



THE

WANTED
Modern Woman Planner

30-DAY DREAM CAPSULE

My Big Dream



IF YOU COULD HAVE ANYTHING IN THE WORLD WHAT WOULD IT BE? USE THIS SECTION TO ALLOW YOURSELF TO DREAM BIG! USE THESE PROMPTS BELOW TO HELP YOU:

- If I knew I would succeed I would...
- If I didn't care what people thought, I would...
- If I wasn't worried about the future, I would...
- If I had the freedom, I would...
- If money wasn't an issue, I would...

My Big Dream



LIFESTYLE *Design*

USE THIS SECTION TO ACTIVATE YOUR FUTURE SELF. HOW WOULD YOUR FUTURE SELF BE IN THESE 3 ASPECTS OF YOUR LIFE? THE KEY HERE IS TO BEGIN EMBODYING THEM NOW IN YOU PRESENT SELF.

MINDSET

STYLE

SURROUNDINGS

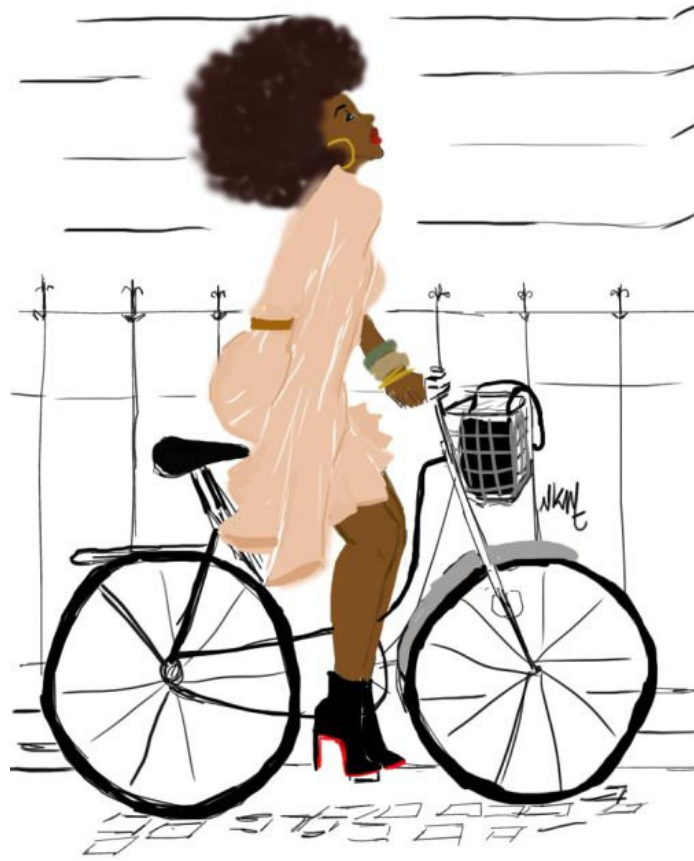


Dream YEAR



USE THIS SECTION TO LAY OUT YOUR PLANNED ACTIVITIES, PROJECTS & GOALS FOR THE NEXT 12 MONTHS. THIS WILL GIVE YOU AN OVERVIEW OF EVERYTHING YOU PLAN TO ACHIEVE.

JANUARY	FEBRUARY	MARCH	APRIL
MAY	JUNE	JULY	AUGUST
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER



MY 30-DAY
Dream Goal

PICK JUST ONE GOAL YOU WOULD LIKE TO FOCUS ON IN THE NEXT 30 DAYS.

Thought Dump

WRITE DOWN ALL THE THOUGHTS RUNNING THROUGH YOUR MIND ABOUT THIS GOAL-
YOUR HOPES, YOUR FEARS AND DOUBTS. CLEAR YOUR MIND SO YOU CAN FULLY FOCUS
ON MAKING THIS GOAL YOUR REALITY.

30-DAY *Dream Goal* TASKS

USE THIS SECTION TO LAY OUT EVERY TASK THAT IS REQUIRED OVER THE NEXT 30 DAYS TO ACHIEVE YOUR GOAL.

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Overcoming OBSTACLES

USE THIS SECTION TO ANTICIPATE ANY OBSTACLES YOU MAY ENCOUNTER OVER THE NEXT 30-DAYS AND COME UP WITH A SOLUTION TO HELP YOU AVOID OR OVERCOME THOSE OBSTACLES.

OBSTACLE:

SOLUTION:

OBSTACLE:

SOLUTION:

OBSTACLE:

SOLUTION:

OBSTACLE:

SOLUTION:



MONTHLY

Personal Commitment

I COMMIT THIS MONTH TO CREATING :

.....
(INSERT YOUR 30-DAY GOAL)

I WILL DO THIS BY (DATE)

I WILL KNOW I'VE ACHIEVED MY DREAM WHEN:.....

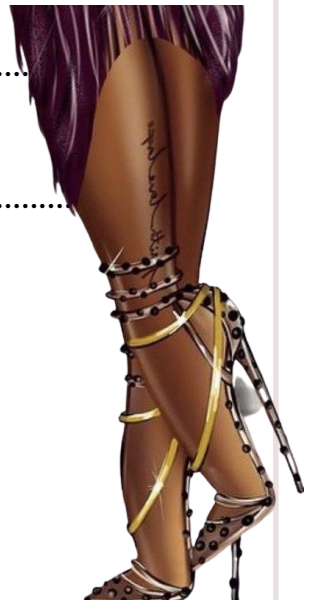
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.....

(LIST MEASURABLE RESULT FOR 30-DAY PERIOD).

.....

(SIGNATURE)



THE

Dream
FUEL

DATE: _____

S M T W T H F S A

MORNING JOURNAL

MY MIND DETOX

I'M CURRENTLY FEELING
(ONE WORD)

MY THOUGHTS CREATING
THIS FEELING:

[Empty box for thoughts]

MY DESIRED FEELING
(ONE WORD)

MY THOUGHTS TO PRACTICE
TO THIS FEELING:

[Empty box for thoughts]

ACTIVATING MY FUTURE SELF

30-day DREAM GOAL:

I'LL SHOW UP FOR MY DREAM GOAL
TODAY BY:

[List with 4 dots]

I'LL SHOW UP ON PURPOSE WITH MY
LOOKS BY:

I'LL UPGRADE/ENHANCE MY
SURROUNDINGS BY:

I'LL HONOUR MYSELF TODAY BY:

[Empty box for self-honouring]

I AM AFFIRMATION:

TODAY, I'M GRATEFUL FOR:



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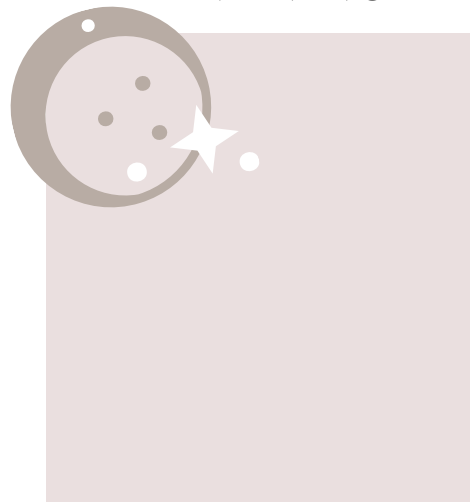
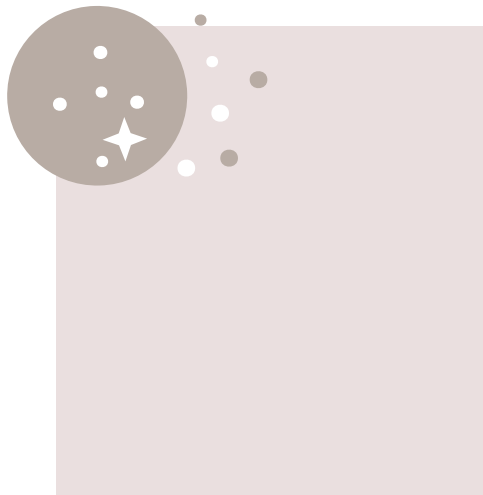
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MON TUE WED THU FRI SAT SUN

MORNING

AFTERNOON

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SCHEDULE

QUICK PEP-TALK



NOTES



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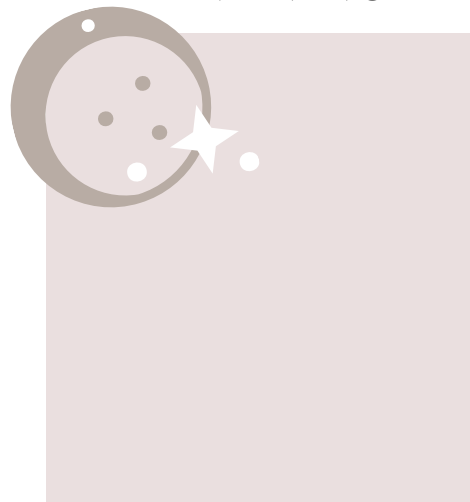
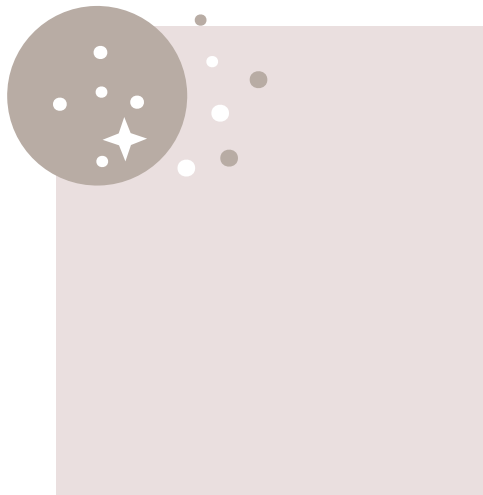
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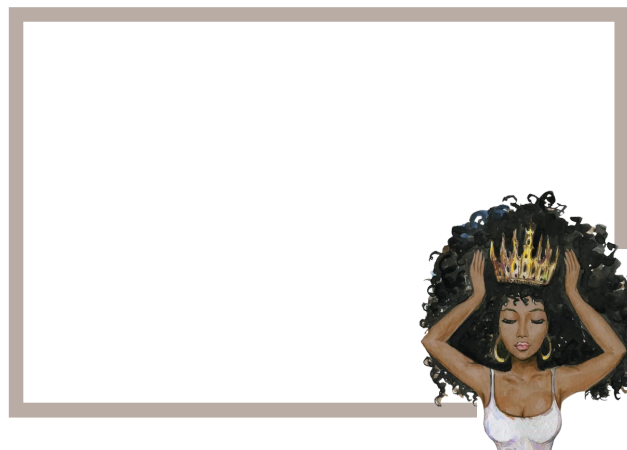
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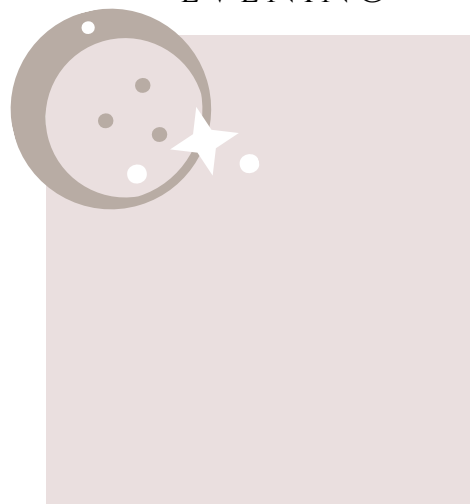
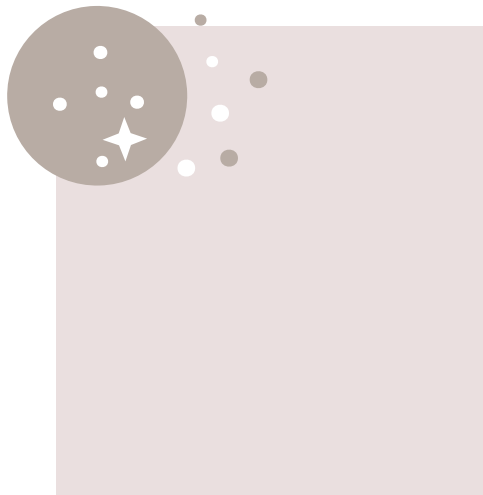
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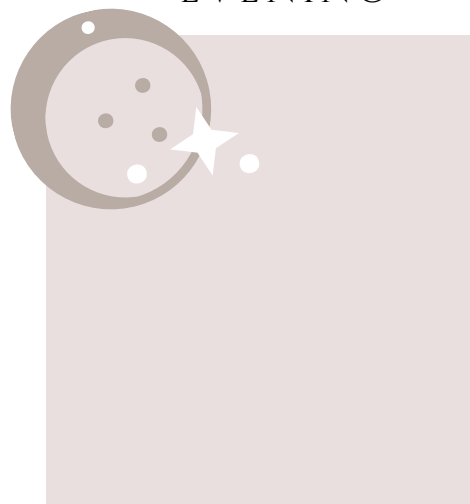
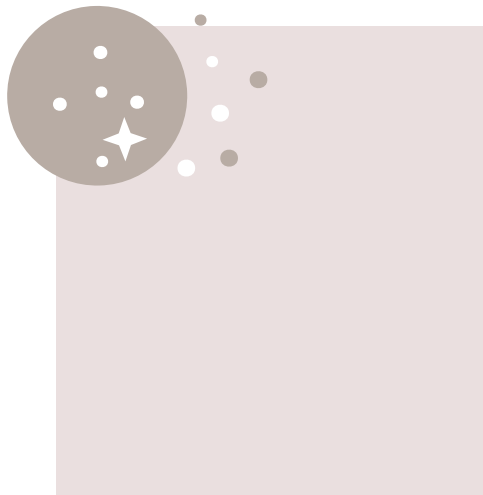
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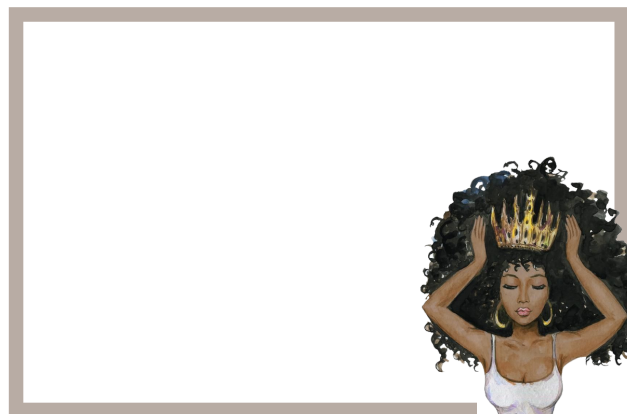
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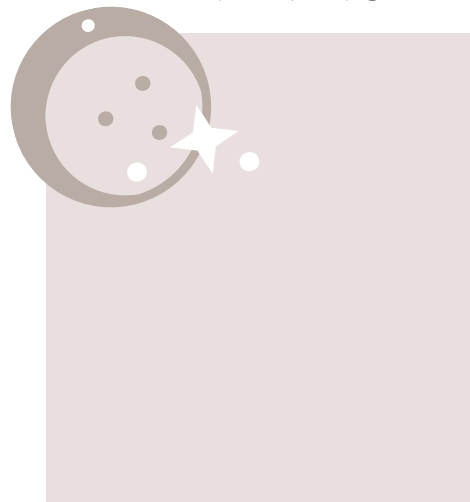
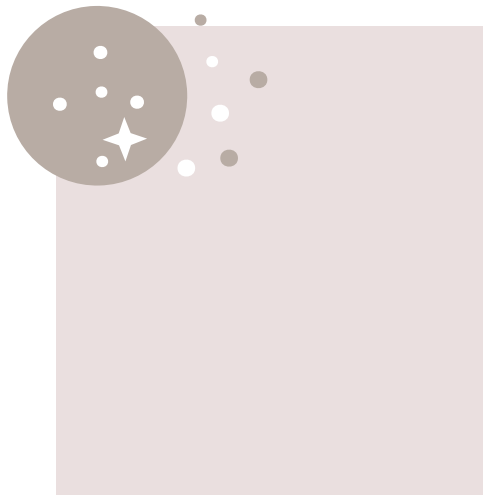
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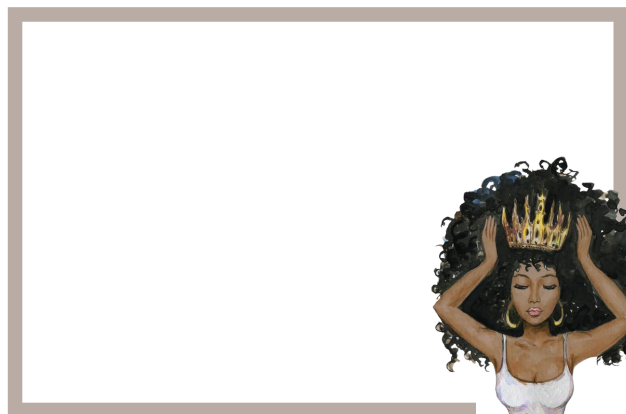
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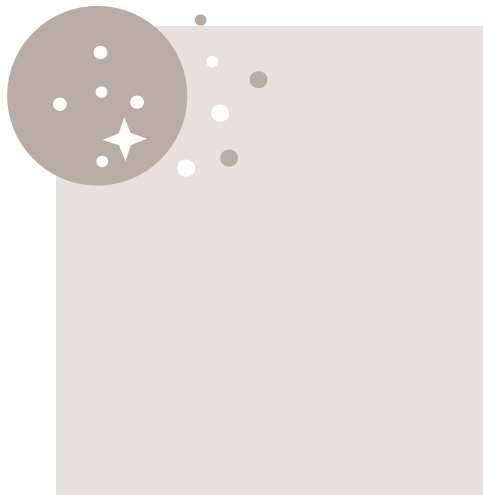


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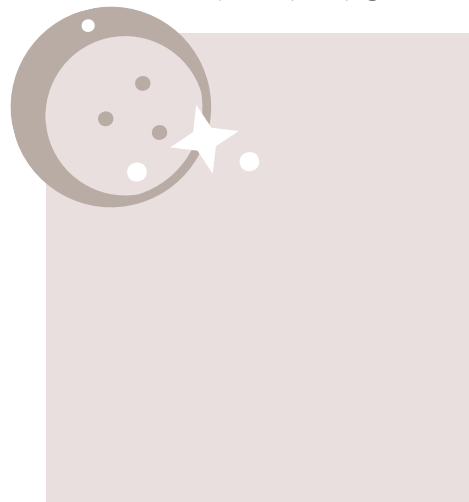
MORNING

A rectangular area for morning planning, featuring a decorative circular icon in the top-left corner with a starburst pattern.


AFTERNOON

A solid rectangular area for afternoon planning.

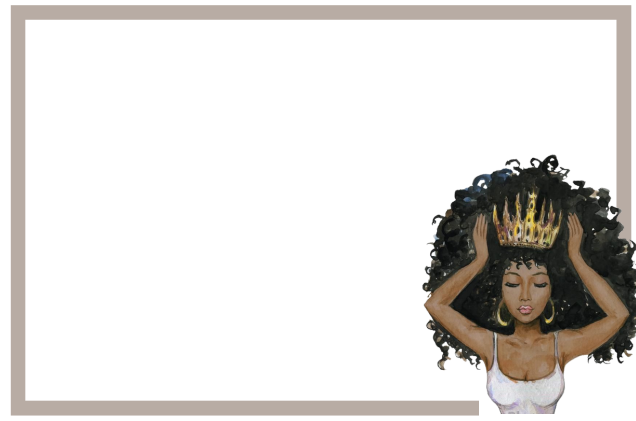
EVENING

A rectangular area for evening planning, featuring a decorative circular icon in the top-left corner with a moon and star pattern.

SCHEDULE

A series of horizontal lines for writing a schedule.

QUICK PEP-TALK

A rectangular area for a quick pep-talk, featuring an illustration of a woman with a crown.

NOTES

A rounded rectangular area for notes, featuring a starburst background.

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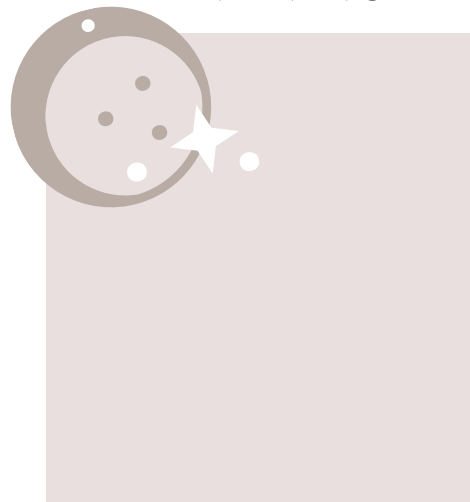
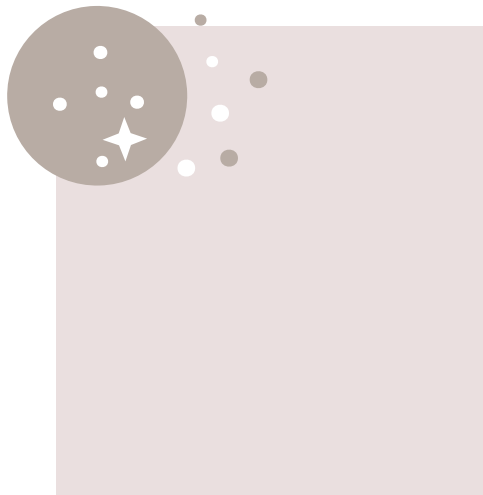
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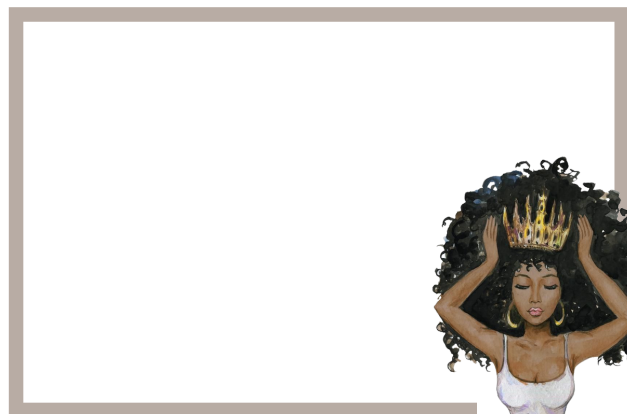
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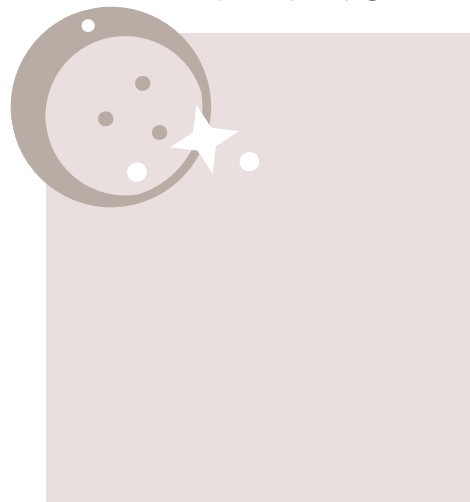
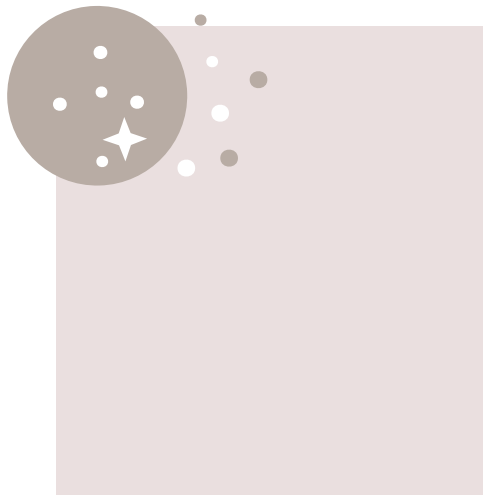
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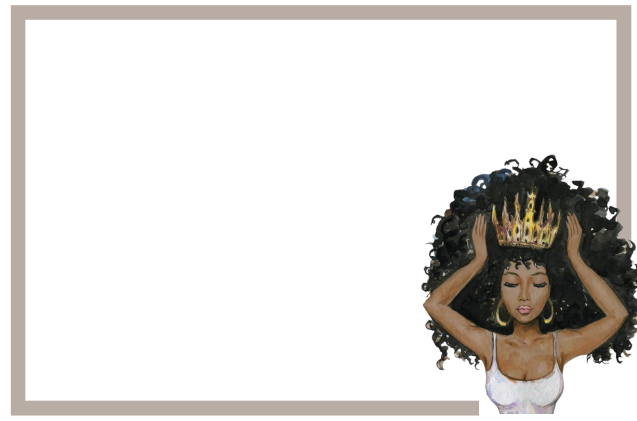
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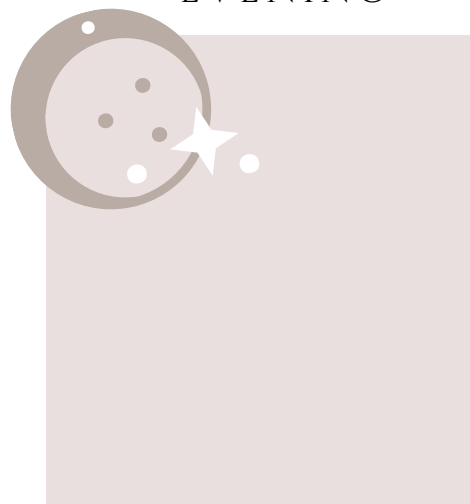
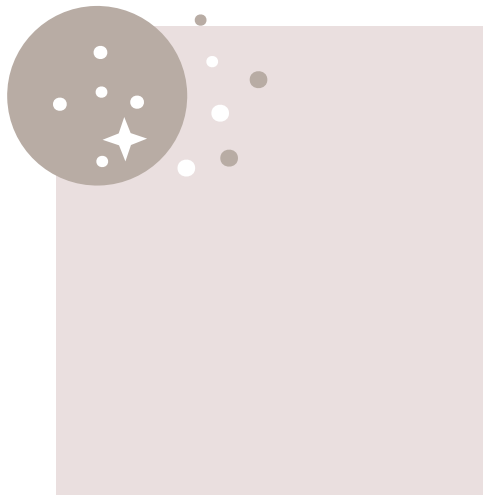
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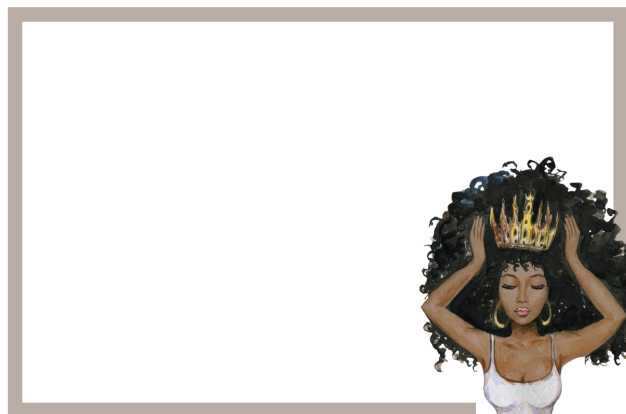
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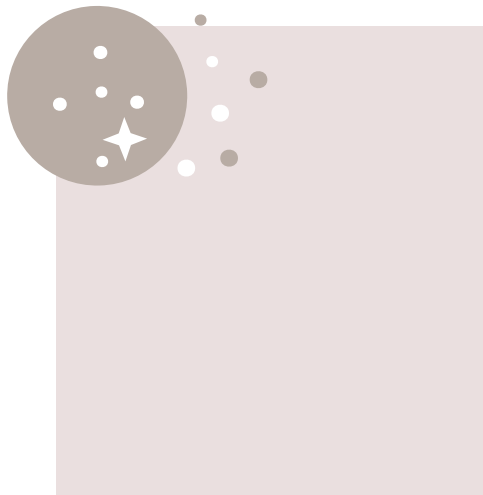


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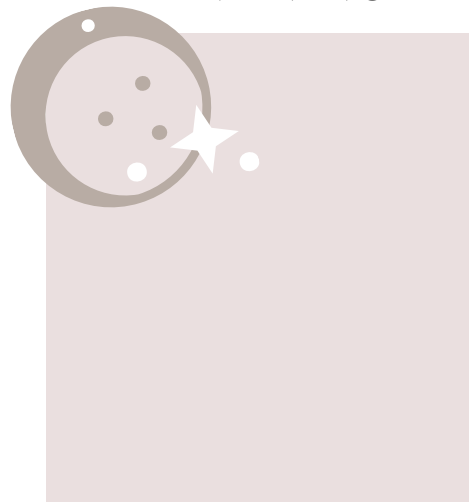
MORNING

A rectangular box for morning planning. In the top-left corner, there is a circular icon containing several white stars of varying sizes and a larger white star.


AFTERNOON

A solid, dark brown rectangular box for afternoon planning.

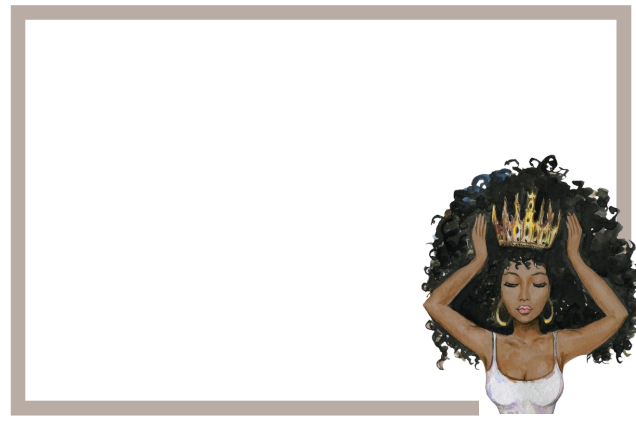
EVENING

A rectangular box for evening planning. In the top-left corner, there is a circular icon containing a crescent moon, several white stars, and a larger white star.

SCHEDULE

A section for scheduling, consisting of ten horizontal lines for writing.

QUICK PEP-TALK

A rectangular box for a quick pep-talk. In the bottom-right corner, there is an illustration of a woman with large, dark, curly hair wearing a golden crown.

NOTES

A section for notes, featuring a light gray speech bubble shape with a starburst pattern of white stars and dots.

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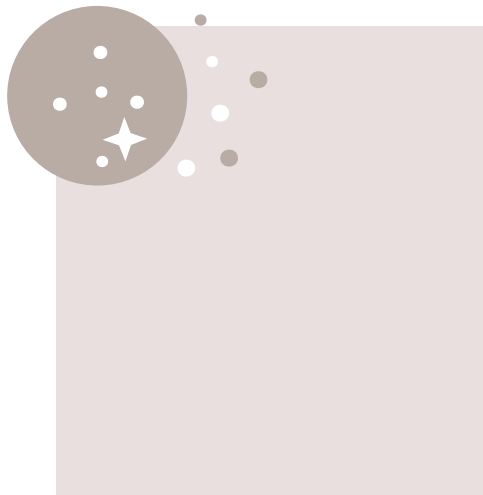


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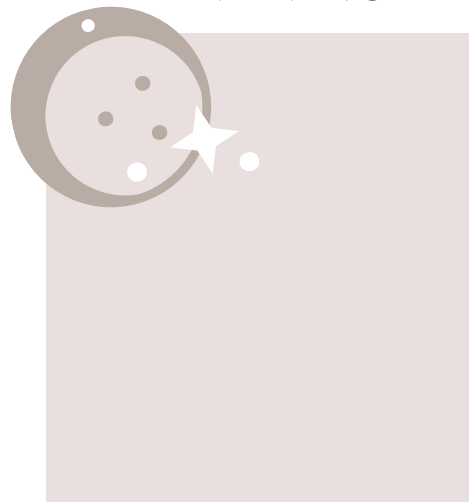
MORNING

A rectangular area for morning planning, featuring a decorative starburst icon in the top-left corner.

AFTERNOON

A solid-colored rectangular area for afternoon planning.

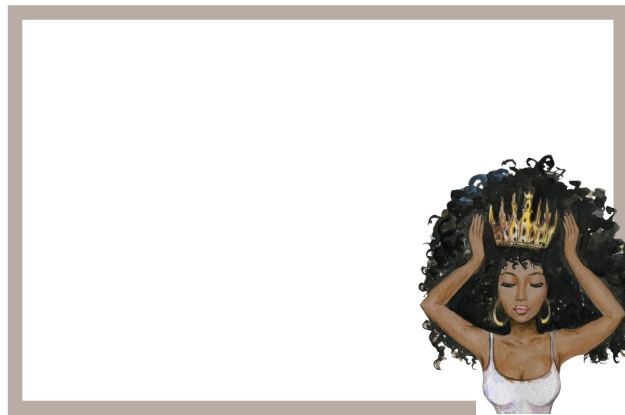
EVENING

A rectangular area for evening planning, featuring a decorative moon and star icon in the top-left corner.

SCHEDULE

A series of horizontal lines for writing a schedule.

QUICK PEP-TALK

A rectangular area for a quick pep-talk, featuring an illustration of a woman with a crown.

NOTES

A rounded rectangular area for notes, featuring a starburst background.

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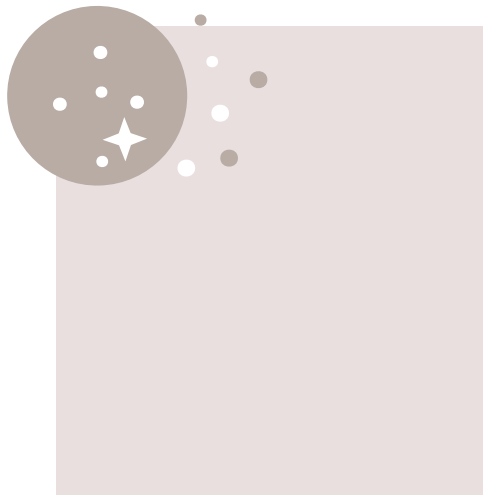


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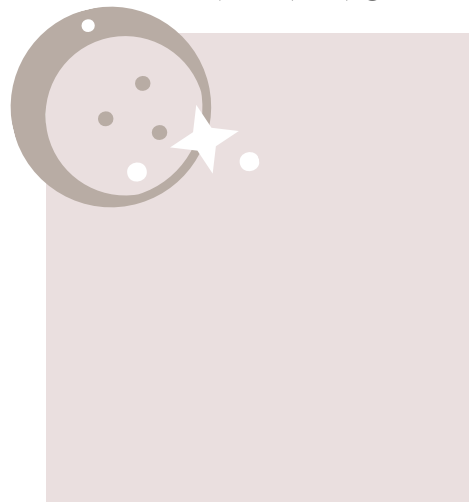
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A rectangular area for morning planning, featuring a light beige background and a circular icon in the top-left corner containing a starburst pattern of white and grey dots.

AFTERNOON

A solid dark beige rectangular area for afternoon planning.

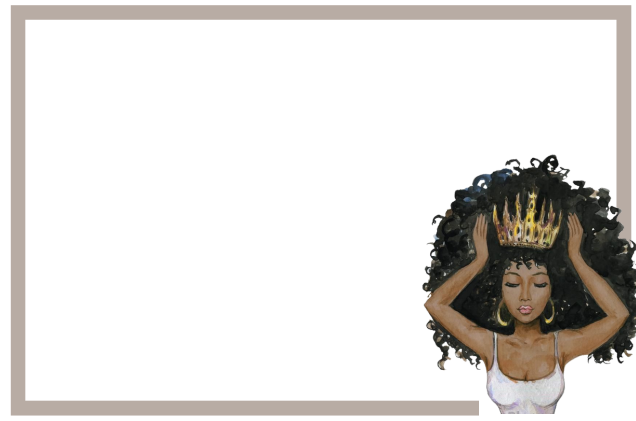
EVENING

A rectangular area for evening planning, featuring a light beige background and a circular icon in the top-left corner containing a moon and a star.

SCHEDULE

A series of horizontal lines for scheduling, with a decorative leaf branch on the right side.

QUICK PEP-TALK

A rectangular area for a quick pep-talk, featuring a white background and a framed illustration of a woman with a crown.

NOTES

A speech bubble-shaped area for notes, featuring a light beige background with a starburst pattern.

THE

Dream

FUEL

MORNING JOURNAL

DATE: _____

S M T W T H F S A

MY MIND DETOX

I'M CURRENTLY FEELING
(ONE WORD)

MY THOUGHTS CREATING
THIS FEELING:

MY DESIRED FEELING
(ONE WORD)

MY THOUGHTS TO PRACTICE
TO THIS FEELING:

ACTIVATING MY FUTURE SELF

30-day DREAM GOAL:

I'LL SHOW UP FOR MY DREAM GOAL
TODAY BY:

-
-
-
-

I'LL SHOW UP ON PURPOSE WITH MY
LOOKS BY:

I'LL UPGRADE/ENHANCE MY
SURROUNDINGS BY:

I'LL HONOUR MYSELF TODAY BY:

I AM AFFIRMATION:

TODAY, I'M GRATEFUL FOR:



THE
Daily
PLAN

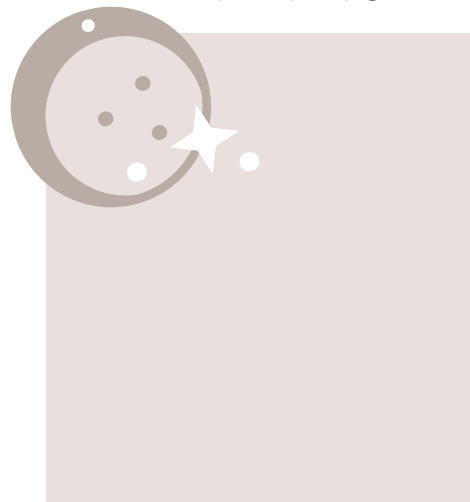
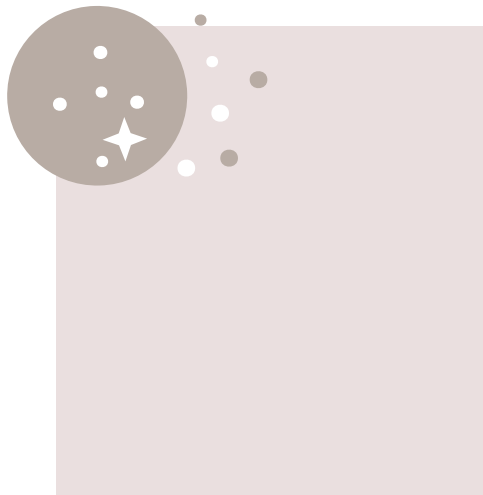
DATE

MON TUE WED THU FRI SAT SUN

MORNING

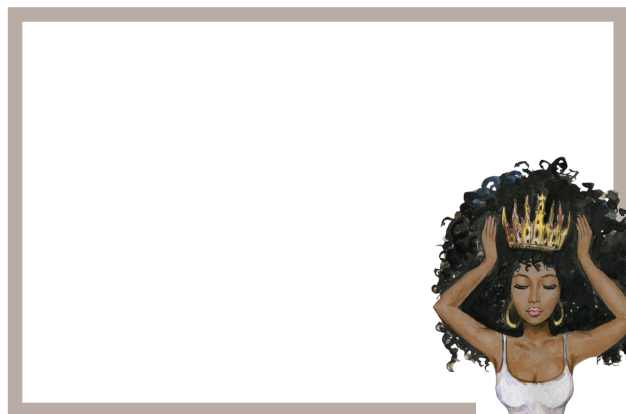
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EVENING



SCHEDULE

QUICK PEP-TALK



NOTES



THE

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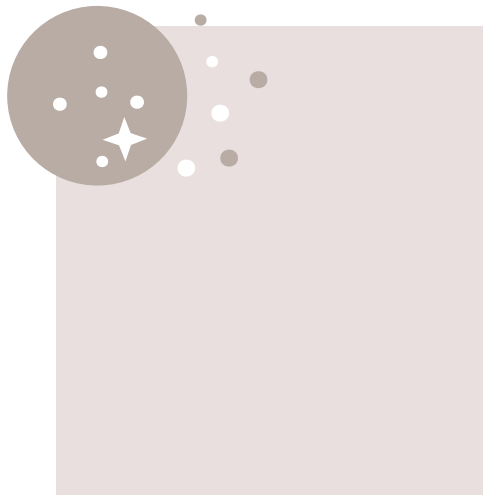


THE
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PLAN

DATE

MON TUE WED THU FRI SAT SUN

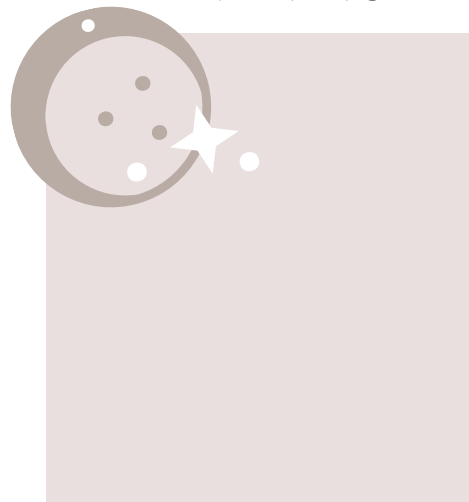
MORNING

A rectangular area for morning planning, featuring a light beige background and a circular icon in the top-left corner containing several white stars of varying sizes.

AFTERNOON

A solid, dark beige rectangular area for afternoon planning.

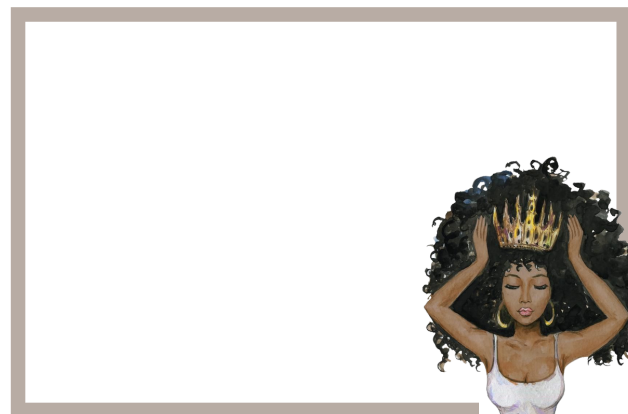
EVENING

A rectangular area for evening planning, featuring a light beige background and a circular icon in the top-left corner containing a crescent moon, a star, and several small dots.

SCHEDULE

A series of ten horizontal lines for writing a schedule.

QUICK PEP-TALK

A rectangular area for a quick pep-talk, featuring a light beige background and a small illustration of a woman with dark curly hair wearing a golden crown.

NOTES

A large, rounded rectangular area for notes, featuring a light beige background with a pattern of white stars and dots.

