
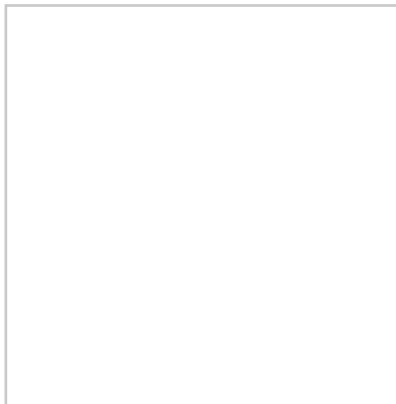
## Behaviors

What behaviors will you practice to breathe life into each goal and express these values?

A large, empty rectangular box with a thin gray border, intended for writing behaviors.A large, empty rectangular box with a thin gray border, intended for writing behaviors.A large, empty rectangular box with a thin gray border, intended for writing behaviors.

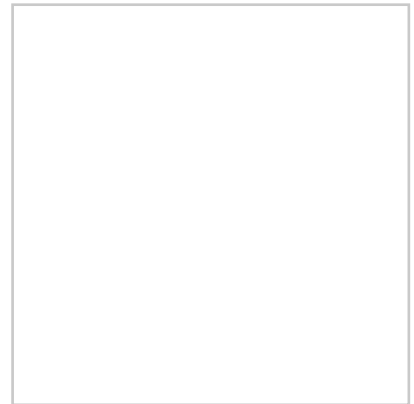
## Reactions

How might you react when either challenges emerge and/or as you make progress toward your goal?

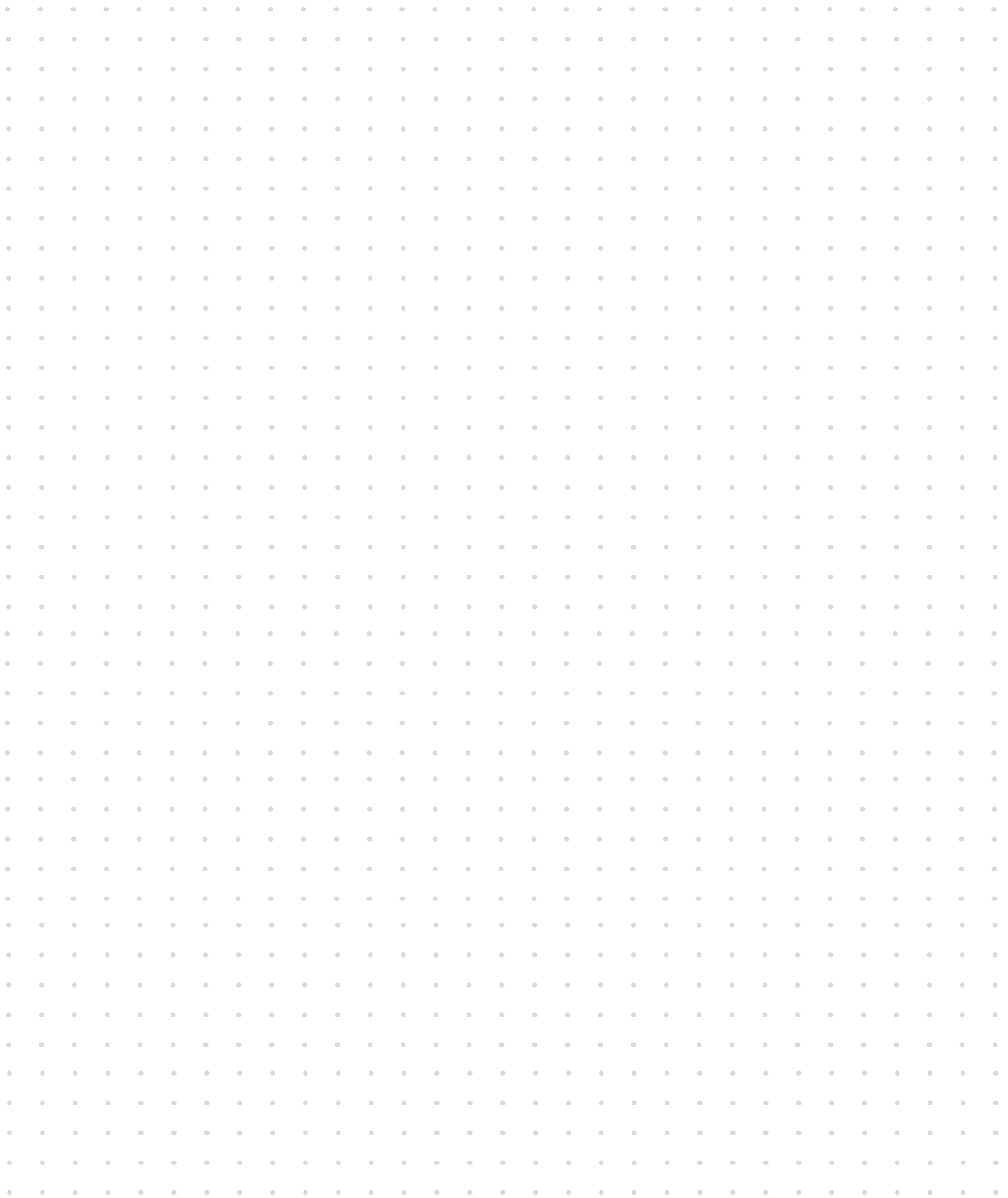
A large, empty rectangular box with a thin gray border, intended for writing reactions.A large, empty rectangular box with a thin gray border, intended for writing reactions.A large, empty rectangular box with a thin gray border, intended for writing reactions.

## Mindfulness Practice

What mindfulness practices can support your growth as you work towards each goal?

A large, empty rectangular box with a thin gray border, intended for writing mindfulness practices.A large, empty rectangular box with a thin gray border, intended for writing mindfulness practices.A large, empty rectangular box with a thin gray border, intended for writing mindfulness practices.

# Notes



# Goal \_\_\_\_\_

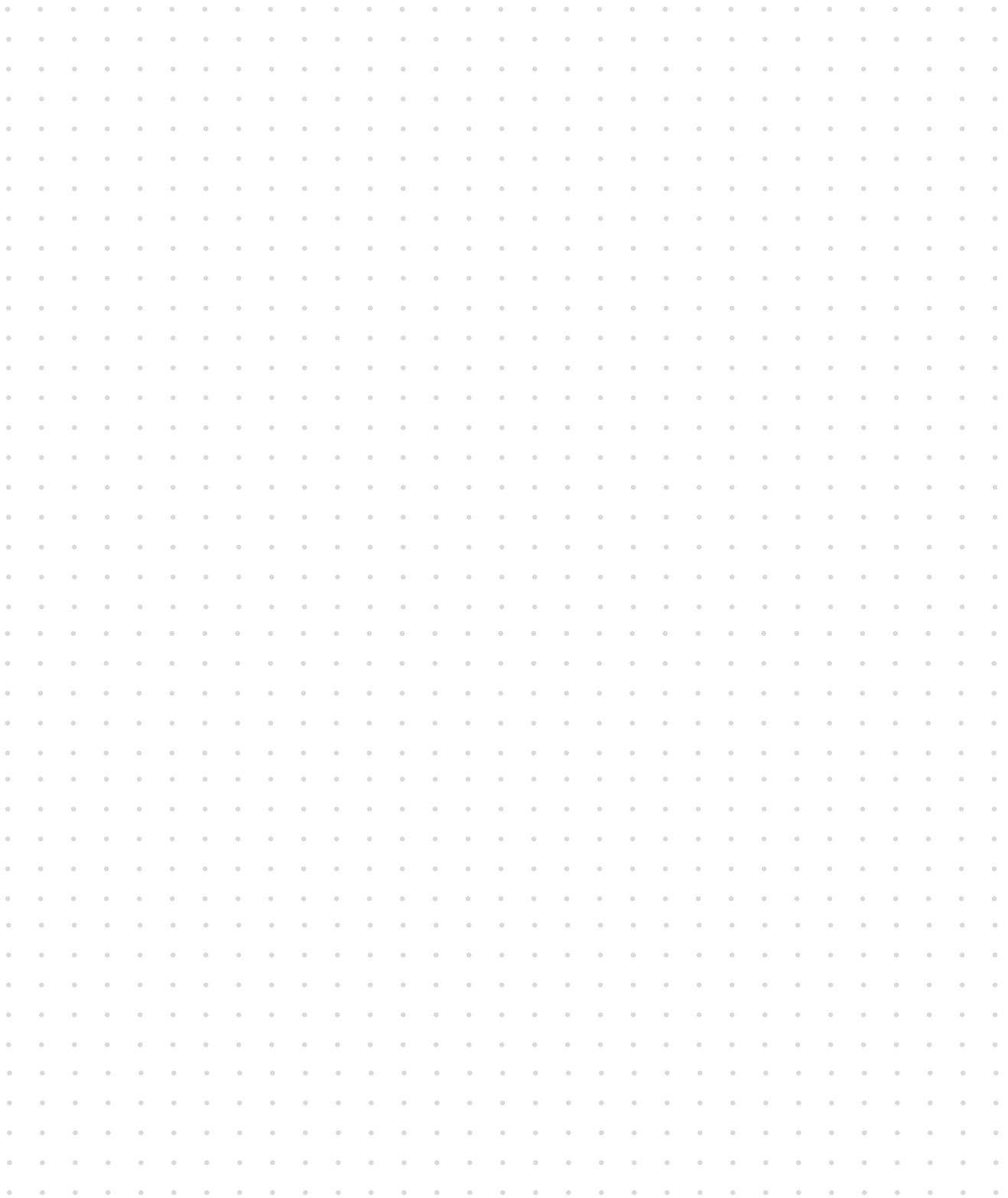
INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# Notes



# Goal \_\_\_\_\_

INTENTION/PURPOSE

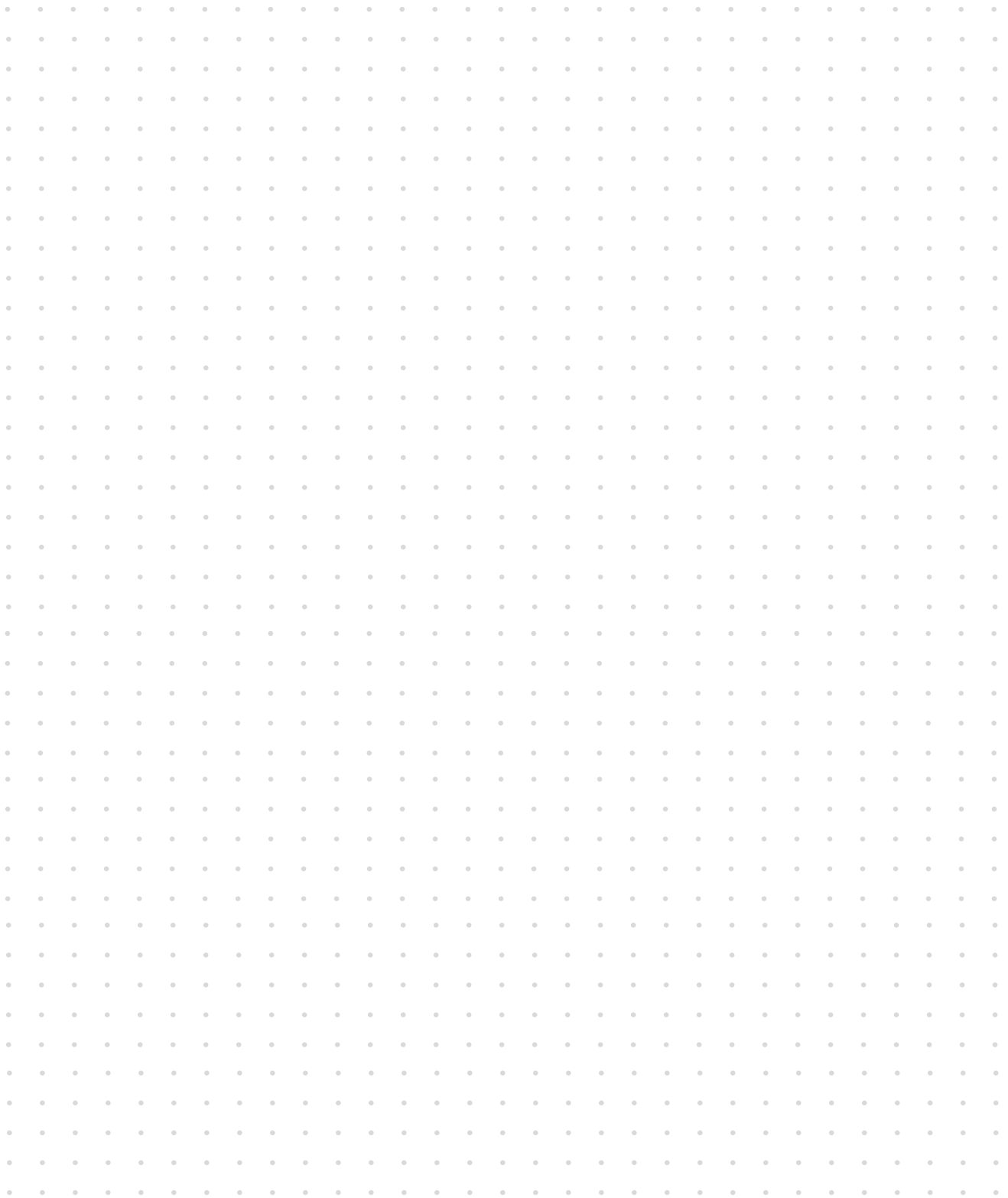
CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE



# Notes



# Goal \_\_\_\_\_

INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# August 2023

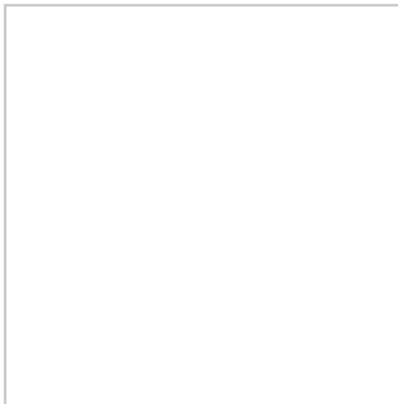

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

THURSDAY	FRIDAY	SATURDAY	TOP LIST
3	4	5	
10	11	12	
17	18	19	
24	25	26	
31			

# Inner & Outer

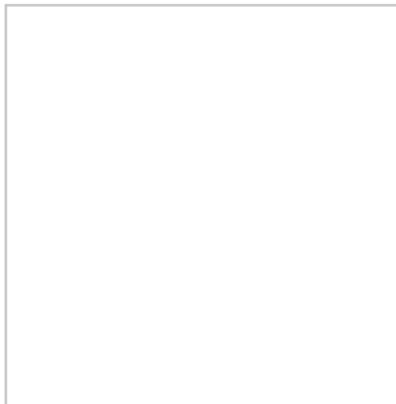
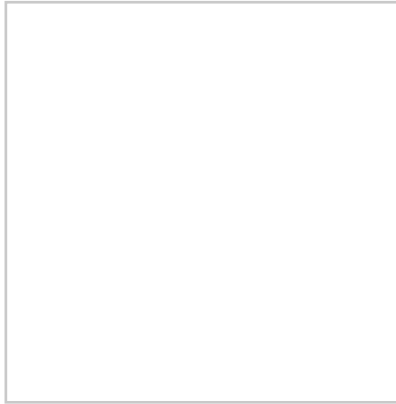
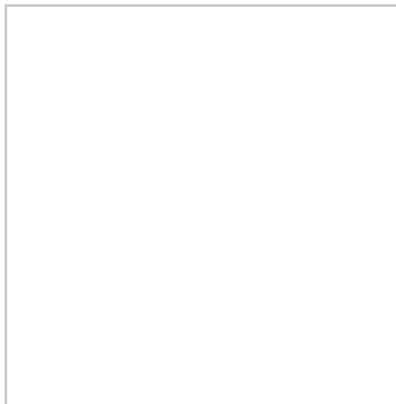
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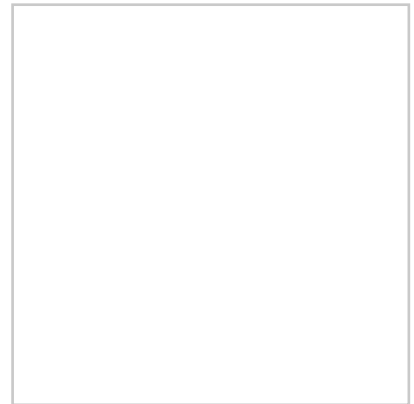
## Values

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## Beliefs

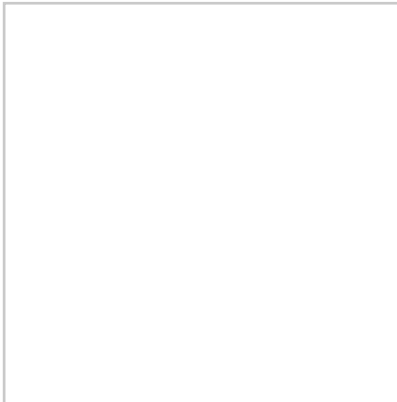
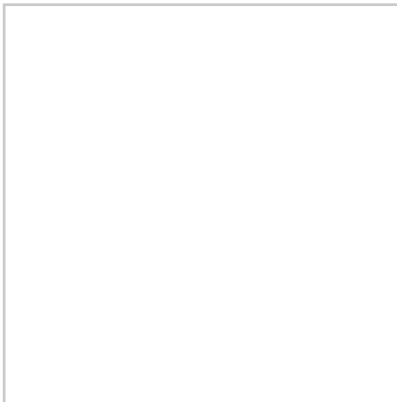
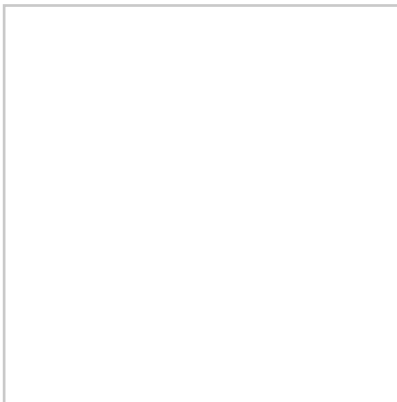
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# Development Goals

