

A Month of Change Planner



Delve a little deeper... daily

Foreword

Welcome and thank you for using this tool.

Tools help us to achieve what we want, but always require proper input from us. This is no different.

Your help is here. Now commit to being helped.

Feel free on these pages; feel bold on these pages; feel powerful and in control on these pages. Feel... you.

The reflections are meant to challenge you and make you somewhat uncomfortable, but not to frustrate you into giving up. Reflect deeply and honestly. Don't ignore your feelings as you reflect. These are head and heart reflections. Your feelings often tell you when you're just thinking someone else's thoughts.

At times you may feel stuck. It will happen. I give you permission to push against those blocks. I encourage you to fight back - whether you have to break them down, push them out of the way, or move right through them.

Those blocks are in the way of you living your real life - a life where everything you do, everything you say, everything you think represents the authentic you.

You... expressed.



Day 1



Day 12



Day 23



Day 2



Day 13



Day 24



Day 3



Day 14



Day 25



Day 4



Day 15



Day 26



Day 5



Day 16



Day 27



Day 6



Day 17



Day 28



Day 7



Day 18



Day 29



Day 8



Day 19



Day 30



Day 9



Day 20



Day 31



Day 10



Day 21



Bonus 1



Day 11



Day 22



Bonus 2

A Month of Change Planner

Date: _____

Day 1

Time: _____

Reflection:

Your goals are for you and by you.

No one can step in and achieve your goals for you.

Gratitude Check

I am grateful for: 1) _____

2) _____

3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 2

Time: _____

Reflection:

This is about you, not about others. Comparison has no place here. What change are you really seeking?

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 3

Time: _____

Reflection:

What are you feeling, really? Is it change you need most or clarity? Are you unhappy or just overwhelmed? Are you fed up or just confused?

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

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A Month of Change Planner

Date: _____

Day 4

Time: _____

Reflection:

Are you enjoying your life?

Are you pleased with your lifestyle?

Gratitude Check

I am grateful for: 1) _____

2) _____

3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

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A Month of Change Planner

Date: _____

Day 5

Time: _____

Reflection:

*Whose life are you living?
Really ponder this question.*

Gratitude Check

*I am grateful for: 1) _____
2) _____
3) _____*

*How will I make my spouse/ children/ family members/ closest
friends feel appreciated today? _____
_____*

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

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A Month of Change Planner

Date: _____

Day. 6

Time: _____

Reflection:

Decide today what your image of success looks like. Just yours. Banish all other opinions.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/ or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

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A Month of Change Planner

Date: _____

Day 7

Time: _____

Reflection:

There is so much undeveloped talent and skill within you. Wake up!

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

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A Month of Change Planner

Date: _____

Day 8

Time: _____

Reflection:

Your life patterns are based on the repeated decisions you make. Change your decisions and your life patterns will change.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

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Restate today's focus:

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A Month of Change Planner

Date: _____

Day 9

Time: _____

Reflection:

Is there a negative past experience or maybe a sense of entitlement that influences everything you do and every decision you make? Really think about it.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

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A Month of Change Planner

Date: _____

Day 10

Time: _____

Reflection:

Make thinking a priority. Spend more time thinking your own thoughts than you do absorbing those of others.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 11

Time: _____

Reflection:

We are all influenced by others, but we are all creators also. Your originality is a necessary part of a fulfilling life.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

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A Month of Change Planner

Date: _____

Day 12

Time: _____

Reflection:

Absolutely no one has control of your mind... unless you hand that control over to them.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 13

Time: _____

Reflection:

Don't ever allow someone's negative opinion to become your reality.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

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A Month of Change Planner

Date: _____

Day 14

Time: _____

Reflection:

What do you think is limiting you? Who are the people you believe are limiting you? List them all. Now, one by one, ask yourself why you are allowing them to do so.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 15

Time: _____

Reflection:

*Don't hide your mistakes.
If you do, you'll never learn from them.*

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 16

Time: _____

Reflection:

Denial and authenticity can't cohabit.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 17

Time: _____

Reflection:

*You can't let go of something you haven't
acknowledged as true.*

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

*How will I make my spouse/ children/ family members/ closest
friends feel appreciated today?* _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

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A Month of Change Planner

Date: _____

Day 18

Time: _____

Reflection:

Have you set personal boundaries yet? At home, work, school, church, wherever you spend time, people must know what you will not stand for.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 19

Time: _____

Reflection:

*Become so comfortable with yourself that
you can finally embrace your dream.*

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

*How will I make my spouse/ children/ family members/ closest
friends feel appreciated today?* _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 20

Time: _____

Reflection:

Take a look at your environment (this includes people)? Is it pushing you to be your best or pushing you down into a rut?

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 21

Time: _____

Reflection:

*Is your past motivating you or hindering you?
You get to choose which.*

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

*How will I make my spouse/ children/ family members/ closest
friends feel appreciated today?* _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 22

Time: _____

Reflection:

What you want may change, but you will never achieve without commitment.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 23

Time: _____

Reflection:

*You don't have to understand everything
before you can do anything.*

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

*How will I make my spouse/ children/ family members/ closest
friends feel appreciated today?* _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 24

Time: _____

Reflection:

You have to learn to say "no". It's the only way to prioritize, stay focused, be disciplined, and grow.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 25

Time: _____

Reflection:

If the word fear didn't exist, the word overcome wouldn't be necessary.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 26

Time: _____

Reflection:

*Who are the people that influence you most?
Are they worthy of that position?*

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

*How will I make my spouse/ children/ family members/ closest
friends feel appreciated today?* _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 27

Time: _____

Reflection:

*What makes you feel most loved?
Is it healthy?*

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

*How will I make my spouse/ children/ family members/ closest
friends feel appreciated today?* _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 28

Time: _____

Reflection:

*When was the last time you cried
(and not because of a movie or TV show)?
Allow yourself the release so you can move forward.*

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

*How will I make my spouse/ children/ family members/ closest
friends feel appreciated today?* _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner

Date: _____

Day 29

Time: _____

Reflection:

If you can admit that there are things you do very well, why can't you believe that there is greatness within you?

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

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A Month of Change Planner Bonus pages

Date: _____

Day 30

Time: _____

Reflection:

Do you really know yourself? Today, notice your first thought or reaction in each situation. It will teach you a lot about yourself.

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____
2) _____
3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences

A Month of Change Planner Bonus pages

Date: _____

Day 31

Time: _____

Reflection:

Time spent judging others is wasted time.

Gratitude Check

I am grateful for: 1) _____

2) _____

3) _____

How will I make my spouse/ children/ family members/ closest friends feel appreciated today? _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

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A Month of Change Planner Bonus pages

Date: _____

Day: _____

Time: _____

Reflection:

*Make sure those you call friends
also call you friend.*

Gratitude Check

I am grateful for: 1) _____

2) _____

3) _____

*How will I make my spouse/ children/ family members/ closest
friends feel appreciated today?* _____

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

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Now prioritize:

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A Month of Change Planner Bonus pages

Date: _____

Day: _____

Time: _____

Reflection:

*Addictions drain. Period.
Please get quality help.*

Gratitude Check

I am grateful for: 1) _____
2) _____
3) _____

*How will I make my spouse/ children/ family members/ closest
friends feel appreciated today? _____*

Today's focus: _____

Major Tasks:

Now prioritize:

1) _____

2) _____

3) _____

Other Tasks:

Now prioritize:

1)

2)

3)

Any important birthdays and/or anniversaries:

People to (re) connect with today or relationships to reconsider:

Restate today's focus:

Journal today's thoughts, emotions, experiences



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