THE

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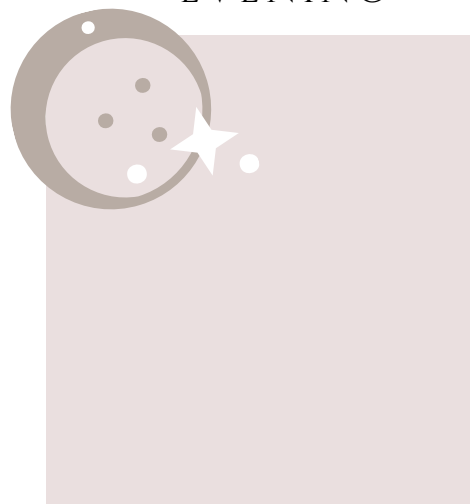
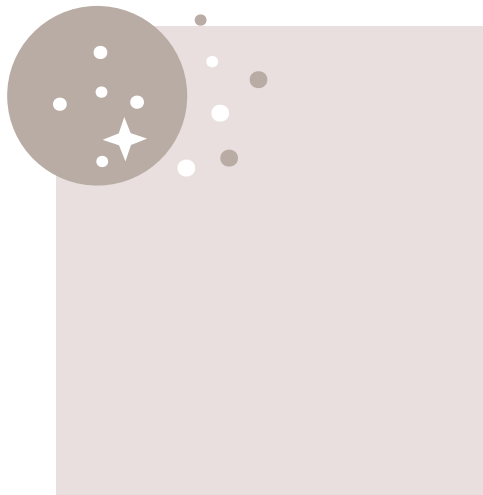
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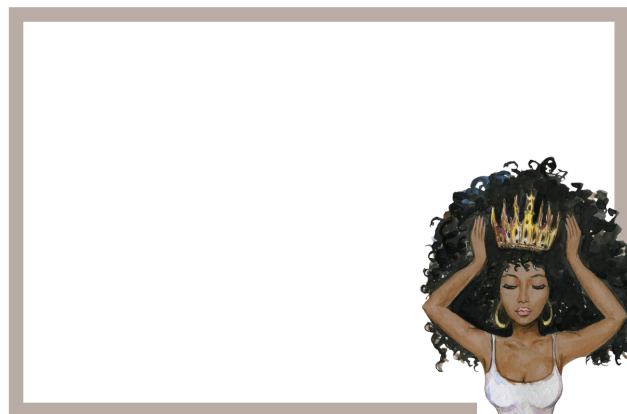
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EVENING



SCHEDULE

QUICK PEP-TALK



NOTES



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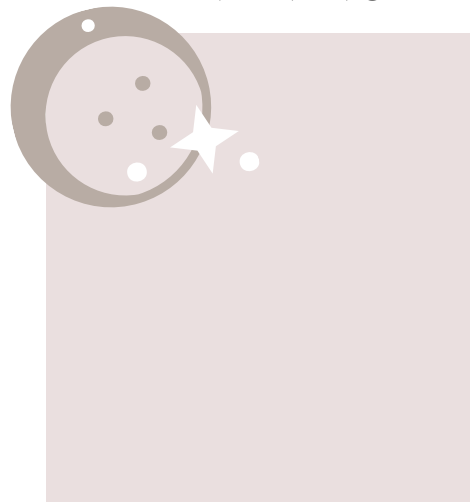
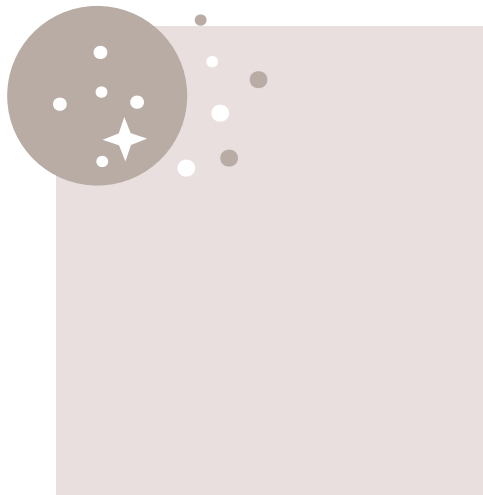
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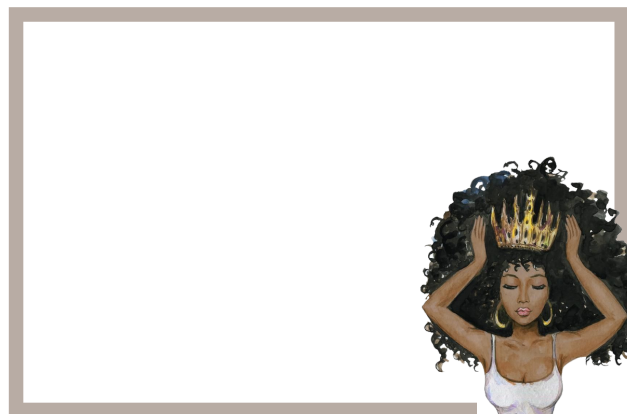
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QUICK PEP-TALK



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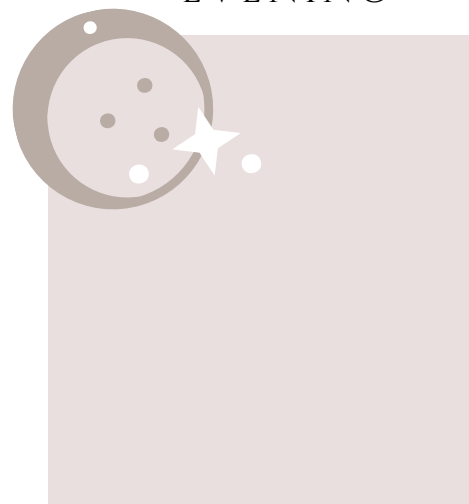
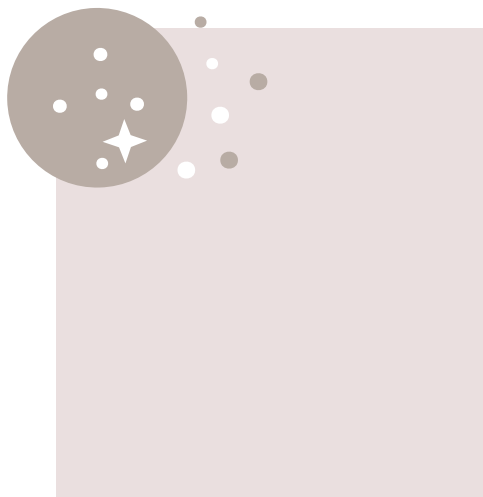
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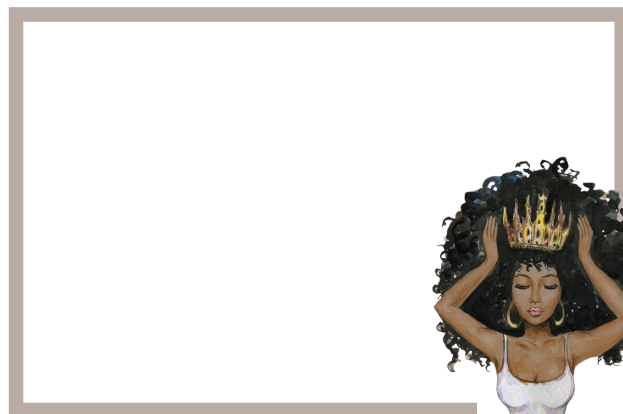
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SCHEDULE

QUICK PEP-TALK



NOTES



THE

Dream
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S M T W T H F S A

MORNING JOURNAL

MY MIND DETOX

I'M CURRENTLY FEELING
(ONE WORD)

MY THOUGHTS CREATING
THIS FEELING:

[Empty box for thoughts]

MY DESIRED FEELING
(ONE WORD)

MY THOUGHTS TO PRACTICE
TO THIS FEELING:

[Empty box for thoughts]

ACTIVATING MY FUTURE SELF

30-day DREAM GOAL:

I'LL SHOW UP FOR MY DREAM GOAL
TODAY BY:

[List with 4 dots]

I'LL SHOW UP ON PURPOSE WITH MY
LOOKS BY:

I'LL UPGRADE/ENHANCE MY
SURROUNDINGS BY:

I'LL HONOUR MYSELF TODAY BY:

[Empty box for honoring self]

I AM AFFIRMATION:

TODAY, I'M GRATEFUL FOR:

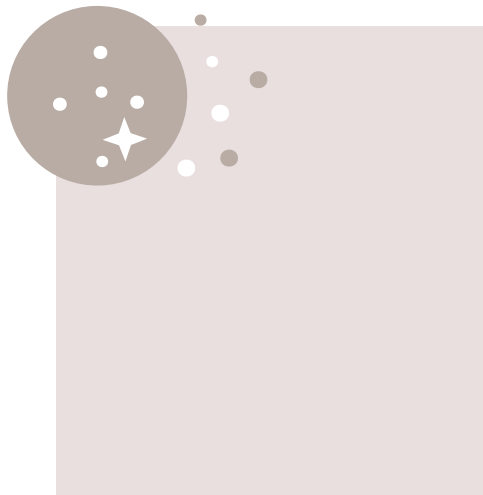


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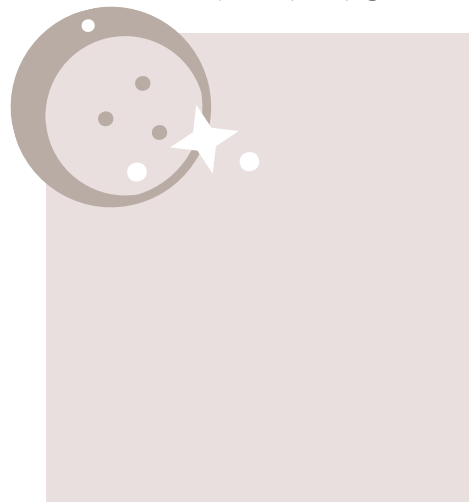
MORNING

A rectangular area for morning planning, featuring a light beige background and a circular icon in the top-left corner containing several white stars of varying sizes.

AFTERNOON

A solid dark beige rectangular area for afternoon planning.

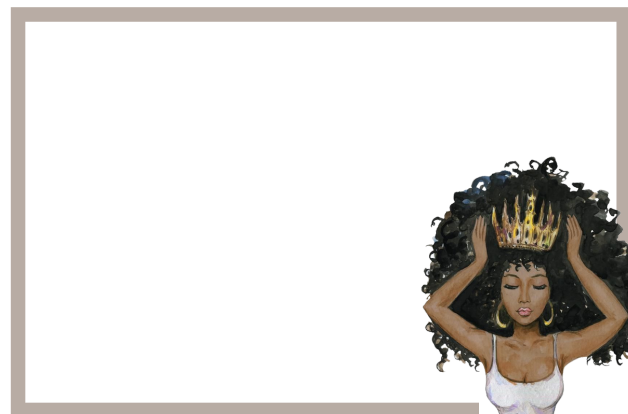
EVENING

A rectangular area for evening planning, featuring a light beige background and a circular icon in the top-left corner containing a crescent moon, a star, and several small dots.

SCHEDULE

A series of horizontal lines for scheduling, with a decorative leaf branch on the right side.

QUICK PEP-TALK

A rectangular area for a quick pep-talk, featuring a white background and a brown border. An illustration of a woman with large black curly hair wearing a gold crown is positioned in the bottom-right corner.

NOTES

A rounded rectangular area for notes, featuring a light beige background with a pattern of white stars and dots, and a tail pointing downwards.

