

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

January 2024

Goal for the month:

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

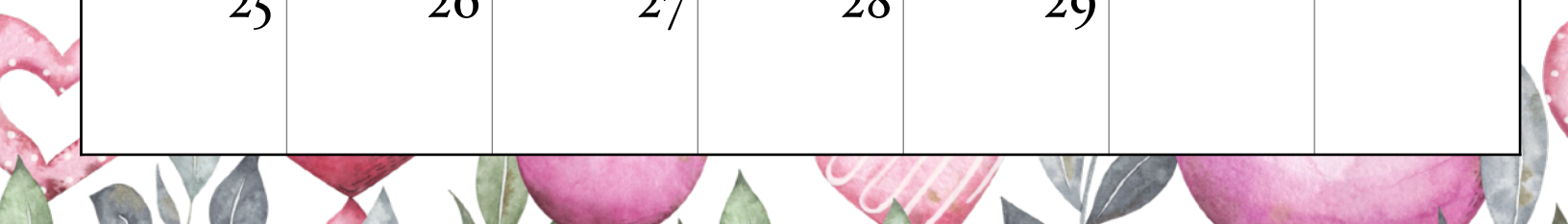


You will NEVER have
this day again...make it count.

February 2024

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	19	20	Ash Wednesday Valentine's Day	21	22	23
25	Presidents' Day 26	27	28	29		



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

March 2024

Goal for the month:

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

Wake up with
determination.
Go to bed with
satisfaction.

Goal for the month:

April 2024

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				



Be the BEST version
of you.

May 2024

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
<i>Mother's Day</i>						
19	20	21	22	23	24	25
26	27	28	29	30	31	
	<i>Memorial Day</i>					

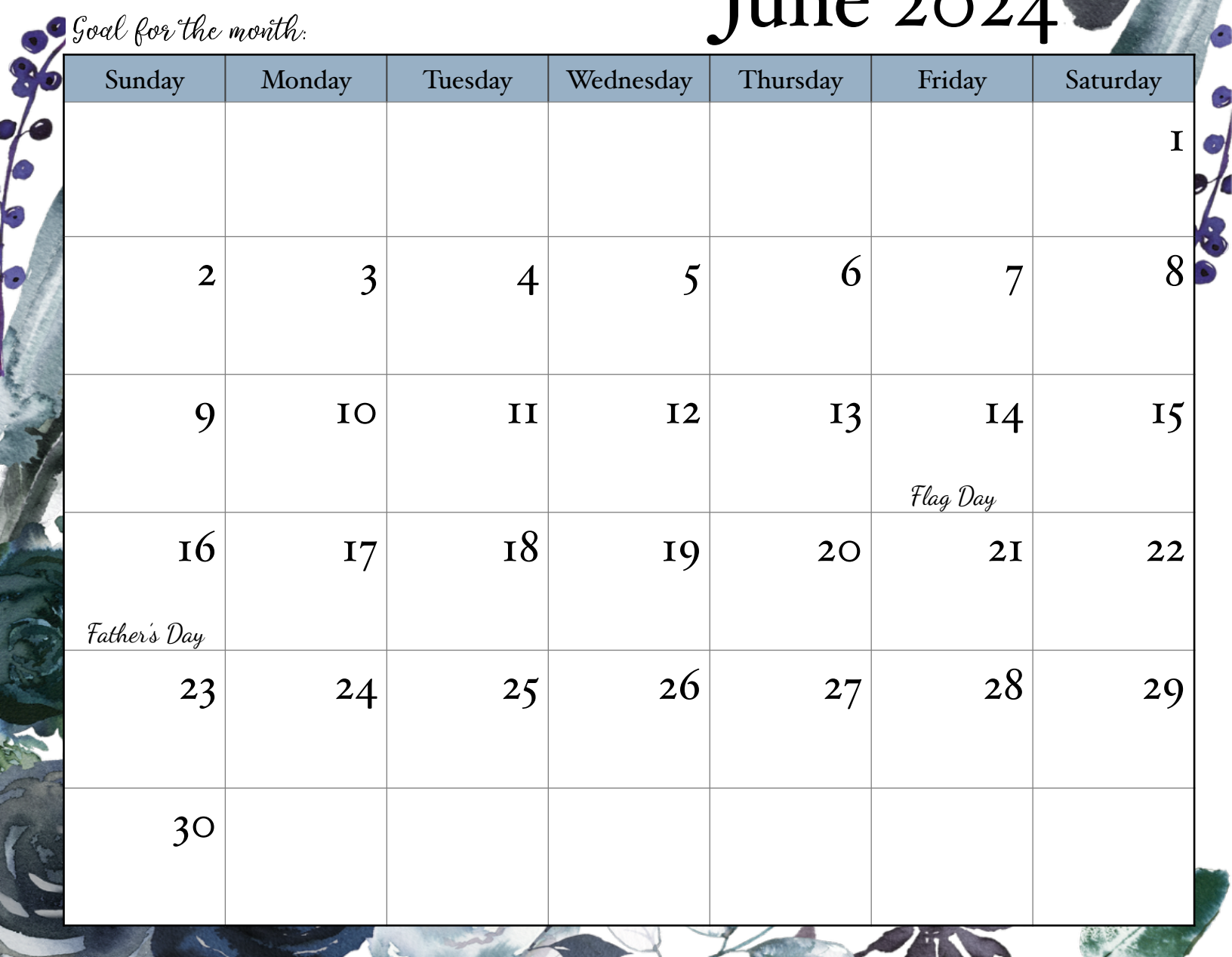


*There is no one giant step
that does it...
it's a series of small steps.*

June 2024

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	19	20	<i>Flag Day</i>	22
<i>Father's Day</i>						
23	24	25	26	27	28	29
30						



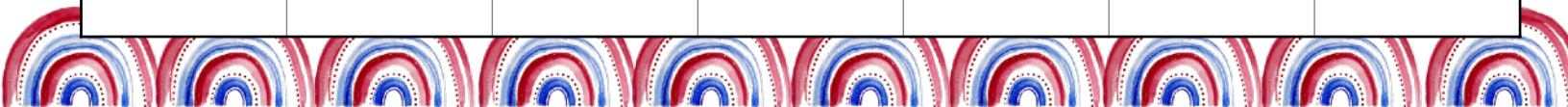


*Small improvements daily
are the key to staggering
long-term results.*

Goal for the month:

July 2024

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 2024

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 2024

Goal for the month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<i>Labor Day</i>					
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 2024

Goal for the month:

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
	<i>Columbus Day</i>					
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 2024

Goal for the month:

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





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

December 2024

Goal for the month:

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
			<i>Christmas Day</i>			
29	30	31				
	<i>New Year's Eve</i>					