



# "Back to Life System"

4201 W HWY 146 • LaGrange, KY 40031 • (502) 241-1122 www.backtolifechiropracticky.com DATE STARTED:

## SMALL GROUP MEMBERS

NAME	NAME	NAME
ADDRESS	ADDRESS	ADDRESS
PHONE #'S	PHONE #'S	PHONE #'S
E-MAILS	E-MAILS	E-MAILS
B-DAY	B-DAY	B-DAY
EXTRA:	EXTRA:	EXTRA:
NAT	VINT	NAME
NAME	NAME ADDRESS	NAME
ADDRESS	ADDRESS	ADDRESS
PHONE #'S	PHONE #'S	PHONE #'S
E-MAILS		
	E-MAILS	E-MAILS
B-DAY	B-DAY	B-DAY
EXTRA:	EXTRA:	EXTRA:

Plan now to use your Transformation Journal daily. The following ways will help you receive the maximum benefits from your journal.

### YEARLY

\*List successes, achievements and significant events from the following year \*Write your GOALS for the upcoming year.

## MONTHLY

\*List your GOALS FOR THE MONTH.

## WEEKLY

\*For the current week, list your WEEKLY GOALS. \*Write down each Small Group note and positive affirmation in the SMALL GROUP section.

\*Write down a Positive Emotion to work on.

\*At the end of each week, examine your goal list and check off those goals which you completed.

## DAILY

## AT THE BEGINNING OF EACH DAY:

\*Write down an affirmation for the day to remember for that day (suggestions in the back of journal).

\*Set your goals for the day using the DAILY LIST TOP 10. (at the end of the journal).

## AT THE END OF THE DAY:

\*Record goals you have achieved. \*Write down any successes, positive achievements, and significant events or ideas. \*Write down any positive things that have happened for that day. \*List one thing that you are thankful for.

# SIGNIFICANT ACHIEVEMENTS FOR 2022




#### YEARLY PLANNER 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6	7
ΔRY	8	9	10	11	12	13	14
JANUARY	15	16	17	18	19	20	21
ſ	22	23	24	25	26	27	28
	29	30	31	1	2	3	4
RY	5	6	7	8	9	10	11
FEBRUARY	12	13	14	15	16	17	18
FE	19	20	21	22	23	24	25
	26	27	28	1	2	3	4
	5	6	7	8	9	10	11
CH	12	13	14	15	16	17	18
MARCH	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
Г	9	10	11	12	13	14	15
APRIL	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	1	2	3	4	5	6
X	7	8	9	10	11	12	13
MAY	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31	1	2	3
	4	5	6	7	8	9	10
JUNE	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	

#### YEARLY PLANNER 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
							1
Y	2	3	4	5	6	7	8
JULY	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31	1	2	3	4	5
AUGUST	6	7	8	9	10	11	12
AUC	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
R	3	4	5	6	7	8	9
EMBE	10	11	12	13	14	15	16
SEPTEMBER	17	18	19	20	21	22	23
•1	24	25	26	27	28	29	30
	1	2	3	4	5	6	7
3ER	8	9	10	11	12	13	14
OCTOBER	15	16	17	18	19	20	21
0	22	23	24	25	26	27	28
	29	30	31	1	2	3	4
BER	5	6	7	8	9	10	11
NOVEMBER	12	13	14	15	16	17	18
NC	19	20	21	22	23	24	25
	26	27	28	29	30	1	2
R	3	4	5	6	7	8	9
DECEMBER	10	11	12	13	14	15	16
DECE	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31						
			L		1		1

# January 2023

2	3	4	5	6	7
)	10	11	12	13	14
16	17	18	19	20	21
	17	10	17	20	21
23	24	25	26	27	28
30	31				
1	6	6       17         3       24	6     17     18       3     24     25	$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$

# Group Meeting Notes

January 1-7	
January 8-14	
January 15-21	
January 22-28	

Group ]	Meeting	Notes
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January 2	29-31
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January 29-31	

