

Build Your Own Monthly Planner

Get organised and start setting and achieving your
goals each month!

INSTRUCTIONS

What you need before you get started: scissors, glue, sticky tack, a pen, the monthly planner printouts, paper card

Step 1: Stick the printouts onto the paper card and cut around the edges

Step 2: Fill in your affirmation

Step 3: Set your goals and choose the matching avatar (e.g Improve running speed - jaguar!)

Step 4: Identify your resources to help you achieve your goals (e.g - join a running club?)

Step 5: Fill in what you're grateful for in your gratitude attitude

Step 6: Write down your achievements and give yourself a medal! (Do this throughout the month...)

Step 7: Don't forget to add your wise words! (You can change these when you like)

Monthly Planner

Affirmation: _____

Goals

1

2

3

4

5

Achievements

1

2

3

4

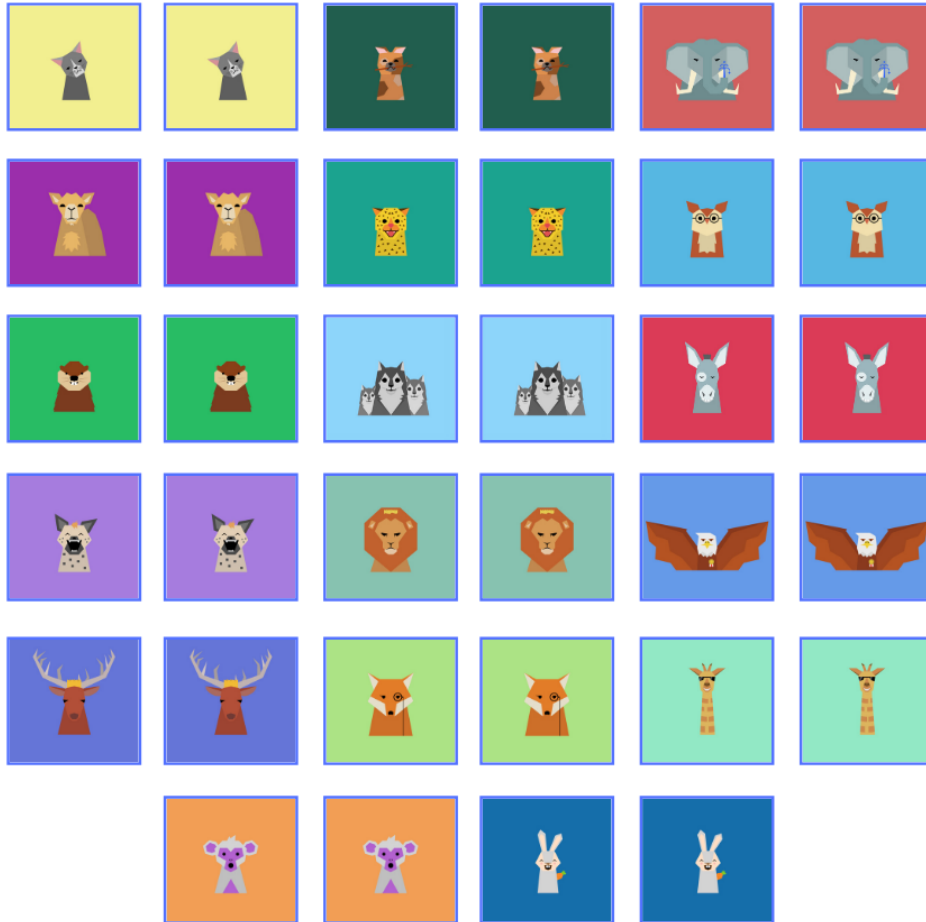
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Resources

Gratitude Attitude

Wise Words

Avatars



Medals



Wise Words

Great things
take time

We rise by
lifting others

The journey
of a thousand
miles begins with
one step

It's kind of fun
to do the
impossible

Be the reason
somebody
smiles today

Change the
world by being
yourself