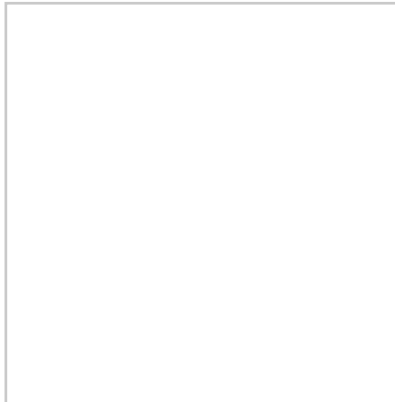
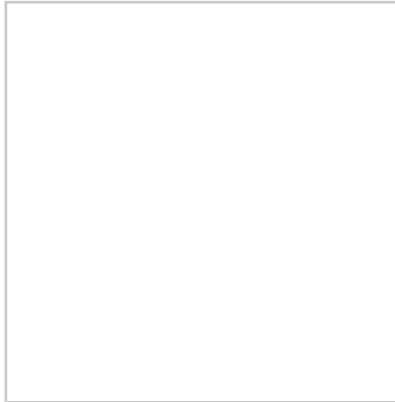
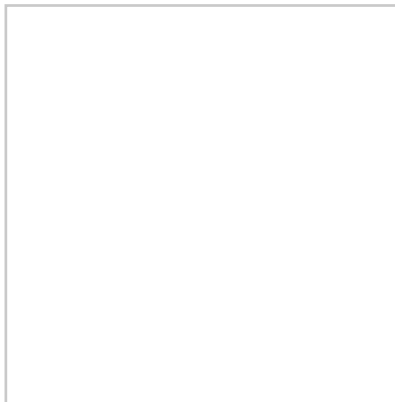
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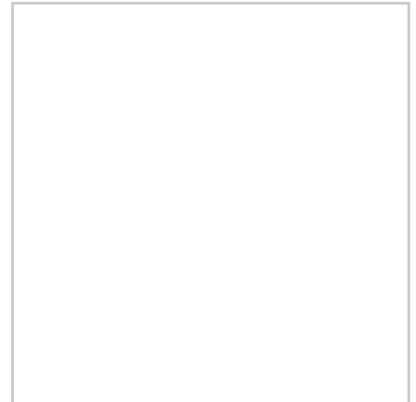
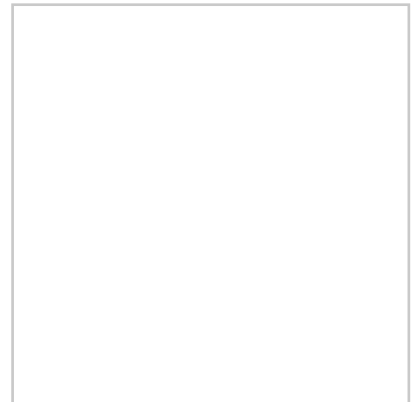
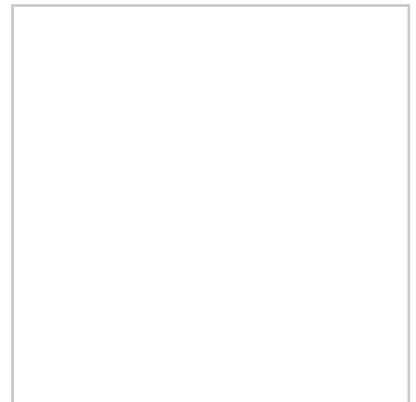
## Reactions

How might you react when either challenges emerge and/or as you make progress toward your goal?

