



Good Vibes Journal & Planner

GreatLivingToday.com



this Planner belongs to...

NAME

ADDRESS 1

ADDRESS 2

CITY, STATE, ZIP

PHONE

EMAIL

MONTH OF _____



GOALS FOR THIS MONTH

How am I feeling about these goals?

BIRTHDAYS

Oh! What joy to celebrate those we love!

IMPORTANT DATES

Celebrating the good times and good vibes of life!

TO-DO

Monthly Affirmation

Daily Schedule

Date: _____

S M T W T H F S

Schedule

6am _____

7am _____

8am _____

9am _____

10am _____

11am _____

12pm _____

1pm _____

2pm _____

3pm _____

4pm _____

5pm _____

6pm _____

7pm _____

8pm _____

Top 3 Priorities

● _____

● _____

● _____

More To-Do

Today's Stats

Weight: _____

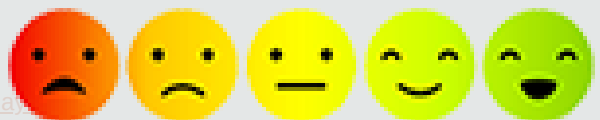
Sleep: _____

Water: 1 2 3 4 5 6 7 8

Workout: _____

What is your Vibe today?

LivingToday



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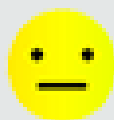
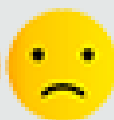
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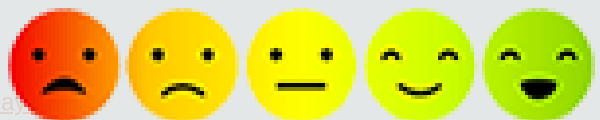
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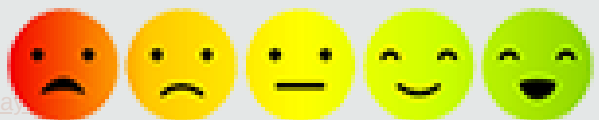
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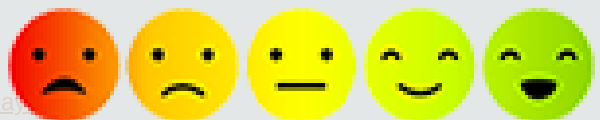
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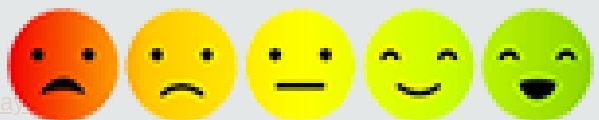
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What is your Vibe today?

LivingToday



Weekly Meal Plan

Date: _____

Do these meals nourish me and make me feel good?

Breakfast

Lunch

Dinner

SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			

Gratitude

Date: _____

S M T W T H F S

Best

Surprise

Home

Security

Family

Friends

Love

Pets

Favor

Gift

Gratitude journal entry area for 'Best' (teal background)

Gratitude journal entry area for 'Surprise' (peach background)

Gratitude journal entry area for 'Home' (gold background)

Gratitude journal entry area for 'Security' (teal background)

Gratitude journal entry area for 'Family' (peach background)

Gratitude journal entry area for 'Friends' (gold background)

Gratitude journal entry area for 'Love' (teal background)

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