



THE

WANTED
Modern Woman Planner
T V T V T

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



A large, empty rectangular box with a thin brown border, intended for writing the user's '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

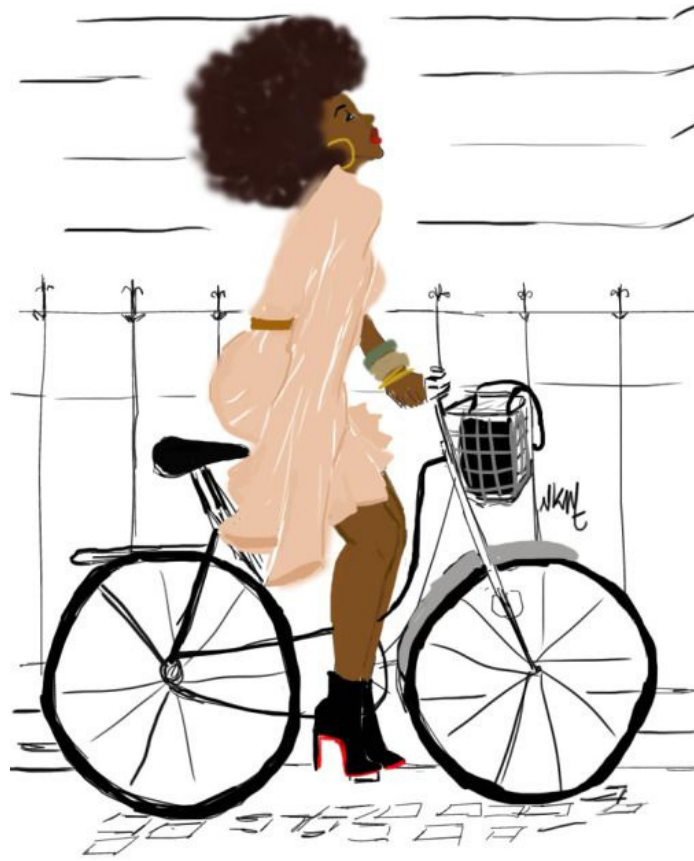


Dream YEAR



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.

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.

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:.....

.....

.....

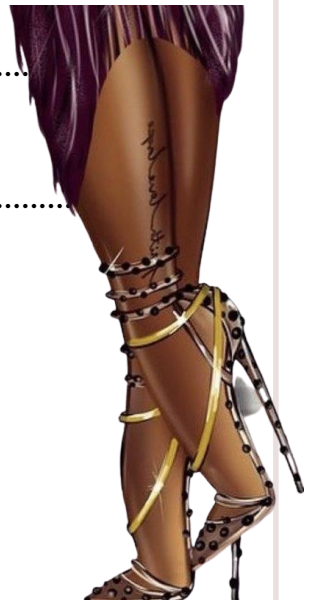
.....

.....

(LIST MEASURABLE RESULT FOR 30-DAY PERIOD).

.....

(SIGNATURE)



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

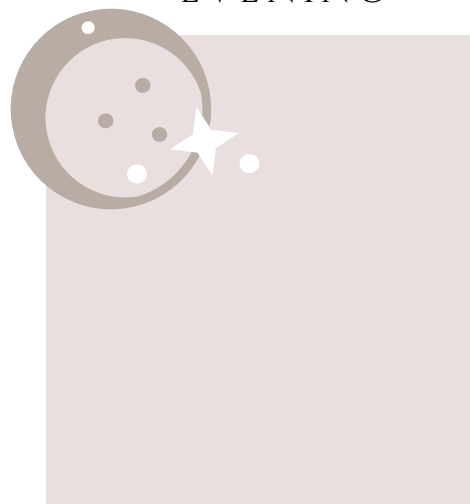
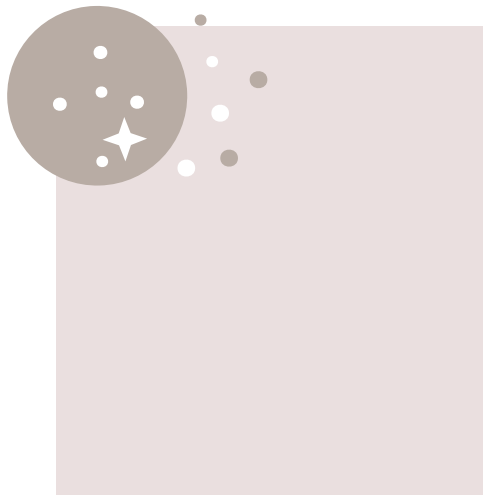
DATE

MON TUE WED THU FRI SAT SUN

MORNING

AFTERNOON

EVENING



SCHEDULE

QUICK PEP-TALK



NOTES





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:





Month

DATE

REVIEW

HIGHLIGHTS



CHALLENGES

LESSONS LEARNED

THINGS TO:

ELIMINATE _____

REDUCE _____

INCREASE _____

CREATE _____

INNER REFLECTIONS



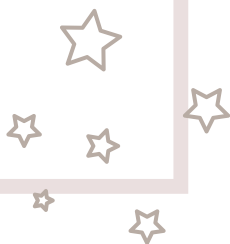


Month

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:

