





Builderall 2022 Calendar

JANUARY

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FEBRUARY

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JUNE

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JULY

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AUGUST

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OCTOBER

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NOVEMBER

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DECEMBER

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Year

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JAN

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Year Overview

January	
February	
March	
April	
May	
June	

July	
August	
September	
October	
November	
December	

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MONTH:



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

Month at a Glance

NOTES

Day 1	
Day 2	
Day 3	
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Day 31	

MONTH:

GOALS

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IMPORTANT DATES

MAIN FOCUS

MONTHLY TO-DO'S

NOTES



Pre-Planning

INCOMPLETE FROM LAST WEEK
LIFE DUTIES
STAR THE MOST IMPORTANT TASKS

[illegible]

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Date:	Date:	Date:
Intention	Intention	Intention
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Weekly Goals and Tracking

Rituals for Thriving

- ☐ Exercise
- ☐ Meditate/Breathe
- ☐ Journal
- ☐ Dance
- ☐ Go on a Date
- ☐ Connect with Nature
- ☐ Visualize
- ☐ Family Time
- ☐ Cook/Eat a Healthy Meal
- ☐ Organize my Space/Life
- ☐ Get Rid of Things I Don't Love
- ☐ Be with Friends
- ☐ Play
- ☐ Let Go/Forgive
- ☐ Sing/Make Music
- ☐ Create Art
- ☐ Read for Entertainment
- ☐ Connect/Pray
- ☐ Call Someone/Write a Letter
- ☐ Stretch/Do Yoga
- ☐ Get a Massage
- ☐ Serve my Community
- ☐ Technology Break

Focus this Week

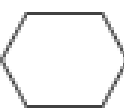
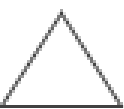
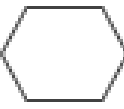
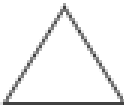
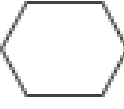
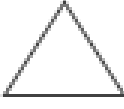
Top 3 Goals

1.
2.
3.

Habit Tracking



Week of:

Monday	   
Tuesday	   
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Friday	   
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Sunday	   

Notes

Pay it Forward

Who Helped YOU?

Who Did YOU Help?

Daily Planning

Hourly Planning	
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Notes

Top Priorities

1.
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3.

Water Tracker

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I am Grateful for...

\$ Spent	\$ Earned

Meal Planning

Breakfast	
Lunch	
Dinner	
Snack	

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Top Priorities

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Water Tracker

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I am Grateful for...

Year

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\$ Earned

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Weekly Reflection

Week of:

"Reflection is the key to happiness and unlocks the door to success."
- Shelly Turner

Wins from Last Week (What I Gained/How I Grew)

Did I Accomplish My Goals? (Why/Why Not)

What Could I have Done Better?

Year

1

2

3

4

5

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Capture Your Brilliance - *Dream/Explore/Record/Reflect*

Pre-Planning

INCOMPLETE FROM LAST WEEK
LIFE DUTIES
STAR THE MOST IMPORTANT TASKS

[illegible]

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- ☐ Get a Massage
- ☐ Serve my Community
- ☐ Technology Break

Focus this Week

Top 3 Goals

1.

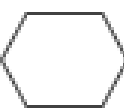
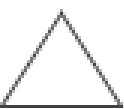
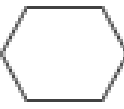
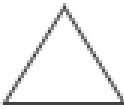
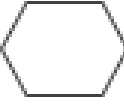
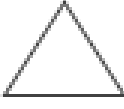
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Habit Tracking



Week of:

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Pay it Forward

Who Helped YOU?

Who Did YOU Help?

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Water Tracker

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I am Grateful for...

\$ Spent	\$ Earned

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- ☐ Serve my Community
- ☐ Technology Break

Focus this Week

Top 3 Goals

1.

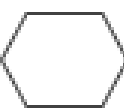
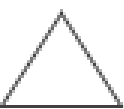
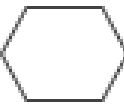
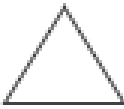
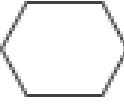
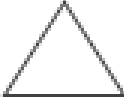
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Habit Tracking



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Pay it Forward

Who Helped YOU?

Who Did YOU Help?

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Water Tracker

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I am Grateful for...

\$ Spent	\$ Earned

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Notes

Top Priorities

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Water Tracker

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I am Grateful for...

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Meal Planning

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Water Tracker

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Weekly Reflection

Week of:

"Reflection is the key to happiness and unlocks the door to success."
- Shelly Turner

Wins from Last Week (What I Gained/How I Grew)

Did I Accomplish My Goals? (Why/Why Not)

What Could I have Done Better?

Year

1

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Capture Your Brilliance - *Dream/Explore/Record/Reflect*

Pre-Planning

INCOMPLETE FROM LAST WEEK
LIFE DUTIES
STAR THE MOST IMPORTANT TASKS

[illegible]

Monday	Tuesday	Wednesday
Date:	Date:	Date:
Intention	Intention	Intention
What Shall I Focus On?	What Shall I Focus On?	What Shall I Focus On?
I am Grateful For...	I am Grateful For...	I am Grateful For...

Thursday	Friday	Saturday	Sunday
Date:	Date:	Date:	Date:
Intention	Intention	Intention	Intention
What Shall I Focus On?	What Shall I Focus On?	What Shall I Focus On?	What Shall I Focus On?
I am Grateful For...	I am Grateful For...	I am Grateful For...	I am Grateful For...

Weekly Goals and Tracking

Rituals for Thriving

- ☐ Exercise
- ☐ Meditate/Breathe
- ☐ Journal
- ☐ Dance
- ☐ Go on a Date
- ☐ Connect with Nature
- ☐ Visualize
- ☐ Family Time
- ☐ Cook/Eat a Healthy Meal
- ☐ Organize my Space/Life
- ☐ Get Rid of Things I Don't Love
- ☐ Be with Friends
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- ☐ Let Go/Forgive
- ☐ Sing/Make Music
- ☐ Create Art
- ☐ Read for Entertainment
- ☐ Connect/Pray
- ☐ Call Someone/Write a Letter
- ☐ Stretch/Do Yoga
- ☐ Get a Massage
- ☐ Serve my Community
- ☐ Technology Break

Focus this Week

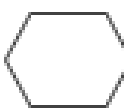
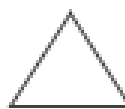
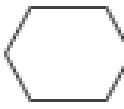
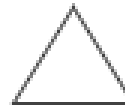
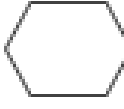
Top 3 Goals

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2.
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Habit Tracking



Week of:

Monday	   
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Notes

Pay it Forward

Who Helped YOU?

Who Did YOU Help?

Daily Planning

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Notes

Top Priorities

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Water Tracker

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I am Grateful for...

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Meal Planning	
Breakfast	
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Water Tracker

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Week of:

"Reflection is the key to happiness and unlocks the door to success."

- Shelly Turner

Wins from Last Week (What I Gained/How I Grew)

Did I Accomplish My Goals? (Why/Why Not)

What Could I have Done Better?

Year

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Capture Your Brilliance - *Dream/Explore/Record/Reflect*

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INCOMPLETE FROM LAST WEEK
LIFE DUTIES
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- ☐ Stretch/Do Yoga
- ☐ Get a Massage
- ☐ Serve my Community
- ☐ Technology Break

Focus this Week

Top 3 Goals

1.

2.

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Habit Tracking



Week of:

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Capture Your Brilliance - *Dream/Explore/Record/Reflect*

Important Dates

January	February	March
April	May	June

July	August	September
October	November	December

Projects Tracker

Project	Notes	Date

Project	Notes	Date

Things to Remember

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