THE

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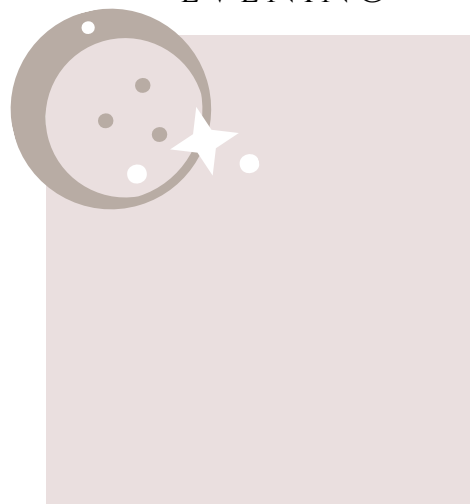
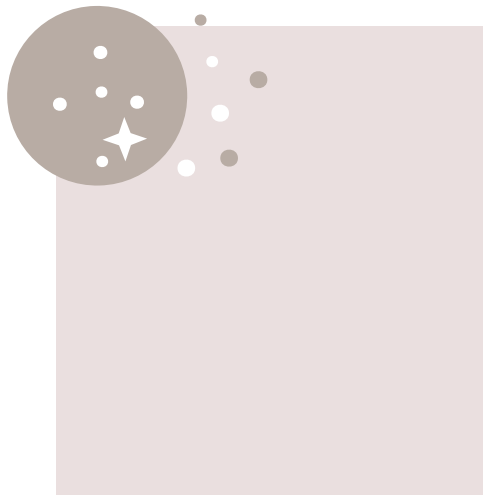
DATE

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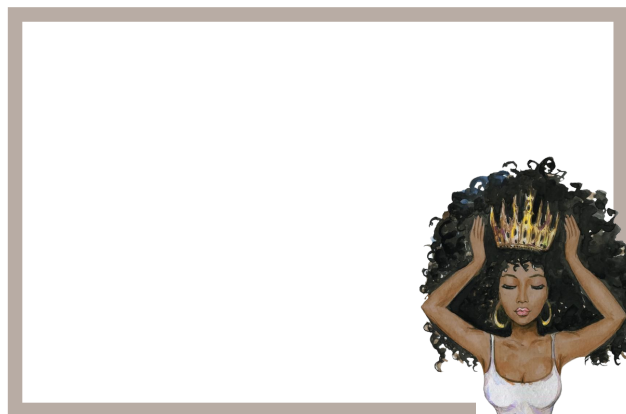
AFTERNOON

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SCHEDULE

QUICK PEP-TALK



NOTES



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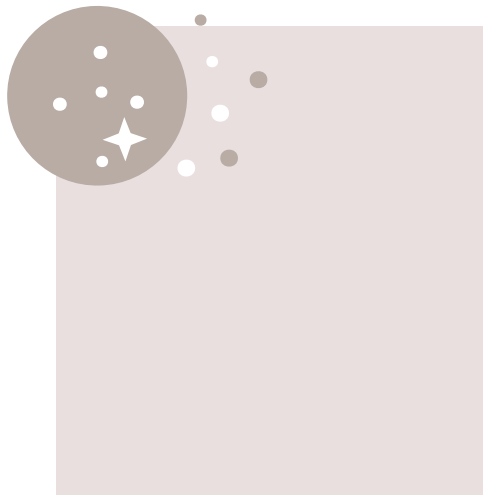


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Daily
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DATE

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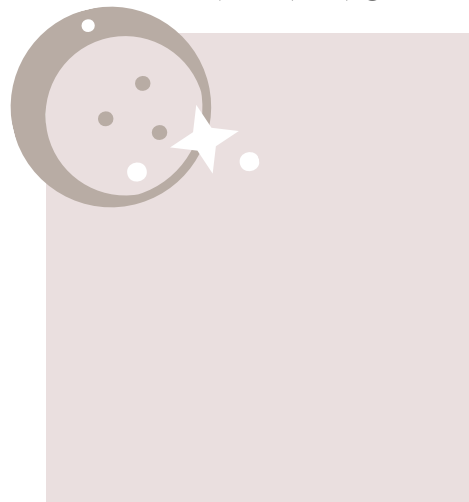
MORNING

A rectangular box for morning planning. In the top-left corner, there is a circular icon containing several white stars of varying sizes and a larger white star.

AFTERNOON

A solid, dark brown rectangular box for afternoon planning.

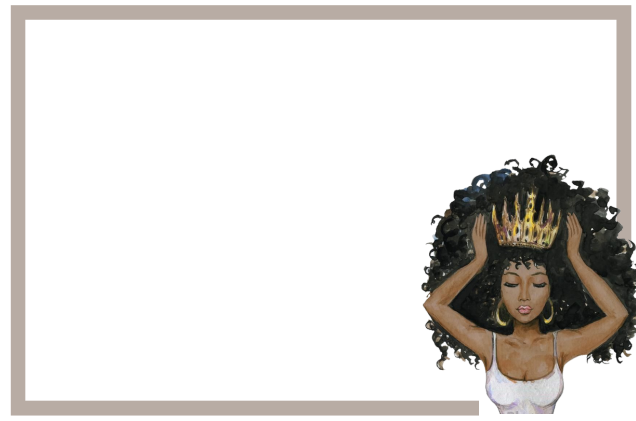
EVENING

A rectangular box for evening planning. In the top-left corner, there is a circular icon containing a crescent moon, several white stars, and a larger white star.

SCHEDULE

A section for scheduling, consisting of ten horizontal lines for writing.

QUICK PEP-TALK

A rectangular box for a quick pep-talk. In the bottom-right corner, there is an illustration of a woman with voluminous black curly hair, wearing a white top and a golden crown.

NOTES

A section for notes, featuring a light gray speech bubble shape with a starburst pattern of white stars and dots.

THE

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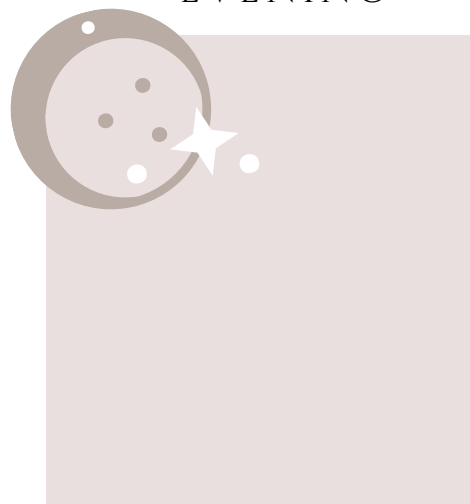
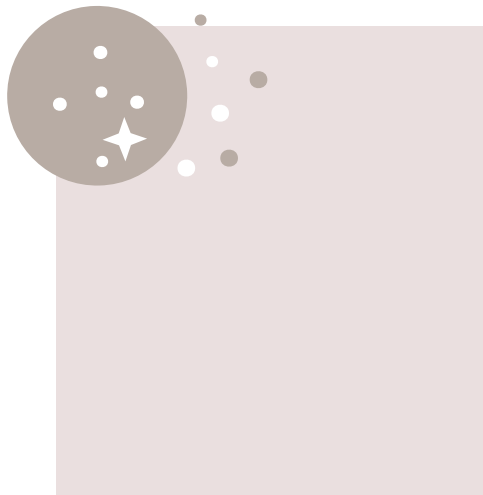
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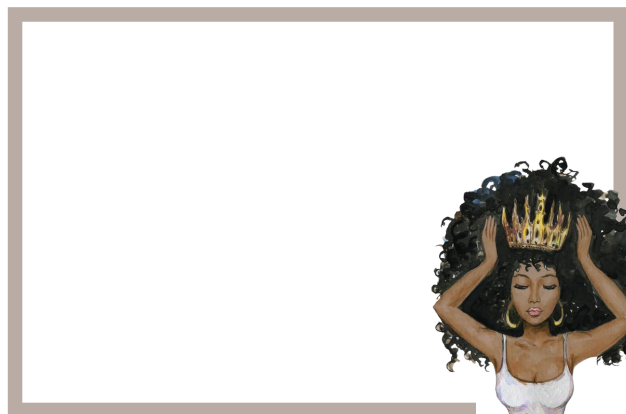
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QUICK PEP-TALK



