

BUILD *HER*

Journal & Planner

By: Jess Jasso
@JESSKINDLOVE

MONTH:

<i>SU</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>TH</i>	<i>F</i>	<i>S</i>

WHAT DO YOU WANT TO FOCUS ON THIS MONTH?

5 GOALS FOR THE MONTH

- _____

- _____

- _____

- _____

- _____

NOTES

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MONTH AT A GLANCE

PROJECTS:

WEEK OF:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DATE:

DATE:

DATE:

DATE:

DATE:

DATE:

DATE:

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3 THINGS THAT MAKE MY HEART FEEL GRATEFUL

PRIORITIES

REMINDERS

DATE

Celebrate EVERY accomplishment!
BIG & small.

What is your WIN today?

To Do List

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-

PRIORITIES

- 1**
- 2**
- 3**
- 4**
- 5**

DAILY GRATITUDE

@ JESSKINDLOVE

Notes:

DATE

**"The most important thing is
to enjoy your life – to be
happy – it's all that matters."**

-Audrey Hepburn

**WHAT WILL YOU DO
TO BRING HAPPINESS
INTO YOUR DAY?**

To Do List

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PRIORITIES

1

2

3

4

5

**DAILY
GRATITUDE**

@ JESSKINDLOVE

Notes:

DATE

**You are
beautifully significant!
You are Worthy!**

**WRITE AN AFFIRMATION.
HOW DO YOU WANT
TO FEEL TODAY?**

To Do List

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PRIORITIES

- 1**
- 2**
- 3**
- 4**
- 5**

**DAILY
GRATITUDE**

@ JESSKINDLOVE

Notes:

DATE

You can overcome your challenges.

HOW WILL YOU SHOW UP WITH COURAGE THIS WEEK?

To Do List

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PRIORITIES

- 1
- 2
- 3
- 4
- 5

DAILY GRATITUDE

@ JESSKINDLOVE

Notes:

DATE

Believe in yourself.

I BELIEVE I CAN _____

To Do List

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PRIORITIES

- 1**
- 2**
- 3**
- 4**
- 5**

**DAILY
GRATITUDE**

@ JESSKINDLOVE

Notes:

DATE

Find gratitude in the little, beautiful moments!

WHAT WILL YOU DO TO MAKE YOURSELF SMILE TODAY:

To Do List

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PRIORITIES

- 1
- 2
- 3
- 4
- 5

DAILY GRATITUDE

@ JESSKINDLOVE

Notes: