

2021

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Set ambitious
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yearly goals

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Find the self-
care routine that
works for you

MAR

Practice
single-tasking

APR

Document and
celebrate
small wins

MAY

Cut negative
self-talk

JUN

Learn to
say "No"

JUL

Document and
celebrate
small wins

AUG

Fuel your body
with wholesome
food

SEP

Find your passion
and work on it

OCT

Take regular
days off social
media

NOV

Engage in mood-
lifting exercises

DEC

Review your
change and
growth

Wellness Planner Ideas

Rasheda Weaver



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Budget, Big Spirit Iema Rahman, 2025-07-21 You Don't Need a Big Budget to Begin Just a Brave First Step This is not a book about overnight success or million dollar launches It's a guide for everyday dreamers side hustlers and self starters who are curious about turning today's AI tools into real practical income without needing to be tech savvy or have it all figured out Written by someone who started with little more than determination and a tight budget A Solo Journey Towards AI Income walks you through simple flexible ways to build digital income streams using free tools AI prompts and your own unique voice Whether you're a stay at home parent freelancer or someone navigating career changes this book is filled with encouragement honest lessons and actionable steps to help you earn while growing at your own pace Because this journey isn't just about income it's about self trust creativity and reclaiming your time

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Fitness and Wellness Planner FarOutandFabulous Planners,2019-10-04 Notebook to log your fitness plan and progress with pages for The Plan current and goal weight and measurements Two Journal pages to add your own positive affirmations Two pages for each week to log your Weekly Activities and Food Fuel for Your Body Progress page and a Penny For Your Thoughts page every 4 weeks Additional Notes pages at end 128 pages 8 5 x 11 Glossy paperback cover Journal,1991

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