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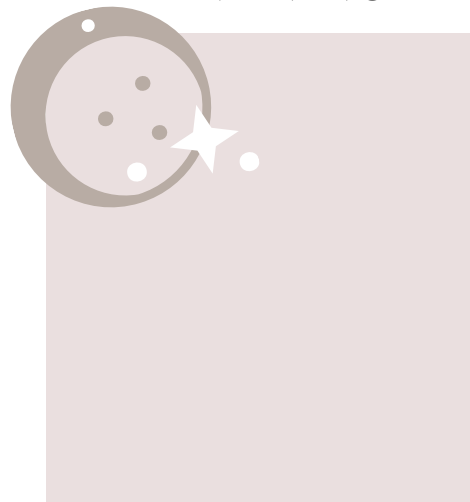
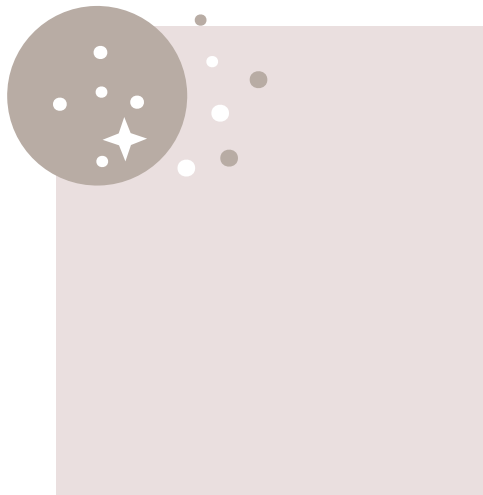
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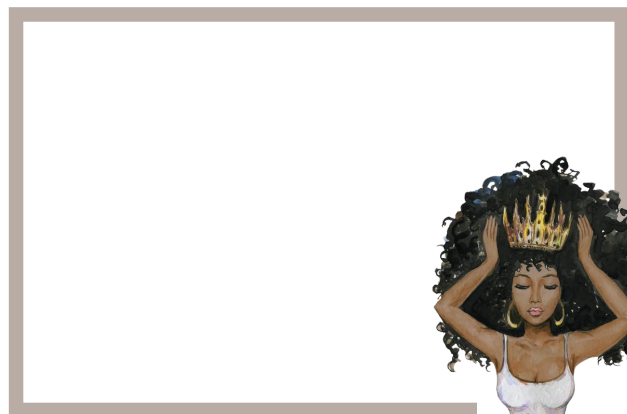
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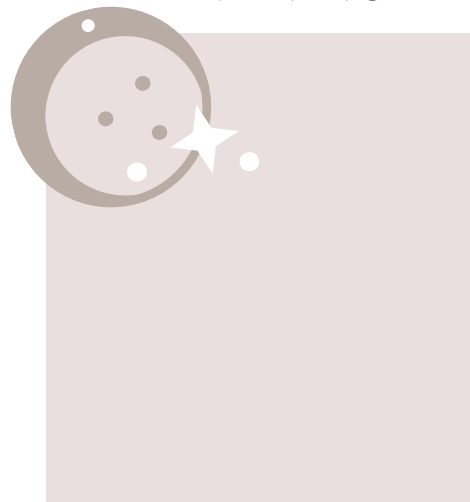
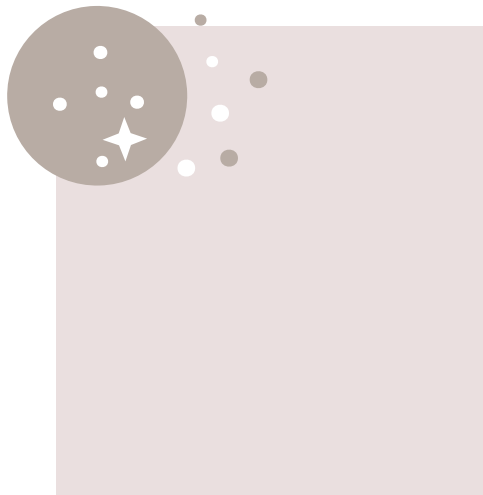
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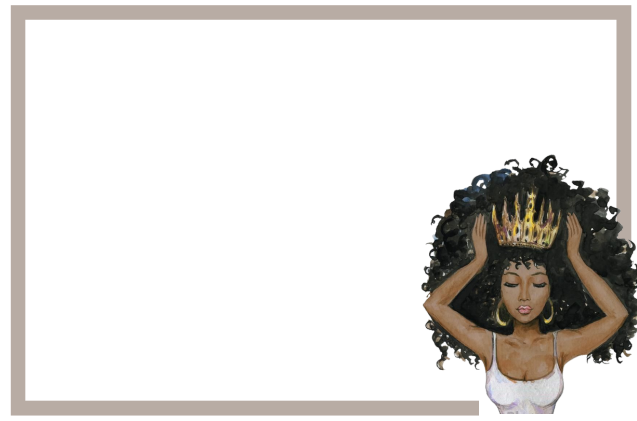
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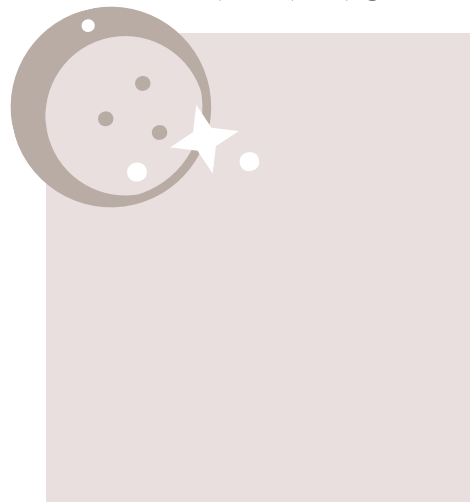
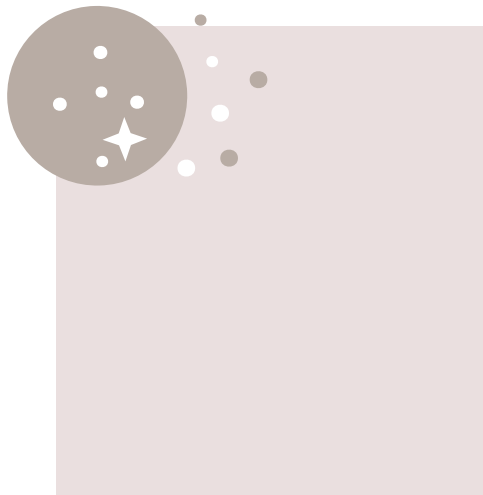
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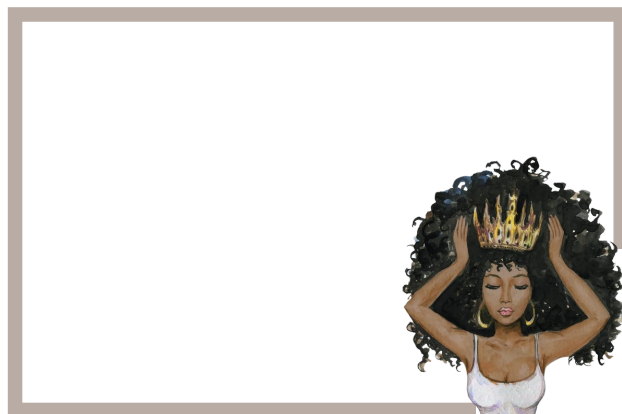
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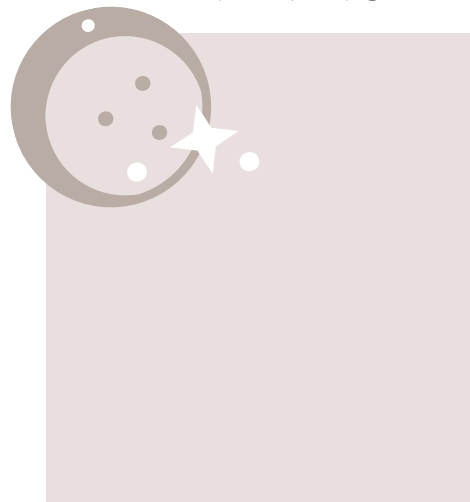
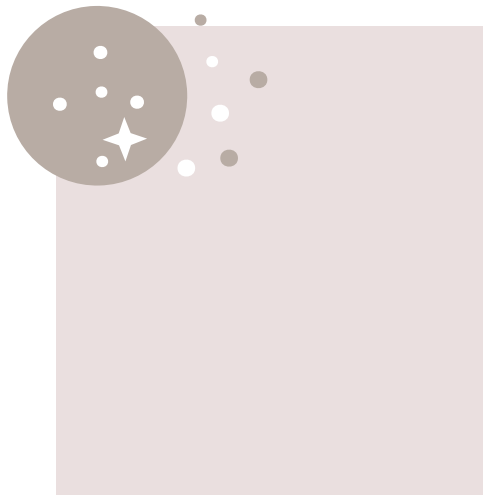
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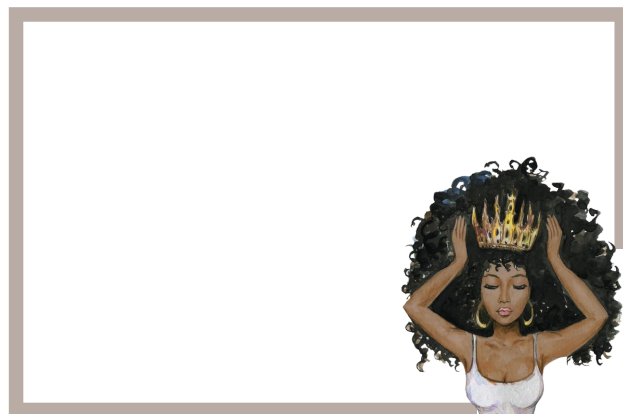
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THIS FEELING:

MY DESIRED FEELING
(ONE WORD)

MY THOUGHTS TO PRACTICE
TO THIS FEELING:

ACTIVATING MY FUTURE SELF

30-day DREAM GOAL:

I'LL SHOW UP FOR MY DREAM GOAL
TODAY BY:

-
-
-
-

I'LL SHOW UP ON PURPOSE WITH MY
LOOKS BY:

I'LL UPGRADE/ENHANCE MY
SURROUNDINGS BY:

I'LL HONOUR MYSELF TODAY BY:

I AM AFFIRMATION:

TODAY, I'M GRATEFUL FOR:

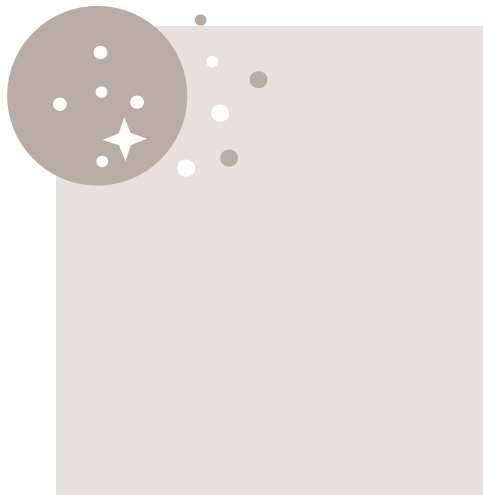


THE
Daily
PLAN

DATE

MON TUE WED THU FRI SAT SUN

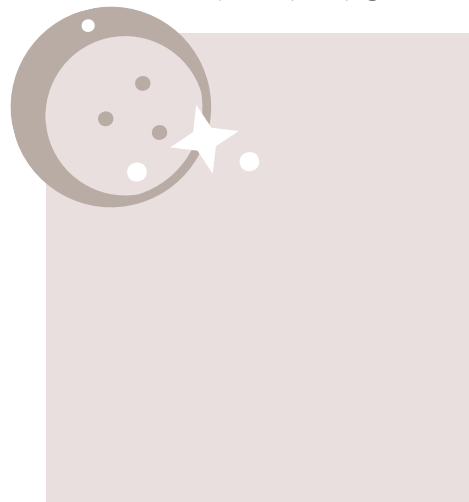
MORNING

A rectangular area for morning planning, featuring a decorative starburst icon in the top-left corner.


AFTERNOON

A solid rectangular area for afternoon planning.

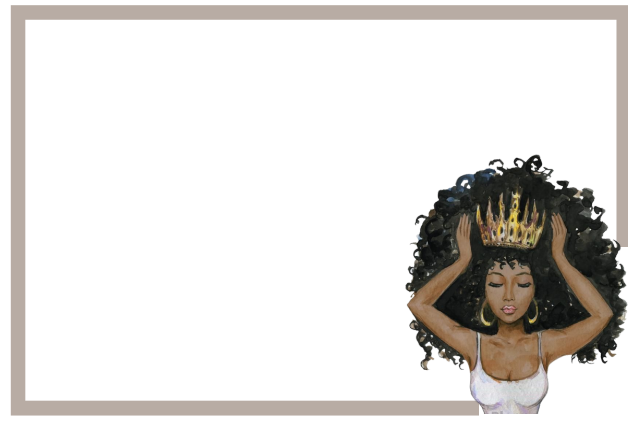
EVENING

A rectangular area for evening planning, featuring a decorative moon and star icon in the top-left corner.

SCHEDULE

A series of horizontal lines for writing a schedule.

QUICK PEP-TALK

A rectangular area for a quick pep-talk, featuring an illustration of a woman with a crown.

NOTES

A rounded rectangular area for notes, featuring a starburst background.