January	2023
Goals for th	is Month
	sses and Goals Achieved
DATE:	
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January 1-7
Weekly Goals
Positive Emotion
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

January 8-14
Weekly Goals
· _ · · · _ · · _ · · _ · · · · · · · · · · · · · · · · · · _ · · · · · · _ · · _ ·
Positive Emotion:
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Journal for Day.
Monday
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

January 15-21
Weekly Goals
Positive Emotion
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostive Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	J	January 22-28	
		Weekly Goals	
Sunday Write down Pos	sitive Affirmation for Day:		
Journal for Day:			
Monday Write down Po	ositive Affirmation for Day	?:	
1. 1. D			
Journal for Day:			
Tuesday Write down Pos	ositive Affirmation for Day:	:	
Journal for Day:			

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

Sunday Write down Positive Affirmation for Day:     Journal for Day:     Monday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

# February 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				

# Group Meeting Notes

February 1-4	
February 5-11	
February 12-18	
February 19-25	

Group	Meeting	Notes
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February 26-28

			February	2023	
			Goals for thi	s Month	
	_	D			
DATE:		Kecorc	1 of Daily Succes	ses and Goals Achieved	

February 1-4
Weekly Goals
Positive Emotion:
Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:

February 5-11
Weekly Goals
Positive Emotion:
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:
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Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

February 12-18
Weekly Goals
Positive Emotion:
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

February 19-25
Weekly Goals
Positive Emotion:
Sunday Write down Positive Affirmation for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Wednesday	Write down	Positive	Affirma	tion for	Day:
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Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Evilan Write Jam Deviting Affrances of a Dam
Friday Write down Positive Affirmation for Day:
Leven al fair Davi
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Satal day mile do mil o State Lymmanon for Day.
Journal for Day:

February 26-28
Weekly Goals
Positive Emotion:
Sunday Write down Positive Affirmation for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

# March 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	

# Group Meeting Notes

March 1-4	
March 5 11	
March 5-11	
March 12-18	
<u> </u>	
March 19-25	

Group ]	Meeting	Notes
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March 26-31		

	March 2	023
Goals for this Month		
	Record of Daily Success	ses and Goals Achieved
DATE:		
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Mar	rch 1-4
Week	ly Goals

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

March 5-11
Weekly Goals
Positive Emotion:
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	March 12-18	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	March 19-25
Weekly Goals	
1	8
2	9
3	10
4	11
5	12
6	13
7	14

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thady white down I ostive Hjumation for Day.
Journal for Day"
Journal for Day:
Saturday (Sunday Write down Desitive Affirmation for Day
Saturday /Sunday Write down Positive Affirmation for Day:
Journal for Day:

	March 26-31
	Weekly Goals
1	8
2	9
3	10
4	11
5	12
6	13
7	14

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Wednesday Write down Positive Affirmation for Day:

Journal for Day:

Thursday Write down Positive Affirmation for Day:

# April 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						

## Group Meeting Notes

April 1	
April 2-8	
April 9-15	
April 16-22	
April 10-22	
April 23-30	
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	Ар	oril 2023	
	Goals fo	or this Month	
	Record of Daily	Successes and Goals Achieved	
DATE:	Record of Daily S	Successes and Obais Achieved	

April 1
Weekly Goals
Positive Emotions:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	April 2-8	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	April 9-15	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	April 16-22
	Weekly Goals
1	8
2	9
3	10
4	11
5	12
6	13
7	14

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostive Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	April 23-30	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday/Sunday Write down Positive Affirmation for Day:
Journal for Day:

# May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
	1.5	1.6	15	10	10	••
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Group Meeting Notes

May 1-6			
May 7-13			
May 14-20			
May 21-27			
May 28-31			

### May 2023

### **Goals for this Month**

	Record of Daily Succes	sses and Goals Achieved
DATE:		

	May 1-6
	Weekly Goals
1	8
2	9
3	10
4	11
5	12
6	13
7	14

Monday Write down Positive Affirmation for Day:

Journal for Day:

*Tuesday Write down Positive Affirmation for Day:* 

Journal for Day:

Wednesday Write down Positive Affirmation for Day:

Thursday Write down Positive Affirmation for Day:

Journal for Day: Friday Write down Positive Affirmation for Day: Journal for Day: Saturday Write down Positive Affirmation for Day: Journal for Day:

	May 7-13 Weekly Goals		
1	8		
2	9		
3	10		
4	11		
5	12		
6	13		
7	14		

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

May 14-20					
	Weekly Goals				
1	8				
2	9				
3	10				
4	11				
5	12				
6	13				
7	14				

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Wednesday	Write down	Positive	Affirma	tion for	Day:
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Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	May 21-27				
	Weekly Goals				
1	8				
2	9				
3	10				
4	11				
5	12				
6	13				
7	14				

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Wednesday	Write down	Positive	Affirma	tion for	Day:
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Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	May 28-31				
	Weekly Goals				
1	8				
2	9				
3	10				
4	11				
5	12				
6	13				
7	14				

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday/Wednesday Write down Positive Affirmation for Day:

## June 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	

## Group Meeting Notes

June 1-3	
June 4-10	
June11-17	
L 10.24	
June 18-24	
Lune 25 20	
June 25-30	

#### June 2023

### **Goals for this Month**

1	9	
2	10	
3	11	
4	12	
5	13	
6	14	
7	15	
8	16	

Record of Daily Successes and Goals Achieved

DATE:


	June 1-3	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	
	Desiding Encedien	

Saturday Write down Positive Affirmation for Day:

Journal for Day:

*Thursday* Write down Positive Affirmation for Day:

Journal for Day:

Friday Write down Positive Affirmation for Day:

	June 4-10	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	June 11-17	
Weekly Goals		
1		8
2		9
3		10
4		11
5		12
6		13
7		14

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	June 18-24	
	Weekly Goals	
1		8
2		9
3		10
4		11
5		12
6		13
7		14

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	June 2	
	Weekly	Goals
1		8
2		9
3		10
4		11
5		12
6		13
7		14

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Wednesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Thursday "The down Toshive Ajjir mation for Day.
Journal for Days
Journal for Day:
Fuidan Write down Desition Affranceston for Dawn
Friday Write down Positive Affirmation for Day:
Journal for Day:

# July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
-			12			
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
	1				1	1

## Group Meeting Notes

July 1	
July 2-8	
July9-15	
July 16-22	
July 23-31	

		July	2023	
		Goals for t	his Month	
				<u> </u>
	_			
DATE:		Record of Daily Succ	cesses and Goals Achieved	

	July 1		
	Weekly Go	oals	
	Positive Er	notion:	

Saturday Write down Positive Affirmation for Day:

July 2-8
Weekly Goals
Positive Emotion:
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostive Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

July 9-15
Weekly Goals
Positive Emotion:
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	July 16-22	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	July 23-29	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

*Tuesday* Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday/Sunday Write down Positive Affirmation for Day:
Journal for Day:
5

	July 30-31	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

## 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
15	14	15	10	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
	1			1	1	

## Group Meeting Notes

August 1-5	
August 6-12	
August 13-19	
August 20-26	
August 27-31	

		August	2023	
		Goals for th	is Month	
DATE:	Recor	d of Daily Succes	sses and Goals Achieved	

August 1-5					
Weekly Goals					
Tuesday Write down Positive Affirmation for Day:					
Journal for Day:					
Wednesday Write down Positive Affirmation for Day:					
Journal for Day:					
Thursday Write down Positive Affirmation for Day:					
Journal for Day:					

Friday Write down Positive Affirmation for Day:

Journal for Day:

Saturday Write down Positive Affirmation for Day:

	August 6-12	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Wednesday	Write down	Positive	Affirma	tion for	Day:
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Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	August 13-19
	Weekly Goals
1	8
2	9
3	10
4	11
5	12
6	13
7	14

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Wednesday	Write down	Positive	Affirma	tion for	Day:
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Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	August 20-26	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

*Tuesday Write down Positive Affirmation for Day:* 

Wednesday	Write down	Positive	Affirma	tion for	Day:
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Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	August 27-31	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday / Wed Write down Positive Affirmation for Day:

