



Plan with Purpose

PLANNING YOUR LIFE MINDFULLY

Brainstorm

1. $\frac{1}{x^2} = x^{-2}$

2. $\frac{d}{dx} x^{-2}$

3. $-2x^{-3}$

4. $-\frac{2}{x^3}$

Vision Board



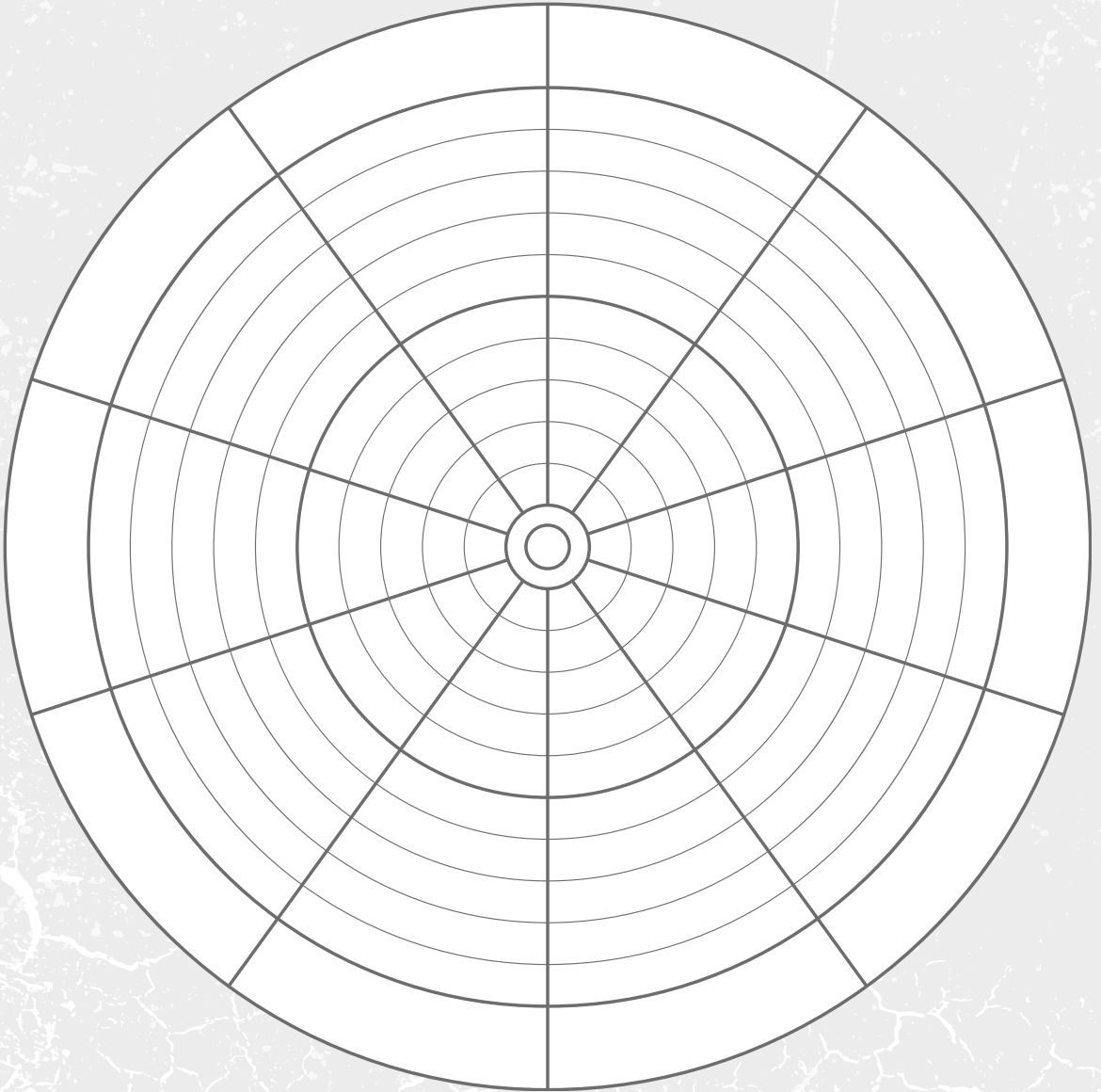
Prioritize

Must
do

Want to do

Would be nice..


Life Wheel



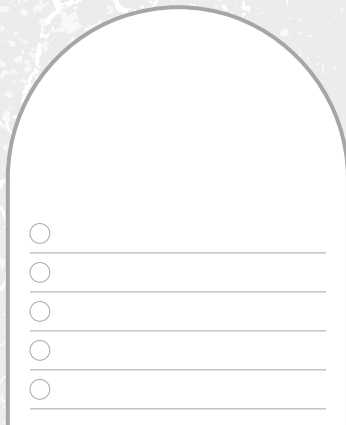
My Goals



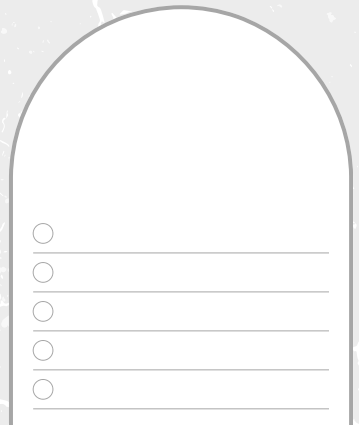
Habits That will Get me there



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Monthly Check-In



Goals I accomplished this month



What didn't get done & why

What would you have done differently?

What did I do to take care of myself this month?

How did this month feel overall?

