

It always seems
impossible...until it's done.
Dream big!

January 2023

Goal for the month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I <i>New Year's Day</i>	2	3	4	5	6	7
8	9	10	11	12	13	14
15 <i>MLK Jr. Day</i>	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



You will NEVER have
this day again...make it count.

February 2023

Goal for the month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			I	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
		Valentine's Day				
19	20	21	22	23	24	25
	Presidents' Day		Ash Wednesday			
26	27	28				





When you feel like
quitting...think about
why you started.

March 2023

Goal for the month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			I	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Daylight Savings					St. Patrick's Day	
19	20	21	22	23	24	25
26	27	28	29	30	31	

Wake up with
determination.
Go to bed with
satisfaction.

Goal for the month:

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						I
2	3	4	5	6	7	8
					Good Friday	
9	10	11	12	13	14	15
Easter Sunday						
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



Be the BEST version
of you.

May 2023

Goal for the month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	I	2	3	4	5	6
7	8	9	IO	II	I2	I3
I4	I5	I6	I7	I8	I9	20
Mother's Day						
2I	22	23	24	25	26	27
28	29	30	3I			
Memorial Day						



*There is no one giant step
that does it...
it's a series of small steps.*

June 2023

Goal for the month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				I	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
			<i>Flag Day</i>			
18	19	20	21	22	23	24
<i>Father's Day</i>						
25	26	27	28	29	30	



*Small improvements daily
are the key to staggering
long-term results.*

Goal for the month:

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 <i>Independence Day</i>	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Every
accomplishment
starts with the
decision to try.

Goal for the month:

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

*Life begins at the end
of your comfort zone.*

September 2023

Goal for the month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <i>Labor Day</i>	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Stop doubting
yourself,
work hard,
& make it

October 2023

Goal for the month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I	2	3	4	5	6	7
8	9 <i>Columbus Day</i>	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 <i>Halloween</i>				



*There is no elevator to success.
You have to take the stairs.*

November 2023

Goal for the month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			I	2	3	4
5	6	7	8	9	10	11
<i>Daylight Savings</i>						<i>Veteran's Day</i>
12	13	14	15	16	17	18
19	20	21	22	23	24	25
				<i>Thanksgiving</i>		
26	27	28	29	30		





*Push harder than yesterday
if you want a different tomorrow.*

Goal for the month:

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Christmas Day					
31						
New Year's Eve						