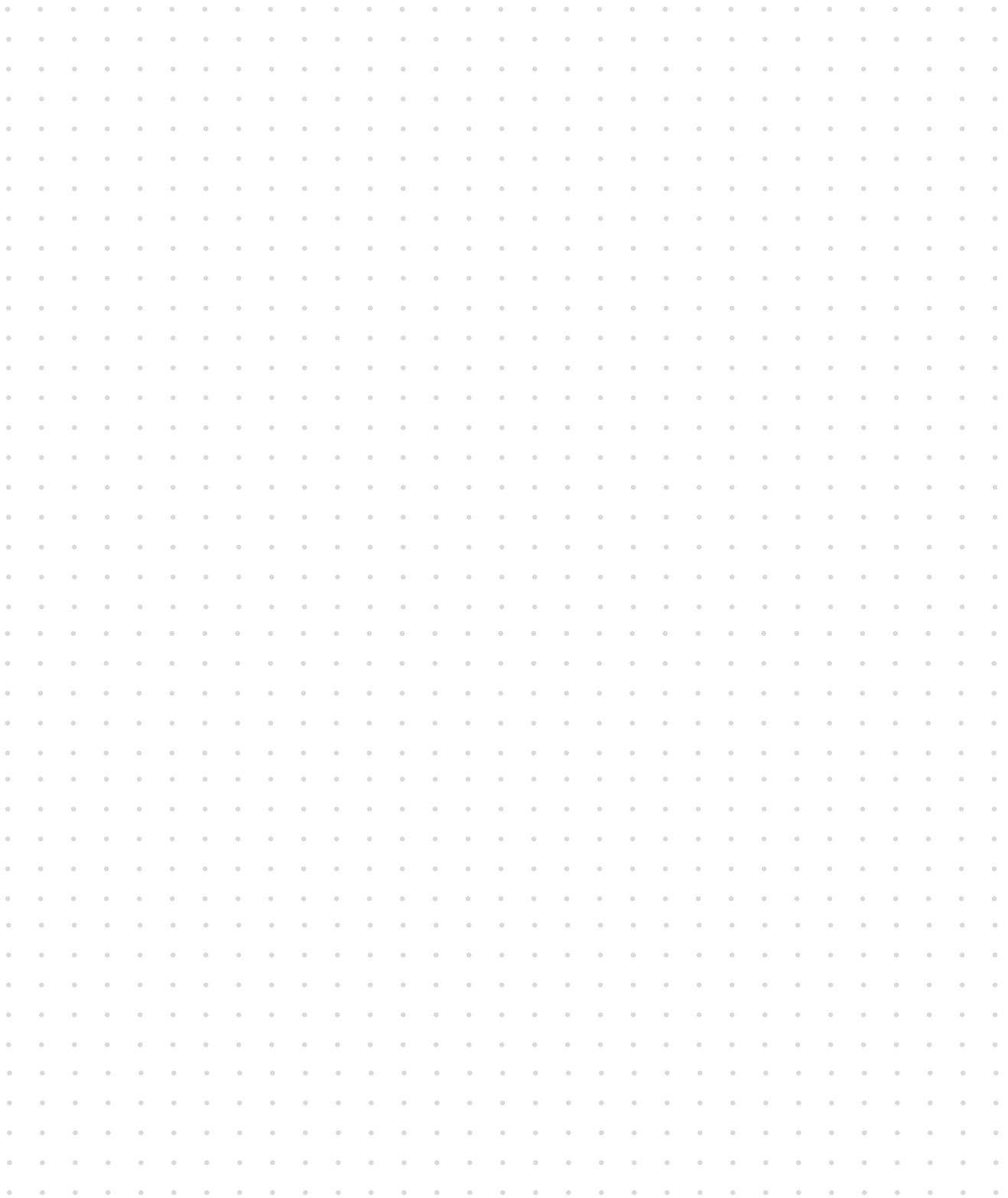
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# Notes



# Goal \_\_\_\_\_

INTENTION/PURPOSE

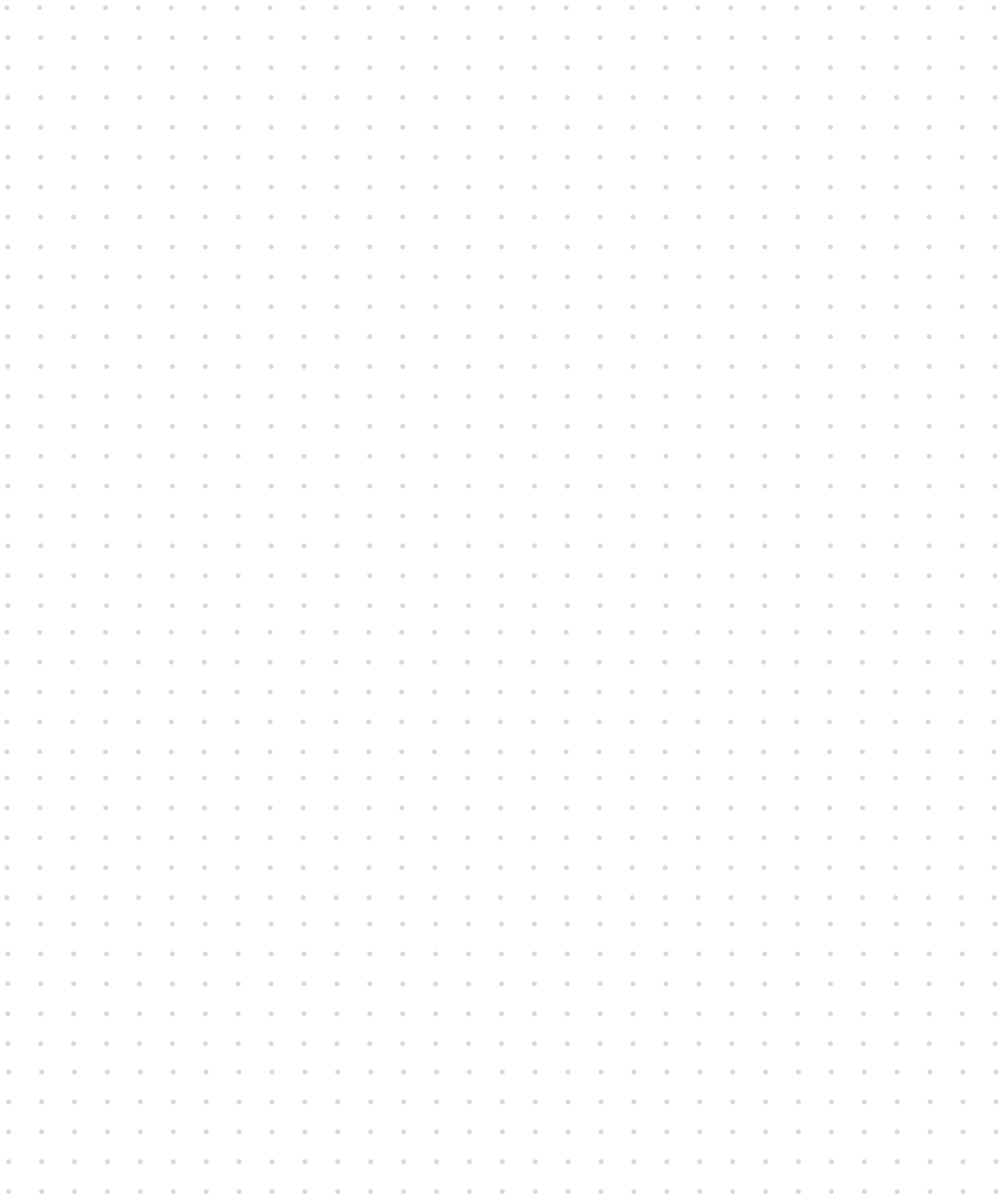
CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE



# Notes



# Goal \_\_\_\_\_

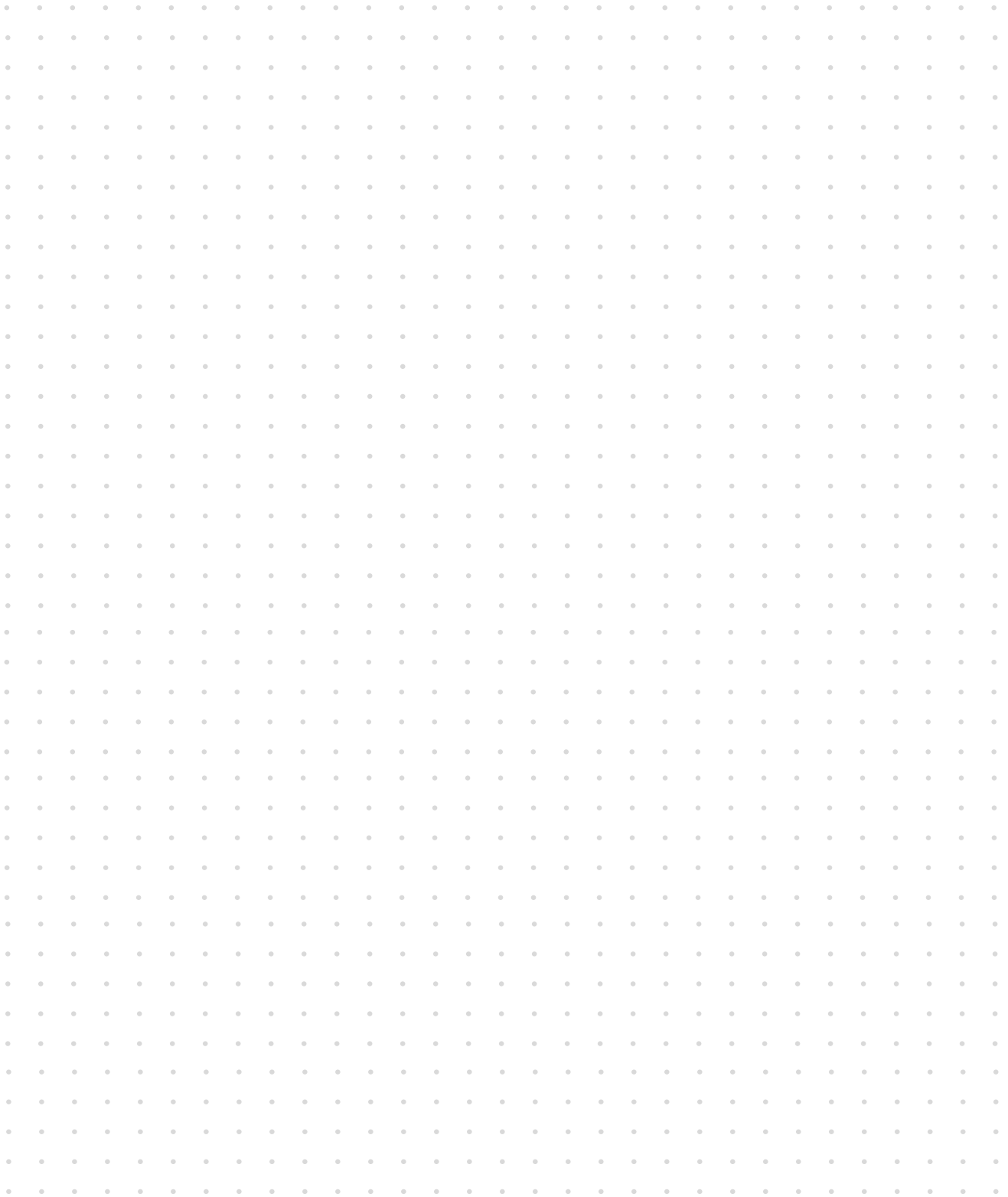
INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# Notes



# Goal \_\_\_\_\_

INTENTION/PURPOSE

CURRENT STATE

Target Date	Milestones & Subtasks	Values

DESIRED STATE

# September 2023

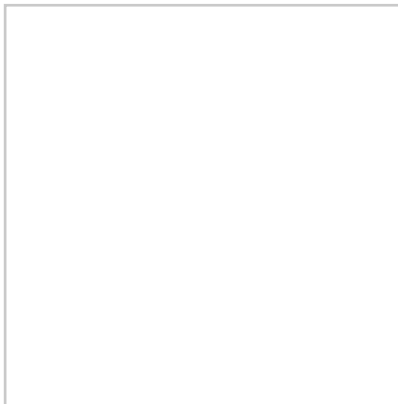

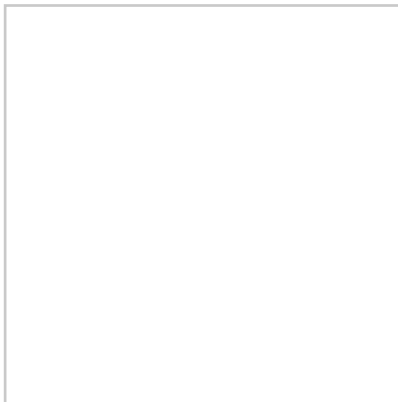
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
3	4 Labor Day	5	6
10	11	12	13
17	18	19	20
24	25	26	27

THURSDAY	FRIDAY	SATURDAY	TOP LIST
	1	2	
7	8	9	
14	15	16	
21	22	23	
28	29	30	

# Inner & Outer

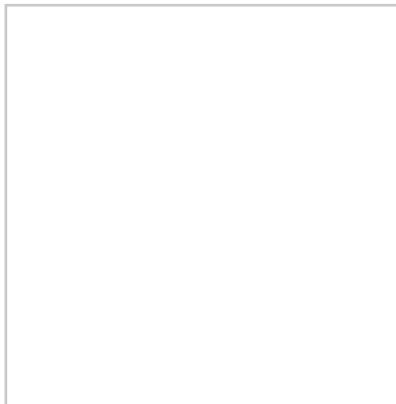
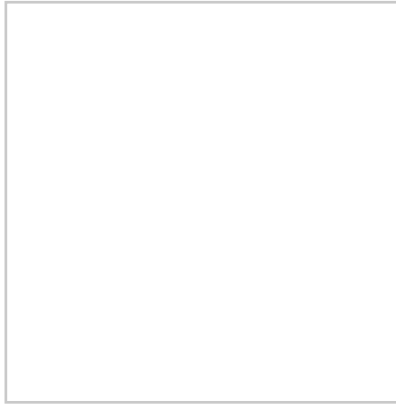
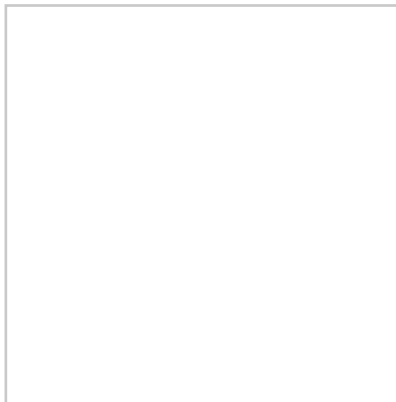
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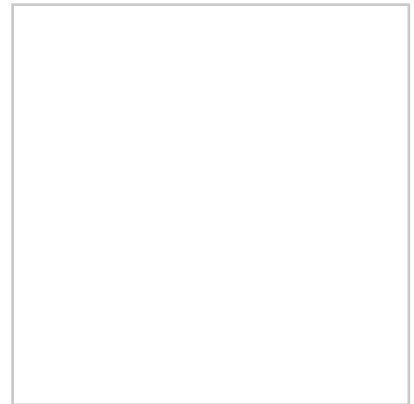
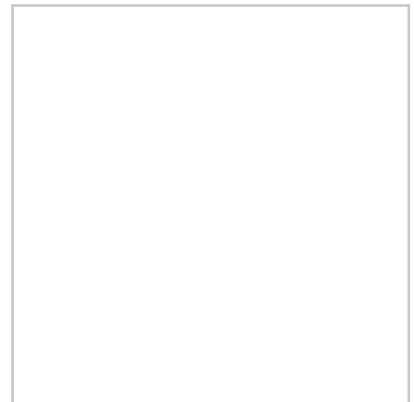
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