Wednesday Write down Positive Affirmation for Day:

Journal for Day:

Thursday Write down Positive Affirmation for Day:

# September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	2	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### Group Meeting Notes

September 1-2	
September 3-9	
September 10-16	
September 17-23	
5 + 24.20	
Sept 24-30	

September 2023			
<b>Goals for this Month</b>			
	Record of Daily Successes and Goals Achieved	1	
DATE:			

	September 1-2	
Weekly Goals		
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	

Friday Write down Positive Affirmation for Day:

Journal for Day:

Saturday Write down Positive Affirmation for Day:

	September 3-9		
	Weekly Goals		
1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	September 10-16 Weekly Goals		
1	8		
2	9		
3	10		
4	11		
5	12		
6	13		
7	14		

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	Septembe	er 17-23
	Weekly Goals	
1		8
2		9
3		10
4		11
5		12
6		13
7		14

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	September 24-30		
	Weekly Goals		
1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday / Wednesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

## October 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				

### Group Meeting Notes

October 1-7			
October 8-14			
October 15-21			
October 22-28			
October 22-28			
October 29-31			

October 2023					
	Goals for thi	s Month			
DATE:	Record of Daily Succes	ses and Goals Achieved			

	October 1-7		
Weekly Goals			
1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

October 8-14				
Weekly Goals				
1		8		
2		9		
3		10		
4		11		
5		12		
6		13		
7		14		

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	October	15-21	
	Weekly Goals		
1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	October	22-28	
	Weekly Goals		
1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Wednesday Write down Positive Affirmation for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Davy
Journal for Day:

	October	29-31
Weekly Goals		
1		8
2		9
3		10
4		11
5		12
6		13
7		14

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

### November 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		

### Group Meeting Notes

November 5-11 November 12-18 November 19-25 November 19-25 November 26-30	November 1-4		
November 12-18 November 19-25			
November 12-18 November 19-25			
November 12-18 November 19-25			
November 12-18 November 19-25			
November 12-18 November 19-25			
November 12-18 November 19-25			
November 12-18 November 19-25			
November 12-18 November 19-25			
November 19-25	November 5-11		
November 19-25			
November 19-25	Neverthan 12, 19		 
	November 12-18		
	N 1 10 25		
November 26-30	November 19-25		 
November 26-30			
November 26-30			
November 26-30			
November 26-30		 	 
	November 26-30	 	 

Novembe	r 2023
Goals for th	is Month
	sses and Goals Achieved
DATE:	
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November 1-4
Weekly Goals
Positive Emotion:
Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday / Saturday Write down Positive Affirmation for Day:
Journal for Day:

November 5-11
Weekly Goals
Positive Emotion:
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Wednesday	Write down	Positive	Affirma	tion for	Day:
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Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	November 12-18		
Weekly Goals			
1	8		
2	9		
3	10		
4	11		
5	12		
6	13		
7	14		

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Wednesday	Write down	Positive	Affirma	tion for	Day:
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Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	Novembe	r 19-25	
	Weekly Goals		
1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Wednesday	Write down	Positive	Affirma	tion for	Day:
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Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	November 26-30		
	Weekly Goals		
1	8		
2	9		
3	10		
4	11		
5	12		
6	13		
7	14		

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Wednesday Write down Positive Affirmation for Day:

Journal for Day:

Thursday Write down Positive Affirmation for Day:

Journal for Day:

# 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
17	10	17	20	21	22	25
				• •		
24	25	26	27	28	29	30
31						

## Group Meeting Notes

December 1-2			
December 3-9			
December 10-16			
December 17-23			
December 24-31			

	Decembe	er 2023
	Goals for th	nis Month
DATE:	Record of Daily Succe	esses and Goals Achieved
		-

De	December 1-2			
We	eekly Goals			
P	ositive Emotion:			

Friday Write down Positive Affirmation for Day:

Journal for Day:

Saturday Write down Positive Affirmation for Day:

Journal for Day:

Weekly Goals	December 3-9
Sunday Write down Positive Affirmation for Day: Journal for Day:	Weekly Goals
Sunday Write down Positive Affirmation for Day:     Journal for Day:	
Sunday Write down Positive Affirmation for Day:     Journal for Day:	
Sunday Write down Positive Affirmation for Day: Journal for Day:	
Sunday Write down Positive Affirmation for Day:     Journal for Day:	
Sunday Write down Positive Affirmation for Day: Journal for Day:	
Sunday Write down Positive Affirmation for Day: Journal for Day:	
Journal for Day:	Positive Emotion:
Journal for Day:	Sunday Write down Positive Affirmation for Day
Monday Write down Positive Affirmation for Day:	Sunday "The down I ostere ingermation for Day.
	Journal for Day:
Journal for Day:	Monday Write down Positive Affirmation for Day:
Journal for Day:	
	Journal for Day:
Tuesday Write down Positive Affirmation for Day:	Tuesday Write down Positive Affirmation for Day:
Journal for Day:	Journal for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

December 10-16
Weekly Goals
Positive Emotion:
Sunday Write down Positive Affirmation for Day:
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
i uesuuy minie uown i osiiive Ajjiimuiion jor Duy.
Journal for Day:

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Thaty white down I ostilve Affirmation for Day.
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

	December 17-23		
	Weekly Goals		
	Positive Emotion	n:	
	_		
Sunday Write down Positive Affirmation for	r Day:		
Journal for Day:			
Monday Write down Positive Affirmation j	or Dav:		
	51 2 wy 1		
Journal for Day:			
Tuesday Write down Positive Affirmation f	or Day:		
Journal for Day:			

Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

Weekly Goals
Positive Emotion:
Sur day Write days Desiting Affrancestan fan Daw
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Wednesday	Write down	Positive	Affirma	tion for	Day:
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Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday / Sunday Write down Positive Affirmation for Day:
Journal for Day:

You are healthy and strong All guilt, resentment, and blame are gone You dwell in the power of the living God, the great God, the all powerful God I love God and surrender to his power I accept him, love him, and cherish him I love the me found in God I'm alive in God's perfect image of me In God's power I can control my present and future I am strong in the spirit of God I understand how life works and become better at succeeding I am in complete control of my mind and body Anytime I choose I can reflect on the power of God given to me to break any negative cycle immediately I choose joy in God I choose health in God I love God, I love myself as he loves me I perceive God mentally, physically, and emotionally You exist in God's perfect image You are a child of God created in his image You have access to unlimited peace power and joy You are cleansed of all negativity God's holiness and purity dwell in you You are surrounded by God's magnificent and powerful energy Peace and love flow through your body I am living and breathing his peace and love God is ever present and all knowing His power and light is always available to you I am a child of the living God created in his image I am secure in my faith of God I rest in my faith I am calm in my faith His light shines on me I am at peace You exist in Gods perfect image You are a child of God created in his image You have access to unlimited peace power and joy You are cleansed of all negativity God?s holiness and purity dwell in you You are surrounded by Gods magnificent and powerful energy Peace and love flow through your body I am living and breathing his peace and love God is ever present and all knowing His power and light is always available to you I am a child of the living God created in his image I am secure in my faith of God I rest in my faith I am calm in my faith His light shines on me I am at peace

