

January

“

Every man should be born again on January 1.
Start with a fresh page

”

Henry Ward Beecher

Plan here:	This Month's aim	This Month's result	Tick it off
Feeling			
Sleep			
Exercise			
Diet			
Family, friends and loved ones			
One thing I want to achieve next month:			

Reflect here:

Draw or graph here:

February

“

In February, there is everything to hope for,
and nothing to regret

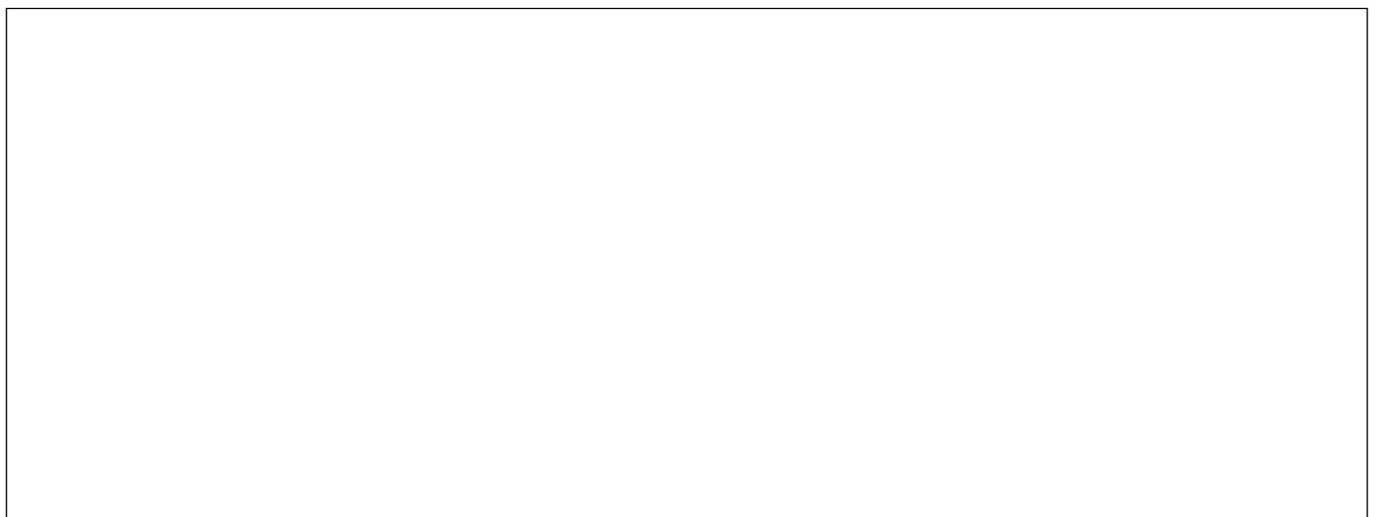
”

Patience Strong

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Draw or graph here:



March

“

Our life is March weather – savage and serene
in one hour

”

Ralph Waldo Emerson

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April

“

April showers bring forth May flowers

”

Old English Proverb

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May

“ May, more than any other month of the year, wants us to feel most alive. ”
Fennel Hudson

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June

“

Spring being a tough act to follow, God
created June

”

Al Bernstein

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July

“ The summer night is like a perfection of thought ”

Wallace Stevens

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August

“

Breathe the sweetness that
hovers in August

”

Denise Levertov

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September

“

Nostalgia – that’s the Autumn dreaming through September

”

Jacqueline Kennedy Onassis

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October

“

There are no days so delightful as those of
a fine October

”

Alexander Smith

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November

“

This is going to be a
November to remember!

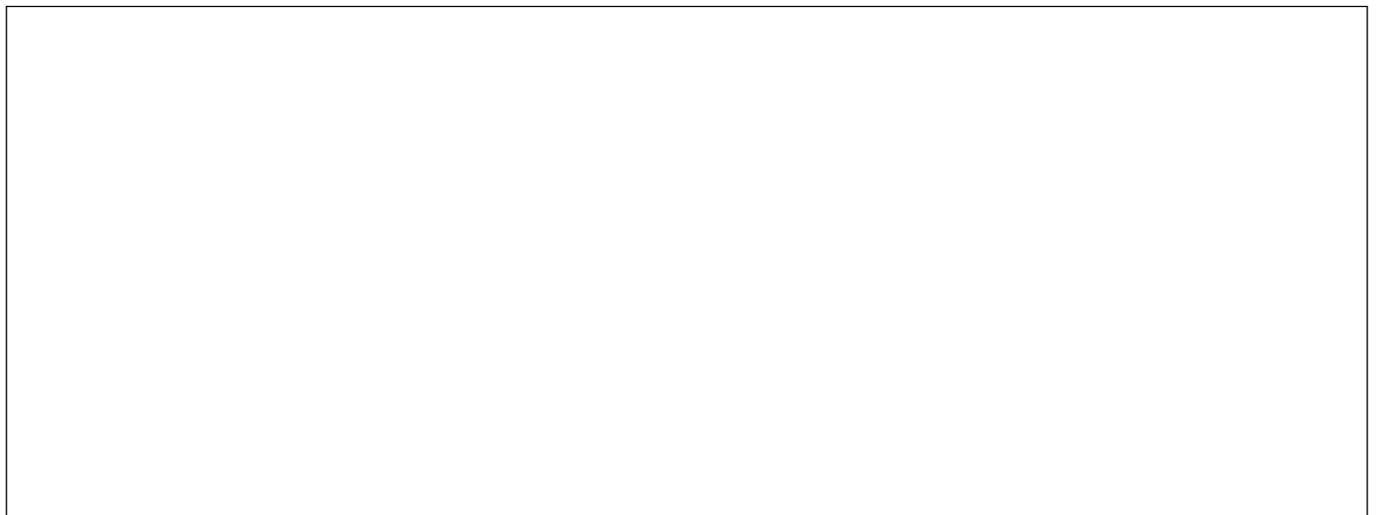
”

Charmaine J. Forde

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December

“

God gave us memory so that we
might have roses in December

”

James M. Barrie

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