THE

Dream

FUEL

MORNING JOURNAL

DATE: _____

S M T W T H F S A

MY MIND DETOX

I'M CURRENTLY FEELING
(ONE WORD)

MY THOUGHTS CREATING
THIS FEELING:

MY DESIRED FEELING
(ONE WORD)

MY THOUGHTS TO PRACTICE
TO THIS FEELING:

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I AM AFFIRMATION:

TODAY, I'M GRATEFUL FOR:



THE
Daily
PLAN

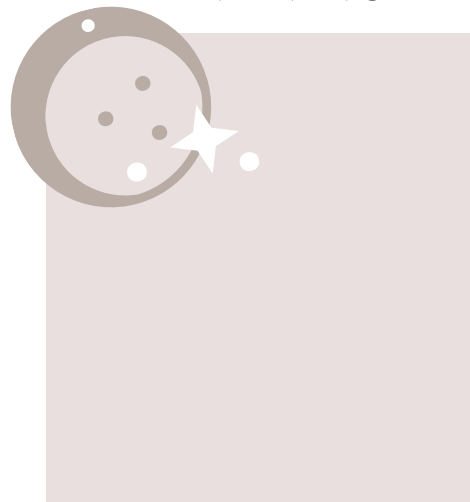
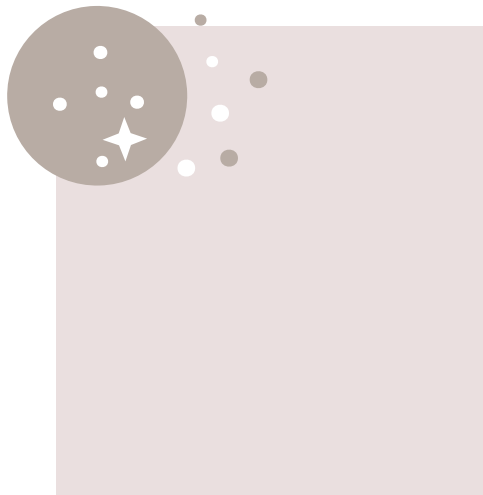
DATE

MON TUE WED THU FRI SAT SUN

MORNING

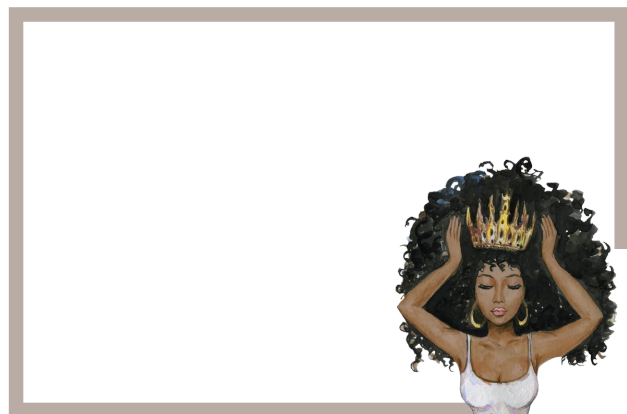
AFTERNOON

EVENING



SCHEDULE

QUICK PEP-TALK



NOTES



THE

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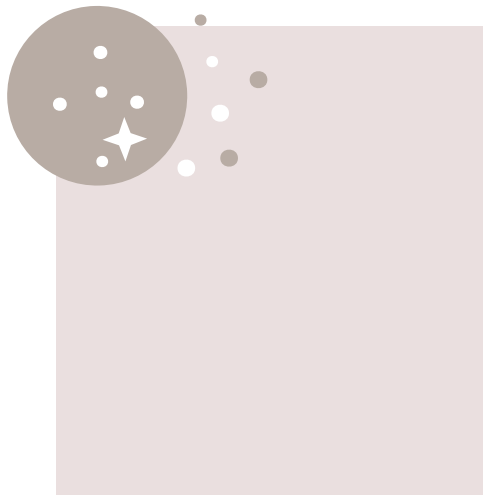


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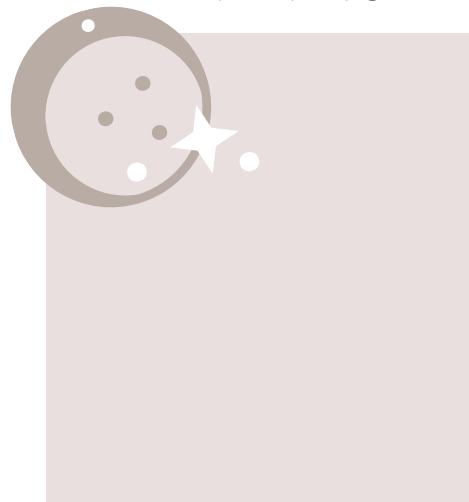
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A rectangular area for morning planning, featuring a decorative starburst icon in the top-left corner.


AFTERNOON

A solid-colored rectangular area for afternoon planning.

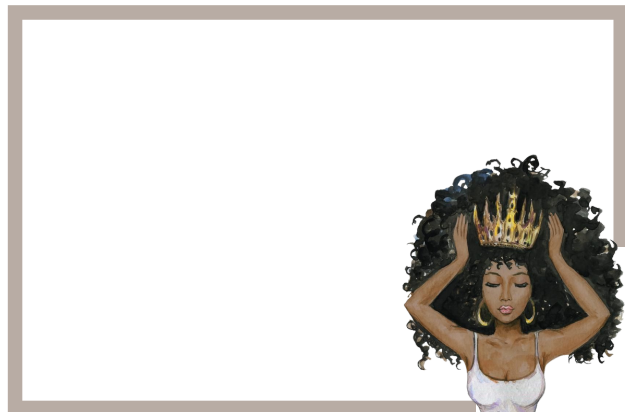
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THE

Dream

FUEL

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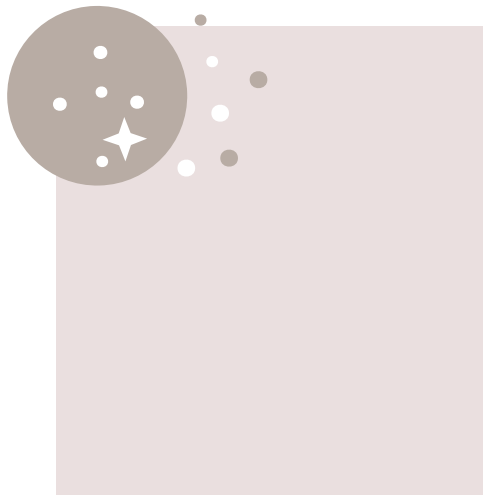


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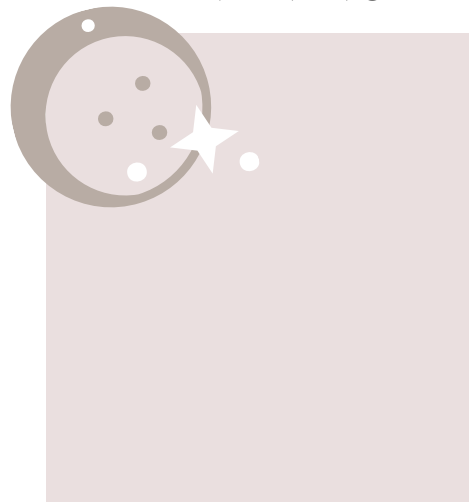
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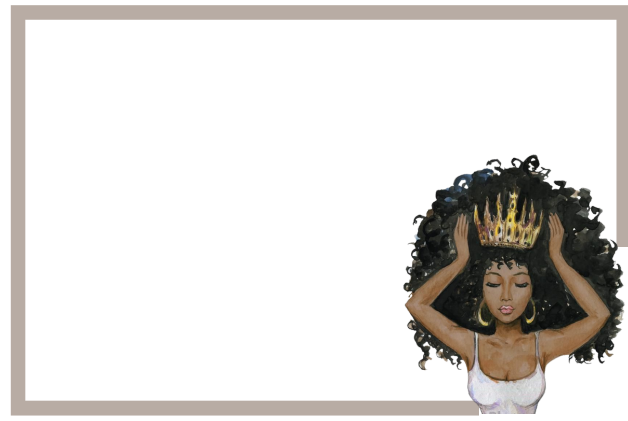
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Month

DATE

REVIEW

HIGHLIGHTS



CHALLENGES

LESSONS LEARNED

THINGS TO:

ELIMINATE _____

REDUCE _____

INCREASE _____

CREATE _____

INNER REFLECTIONS





Month

DATE

CELEBRATION

WHAT DO I WANT TO CELEBRATE MOST ABOUT THE LAST 30 DAYS?



WHAT DO I WANT TO CELEBRATE IN MY CURRENT LIFE?

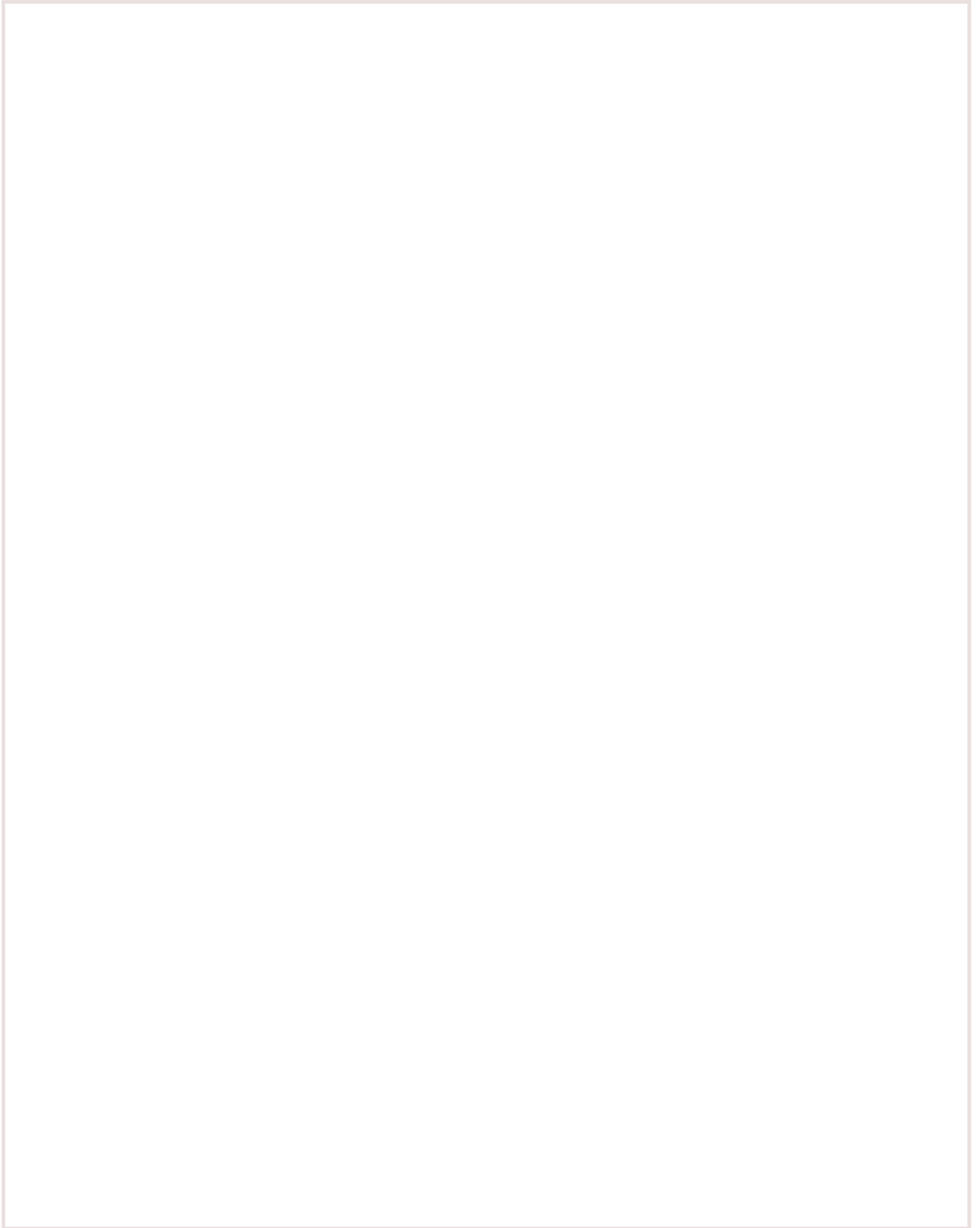
TO CELEBRATE I AM TREATING MYSELF:

WHAT DO I WANT TO CELEBRATE AHEAD OF TIME?

MY NEXT 30-DAY COMMITMENT IS:



Scribbles



Scribbles