I feel God's serenity in my soul God's peace dwells in me I feel God's eternal love and peace in me I easily adapt to any situation God's glory fills the earth God's glory makes me happier and healthier every day I can feel his glory all around me I accept and embrace whole heartedly the word of God I love to read Gods holy word I replace negative thoughts with the word of God I love to fill my mind with the word of God I see things with humor, I am happy and joyful God's power is in me I am loving and respectful I love God with all my heart, with all my soul, and with all my mind I am whole and complete with God My inner senses are open to the spirit of God You are healthy and strong All guilt, resentment, and blame are gone You dwell in the power of the living God, the great God, the all powerful God I love God and surrender to his power I accept him, love him, and cherish him I love the me found in God I'm alive in God's perfect image of me In Gods power I can control my present and future I am strong in the spirit of God I understand how life works and become better at succeeding I am in complete control of my mind and body Anytime I choose I can reflect on the power of God given to me to break any negative cycle immediately I choose joy in God I choose health in God I love God, I love myself as he loves me I perceive God mentally, physically, and emotionally I am fully aware of Gods presence in my life I am becoming healthier and stronger in God everyday My self esteem grows daily because his presence grows in me everyday I release all negative feelings I cancel and reject any negative feeling and emotion, instead my mind is completely focused on the glory of God and his image in Jesus Christ I often visualize the power of God flowing through me enhancing my talents and abilities I see the world as God sees it, filled with his glory God is great I am more and more confident in God's power everyday God is my source of loving, powerful energy. He strengthens me more and more everyday I learn to grow with every situation in life and live my life to the fullest I am filled with positive expectation when I pray and live my life for God With God all things are possible. I am optimistic and confident in God. I love God. I am happy in the preference of God. I love being with God In the spirit of God I am warm, friendly, loving, and loveable

I can do all things though Christ who loves me I am not conformed to this world, instead my mind id renewed by the spirit of God who dwells in me It is through his spirit I know the perfect will of God His spirit brings safety, security, and council I can see and hear God because I take time out everyday to focus my mind on his holy spirit. I love doing this because his spirit becomes alive in me In his spirit I am positive, I am calm, and at peace with God His spirit dwells in me I have supernatural concentration I think in the mind of God My mind is always focused on the things of God as they pertain to my life Christ said he has overcome the world. And everything in the world is his I have complete dominion over my life, my mind, my body, and even the world. He said I would do greater things than he. I now celebrate this realization rejoicing in the spirit of God, thank you God Everyday the spirit of God transforms me more and more to his likeness You are positive and confident in the spirit of God Deep down you know that living in God?s power, love, and wisdom is possible All positive changes are taking place right now Opportunity and possibility has opened for you You are adaptive and flexible You have the ability to make anything into a positive experience You are a child of the living God You are endowed with grace and power from his throne You are now aware of you unlimited potential With God all things are possible You now feel the power of God, his peace, and his instruction You now have more assurance in the spirit of God than ever before You are becoming more confident and positive in the spirit of God each day You are becoming more motivated and assertive each day You have a thirst for the word of God and enjoy learning by fallowing his instruction The Holy Spirit is alive in you now. You can feel it, it is the spiritual movement of God within you. Your spiritual senses are fully awake and sensitive to the spirit of God within The more you feel and enjoy the presence of God, the more real it becomes You are the walking, talking, spirit of God, all peace, love, and knowledge dwell in you now You enjoy experiencing God this way, it gives you a great deal of joy, and peace radiates from you People can feel God's peace radiating from you. This is how you?ve chosen to live you life and you operate beautifully I take time to meditate ion the word of God The word of God is beautiful to me I enjoy spending time with God My time with God is filled with His holy presence and it gives me peace I love spending time with God Every time I read the word of God I feel the Holy Spirit light up in me The Holy Spirit gives me fresh revelation everyday I love to think in the Holy Spirit The Holy Spirit is the mind of God I have the mind of God I have the mind of Christ, in him knowledge is revealed I am a child of the living God I am created in his image I can feel Gods loving and peaceful presence in me I have a loving and grateful heart toward God

You are becoming more confident and positive in the power of God each day Your strength comes from God You are now very aware of the power of God within you; you can see it and feel it You are falling in love with your life because God is in all things God is everywhere You are free in the spirit of God. Your mind is filled with his power Your memory is unlimited. You have a supernatural ability to remember You know the spirit of God dwells in you. This is your new reality You walk in the spirit You talk in the spirit You talk in the spirit You think in the spirit You love to pray You love to study the word of God In Christ you are one body and one mind

1				
2				
3				
4				
5				
6				
7				
8				
	Affirmation:			
Positive Emotion:				

### Daily List 2023

1	
2	
3	
4	
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6	
7	
8	
	Affirmation:
	Positive Emotion: