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	1 HOW TO CHOOSE YOUR RESOLUTIONS & GOALS FOR 2018	2 STOP CALLING IT A GOAL & START CALLING IT A PLAN: HOW TO PLAN FOR SUCCESS	3 7 THINGS I LEARNED IN 2017	4 18 THINGS TO DO FOR YOURSELF THIS YEAR	5 10 BOOKS TO READ THAT WILL CHANGE YOUR LIFE	6 3 WAYS TO CREATE A VISION BOARD
7 MY FAVORITE PLANNERS FOR 2018	8 ARE YOU AFRAID OF SUCCESS? <i>PART OF THE NOTE TO SELF SERIES</i>	9 MY READING LIST FOR 2018	10 10 HEALTHY HABITS THAT WILL CHANGE YOUR LIFE <i>PART OF THE NOTE TO SELF SERIES</i>	11 8 WAYS TO IMPROVE YOUR LIFESTYLE	12 PERFECT TIMING: TIME MANAGEMENT TIPS & TOOLS	13 HOW TO ORGANIZE YOUR WORK SPACE
14 10 THINGS TO DO EVERY SUNDAY FOR A FABULOUS WEEK	15 12 TIPS FOR A PRODUCTIVE DAY	16 CHANGE YOUR HABITS, CHANGE YOUR LIFE. HOW TO KICK BAD HABITS & CREATE NEW PART 1 <i>PART OF THE NOTE TO SELF SERIES</i>	17 CHANGE YOUR HABITS, CHANGE YOUR LIFE. HOW TO KICK BAD HABITS & CREATE NEW PART 2 <i>PART OF THE NOTE TO SELF SERIES</i>	18 10 HABITS THAT WILL TURN YOUR DREAMS INTO REALITY <i>PART OF THE NOTE TO SELF SERIES</i>	19 MY PRODUCTIVE MORNING ROUTINE	20 MY PRODUCTIVE NIGHTTIME ROUTINE
21 HOW TO STOP QUITTING <i>PART OF THE NOTE TO SELF SERIES</i>	22 HOW TO STOP CARING WHAT PEOPLE THINK <i>PART OF THE NOTE TO SELF SERIES</i>	23 OVERCOME PROCRASTINATION 7 TIPS ON HOW TO MOTIVATE YOURSELF & GET IT ALL DONE	24 NO WHINING WEDNESDAY: WHY YOU SHOULD STOP COMPLAINING IF YOU WANT SUCCESS	25 WHAT I EAT IN A DAY: HEALTHY VEGAN MEAL & SNACK IDEAS	26 FITNESS INSPIRATION FROM BUSINESS OWNER, MOM, & GIRLBOSS NICOLE ALANIZ	27 HEALTHY SHAKE & SMOOTHIE RECIPES + CUTE KITCHEN ACCESSORIES TO INSPIRE YOU HEALTHY
28 PRACTICING SELF-CARE TO BECOME A BETTER YOU	29 HEALTHIER SKIN: 6 WAYS TO TAKE BETTER CARE OF YOUR SKIN + PRODUCT FAVES	30 6 STEPS TO BREAKING OUT OF YOUR COMFORT ZONE <i>PART OF THE NOTE TO SELF SERIES</i>	31 BEING UNDERESTIMATED: YOUR GREATEST ADVANTAGE <i>PART OF THE NOTE TO SELF SERIES</i>			