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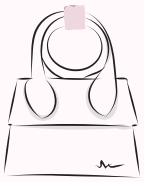
That Girl Planner



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WEEKLY PLANNER

DAILY PLANNER

TREAT YOURSELF

WEEKLY REFLECTION

PERIOD TRACKER

READING TRACKER

MONTHLY MANIFESTING

LINED JOURNAL PAGES

TRAVEL PLANNER

GROCERY SHOPPING LIST

MEAL PLANNER

SAVINGS

FINANCES

GRATITUDE JOURNAL

SELF LOVE JOURNAL

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WEEKLY PLANNER

Week of: _____/_____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKLY TO DO LIST

SATURDAY

SUNDAY

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Today I am feeling...

My Daily Affirmation

Schedule

6am
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9pm
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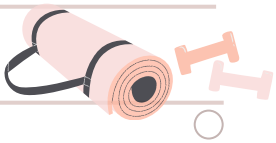
Intention For The Day

Today's Must Do's



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4.
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To Do List

Self-Care

Meals

B
L
D
S

Today I'm Grateful For

Notes

Water

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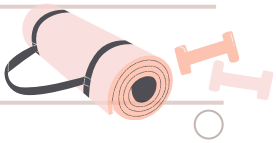

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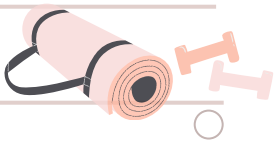

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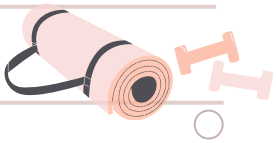

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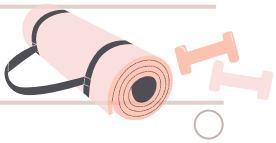

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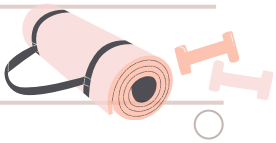

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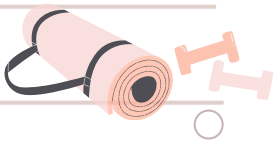

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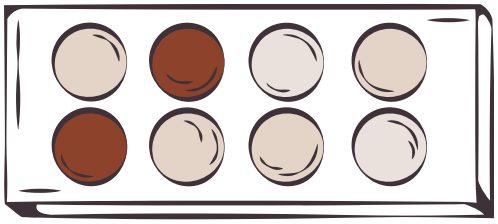
Ways To Treat Myself

New Things To Try

Products To Buy

Tea Time:

Self-Care



Journal Prompt Of The Day

Choose One

Meditate Yoga

Pilates Cardio

Weights

What stressful things happened today that I won't be taking into tomorrow.

Daily Affirmation

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WEEKLY REFLECTION

Week:

Overview:

My Favorite Moments

I'm Most Grateful For

Key Accomplishment

I Plan To Do More

I Plan To Do Less

I'll Take Care Of Myself By

I'm So Excited For

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Period Tracker

SYMPTOMS

	Fatigue
	Headache
	Cramps
	Cravings
	Spotting
	Acne

FLOW

Light

Medium

Heavy

LENGTH OF CYCLE

JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC

	J	F	M	A	M	J	J	A	S	O	N	D
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READING TRACKER

START	END	BOOK NAME	AUTHOR	RATING
				☆☆☆☆☆
				☆☆☆☆☆
				☆☆☆☆☆
				☆☆☆☆☆
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				☆☆☆☆☆
				☆☆☆☆☆
				☆☆☆☆☆

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GROCERY SHOPPING LIST

✓	MEAT / FISH / DAIRY	QTY

✓	FRUITS & VEGETABLES	QTY

✓	PANTRY ITEMS	QTY

✓	FREEZER ITEMS	QTY

✓	BEVERAGE & SNACKS	QTY

✓	MISCELLANEOUS	QTY

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Meal planner

for a week

Dates _____

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Shopping list

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

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52 WEEKS SAVINGS

WEEK	DEPOSIT	BALANCE	DONE	WEEK	DEPOSIT	BALANCE	DONE
1				27			
2				28			
3				29			
4				30			
5				31			
6				32			
7				33			
8				34			
9				35			
10				36			
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12				38			
13				39			
14				40			
15				41			
16				42			
17				43			
18				44			
19				45			
20				46			
21				47			
22				48			
23				49			
24				50			
25				51			
26				52			

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Travel Journal

Date: _____ Transport: _____

Weather

Checklist For This Trip	Places:

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FINANCES

EXPENSES

DATE	ITEM	COST

FIXED COST

DATE	ITEM	COST

INCOME

DATE	SOURCE	AMOUNT	BALANCE

EXPENSES TOTAL	
FIXED TOTAL	
INCOME TOTAL	

CLOSING BALANCE	

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Gratitude Journal

Date: _____

S M T W T F S

Today's Affirmation:

Today's Achievements:

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Today's Mood

Things I'm Grateful for:

Things I Look Forward to:

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Self Love Journal

Date:

Priorities

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Reminder

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Monthly *Manifesting*

This Month I Will Manifest

Monthly Intentions

1.

2.

3.

How to get closer to the life of my dreams

Goal	Action Steps	Reward

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Write down the things you
love about yourself.

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