UNITED STATES * City Series

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BE YOUR OWN DADDY, MAKE YOUR OWN SUGAR



New York City, often called "The Big Apple", is a bustling metropolis and and global hub for finance, culture, and entertainment. With iconic skyscrapers like the Empire State Building and One World Trade Center, the city is recognized worldwide.

Home to renowned museums and Broadway, New York attracts millions of visitors for its vibrant cultural scene. From SoHo's trendy shops to Harlem's historic charm, the city is alive with diverse art, cuisine, music, fashion, and stunning architecture, creating an urban experience.

New York represents opportunity and innovation, centered around Wall Street and enriched by diverse cultures. Landmarks like Central Park and the Statue of Liberty contribute to its vibrant experience of energy, creativity, growth, and cultural exchange.

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7AN FEB MAR

APR <u>FUN</u> MAY

7UL AUG SEP

OCT NOV DEC

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DAILY PLANNER

	TOP PRIORITES		APPOINTMENTS
1		1	
2		2	
3		3	
4		4	
	TODAY'S TO DO		TOMORROW TO DO
	NOTES		DOODLE

DAILY REFLECTION

Good things that happened today					
Things that were hard or stressful today					
What can I do to make tomorrow great					

WEEKLY PLANNER

MONDAY	GOAL
	1
TUESDAY	2
	3
WEDNESDAY	TO DO LIST
THURSDAY	
FRIDAY	NOTES
SATURDAY	
SUNDAY	

Things that made me happy this week
Things that were hard or stressful this week
How can my past experiences help me in the future

MONTHLY PLANNER

MONTH	OF	:	

WEEK of	WEEK oz

WEEK 03	WEEK 04

	$MO\mathcal{N}TH$						
MON	TUE	WED	THU	FRI	SAT	SUN	

YEARLY PLANNER

$\mathcal{J}ANUARY$	FEBRUARY
MARCH	APRIL
MAY	$\mathcal{F}U\mathcal{N}E$
	,

YEARLY PLANNER

$\mathcal{J}ULY$	$A\ U\ G\ U\ S\ T$
SEPTEMBER	O C T O B E R
$\mathcal{N}OVEMBER$	D E C E M B E R



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FANUARY

SUN	MON	TUES	WED	THURS	FRI	SAT

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MONTH GOALS

NOTES	

FEBURARY

SUN	MON	TUES	WED	THURS	FRI	SAT

	MONTH GOALS	
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NOIES

MARCH

SUN	MON	TUES	WED	THURS	FRI	SAT

	MON IH GOALS	
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NOTES	

APRIL

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MONTH GOALS

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AUGUST

SUN	MON	TUES	WED	THURS	FRI	SAT

MONTH GOALS	
	MON TH GOALS

NOTES					



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SEPTEMBER

SUN [*]	MON	TUES	WED	THURS	FRI	SAT

<i>MON</i>	IH	GOAL	

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OCTOBER

SUN [*]	MON	TUES	WED	THURS	FRI	SAT

<i>MON</i>	TH	<i>GOA</i>	LS

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NOVEMBER

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MONTH GOALS

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DECEMBER

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	MONTH GOALS	
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BILL TRACKER

MONTH OF YEAR

BILL	AMOUNT	DUE	J	F	M	A	M	J	\mathcal{I}	\boldsymbol{A}	S	0	N	D



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INCOME TRACKER

MONTH OF		YEAR	
DATE	DESCRIPTION	SOURCE	AMOUNT



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EXPENSES TRACKER

MONTH

DATE	CATEGORY	DESCRIPTION	AMOUNT
-			
		TOTAL:	



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FINANCE CALENDAR

MONTH OF			YI	EAR		
MON	TUE	WED	THU	FRI	SAT	SUN



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Debt Tracker

Creditor			Total Debt		
Account No Deadline Credit Limit	,		Start Balanc Min. Paymer Interest Rate	nt	
Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec
Creditor			Total Debt		
Account No Deadline Credit Limit	t		Start Baland Min. Paymen Interest Rate	nt	
Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

CREDIT CARD TRACKER

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STARTING DATE: END DATE:	
TOTAL BALANCES:	
\$	\$ \$

MONTHLY BUDGET

TOTAL SAVINGS

MAR APR MAY JUN JUL AUG OCT NOV DEC JAN FEB SEP SOURCH OF INCOME AMOUNT 01 02 03 TOTAL BUDGET SPENT **UTILITIES** BUDGET SPENT **PERSONAL** HOME BUDGET SPENT TRANSPORTATION BUDGET SPENT **DEBTS** BUDGET SPENT **FOOD** BUDGET SPENT MISC BUDGET SPENT CHECKING SAVINGS ACCOUNT ACCOUNTSTARTING GOALENDINGBUDGET **ACTUAL DIFFERENCE** TOTAL INCOME TOTAL EXPENSES

BUSINESS OVERVIEW

BUSINESS NAME :	
OWNER:	
PROBLEM/SOLUTION*	PRODUCT/SERVICE
SOCIAL MEDIA & W.	EBSITE

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DAILY BUSINESS ACCOUNTABILITY

DATE:

TOP 5 ACCOMPLISHMENTS

WHAT DID I DO WELL?	WHAT I NEED TO IMPROVE?
LESSONS LEARNED	GRATEFUL FOR
DAILY SUMMARY	
HOW CAN NEXT DAY BE BETTER ?	DAILY SCORE

Business Overview

Name:	Phone:			Addre	ss:	
Email:		Website:				
About			Socio	al Med	ia Handle	
Income: Locat	ion:	Age Ra	inge:		Interests:	
Notes:						



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GROCERIES LIST

MONTH:

WEEK:

	FROZEN
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	MEATS / FISH
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	PASTA
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	FRUITS
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0	

	VEGETABLES
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	DAIRY
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Date:			

	Breakfast	Snack	Lunch	Dinner
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



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PLACES TO VISIT

Location/Landmark	Cost	Notes



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PACKING LIST

✓	Item Name



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BUCKET LIST

~	Name



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GRATITUDE

Finance Career **Friends** Love Health Personal Growth Leisure Home



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MINDFULNESS FOURNAL

ONE GOAL FOR

HOW I'M FEELING TODAY:

	TODAY:
I'M PROUD OF MYSELF	
FOR:	

Managing Feelings

The worst feeling in my life is:
What can help me make this feeling go away:
The best that can happen is:
The sest that can happen to.
What can I do to achieve that:



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10 MINUTES GRATITUDE

Write a thank you note to someone you wanted to thank for a long time and didn't have a chance yet.

O	1 1 1 1 1	11 1.			
One person you w	ould like to t	tnank:			
One thing you wo	uld like to th	ank her or	him for:		
0.			*		
Two details to des	scribe the thi	ng or actio	n for whic	h you're thankfi	ul:
One way in which	a the thing or	action ma	de a differ	rence to you:	

MOOD TRACKER

WEEK OF

I FEEL	M	T'	W	T	F	S	SU
НАРРҮ							
SAD							
EXCITED							
ANGRY							
RELAXED							
TIRED							
ACTIVE							
AVERAGE							
INSECURE							
CONTENT							

Habit Tracker

MONTH _____

	1						1				
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HABITS											
IAB											
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SELF-CARE PLANNER

WRITE DOWN YOUR SELF-CARE **ACTIONS**

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

GOAL PLANNER

EAR:	QUARTER:	MONTH:
	MOTIVATIONAL QUOT	T'E
	GOAL	DUE DATE
	UUNE	



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THOUGHT AWARENESS

SITUATION	ТНОИСНТ	NEW THOUGHT



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MY GOALS

GOAL:

REASON

MOTIVATION

STEPS TO TAKE

GOAL:

REASON MOTIVATION STEPS TO TAKE

GOAL:

REASON MOTIVATION

STEPS TO TAKE

UN-DO LIST

WRITE DOWN THINGS YOU WANT TO STOP DOING

DONG



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Monday Tuesday Wednesday

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Thursday Friday Saturday

Sunday

Notes

LETTER OF FORGIVENESS

I FORGIVE MYSELF FOR	NEXT TIME I WILL



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MY AFFIRMATIONS

Relationships	
Finance	
Career	
Health/Fitness	
Love	



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SETTING INTENTIONS

MY INTENTION FOR:						
DESCR	IBE IT					
HOW DOES THAT INTENTION MAKE YOU FEEL?	HOW DOES THAT INTENTION MAKE OTHERS FEEL?					
WRITE 3 OR MORE WAYS HOW YOUR I.	NTENTION IS SERVING YOU RIGHT NOW:					

Make a list of the benefits that you've received from this detox:

Mental health benefits:
Physical health benefits:
Relationship benefits - reconnecting with friends and family:
Benefits from having more free time:

Make a list of the benefits that you've received from this detox:

Benefits from greater focus and longer attention span:

Productivity benefits:

Enhanced social skills from reconnecting with the "real" world:



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SELF CARE PLANNER

BODY	M	T	W	T	F	S	S
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	0	0	0	0	0	0	0
	0	0	0	0	0	0	0
	0	0	0	0	0	0	0
	0	0	0	0	0	0	0
	0	0	0	0	0	0	0
	0	0	0	0	0	0	0

MIND	M	T	W	T	F	S	S
	0	0	0	0	0	0	0
		0	0	0	0	0	0
	0	0	0	0	0	0	0
	0	0	0	0	0	0	0
	0	0	0	0	0	0	0
	0	0	0	0	0	0	0
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SOUL	M	T	W	T	F	S	S
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	0	0	0	0	0	0	0
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	0	0	0	0	0	0	0

WRITE SOMETHING YOU LOVE ABOUT YOURSELF.



I'm open to love, acceptance, and appreciation. I believe in my ability to achieve financial success and deserve the rewards of my hard work. I strive for understanding and empathy in my relationships. I won't apologize for my healthy lifestyle choices or my positive energy. Everyone makes mistakes; it doesn't define who I am. I'm pursuing my dream career with passion and determination. And I'll never feel ashamed for needing rest and rejuvenation.

My path is one of a kind. I'm kind to myself, embracing who I am and what I've achieved. I measure my progress against my own standards, striving for personal excellence. I surround myself with positivity and support, focusing on the light within me rather than the world's darkness. I'm content with who I am, grateful for my identity, and confident in my selfsufficiency. I rise above negativity and low-quality actions.



	Todos



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Task	Date	Priority



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