

*PLANNER*

**HOW TO CREATE  
THE HAPPY LIFE  
YOU DESERVE**





# January

**Happiness is a state of mind. It's just according to the way you look at things.**

- Walt Disney

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Things I need to make happen this month:**

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# JANUARY 1

Today I Choose Happiness Because...


## SCHEDULE

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

## TASKS


## Awesome Things That Happened Today

## Notes

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# JANUARY 2

Today I Choose Happiness Because...


## SCHEDULE

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

## TASKS


## Awesome Things That Happened Today

## Notes

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**JANUARY 3**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 4**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 5**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 6**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 7**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 8**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 9**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 10**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 11**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 12**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 13**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 14**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 15**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 16**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 17**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 18**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 19**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 20**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 21**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 22**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 23**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 24**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 25**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 26**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 27**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 28**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 29**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 30**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JANUARY 31**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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# February

**Think of all the beauty left around you and be happy.**

- Anne Frank

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Things I need to make happen this month:**

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# FEBRUARY 1

Today I Choose Happiness Because...


## SCHEDULE

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

## TASKS


## Awesome Things That Happened Today

## Notes

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# FEBRUARY 2

Today I Choose Happiness Because...


## SCHEDULE

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

## TASKS


## Awesome Things That Happened Today

## Notes

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**FEBRUARY 3**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 4**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 5**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 6**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 7**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 8**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 9**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 10**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 11**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 12**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 13**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 14**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 15**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 16**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 17**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 18**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 19**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 20**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 21**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 22**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 23**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 24**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 25**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 26**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 27**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 28**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**FEBRUARY 29**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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# March

**Happiness depends upon ourselves.**

- Aristotle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Things I need to make happen this month:**

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**MARCH 1**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 2**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 3**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
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5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 4**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 5**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 6**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 7**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 8**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 9**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 10**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 11**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 12**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 13**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 14**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 15**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 16**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 17**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 18**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 19**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 20**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 21**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 22**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 23**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 24**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 25**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 26**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 27**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 28**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 29**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 30**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MARCH 31**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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# April

**Being happy never goes out of style.**

- Lily Pulitzer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Things I need to make happen this month:**

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APRIL 1

Today I Choose Happiness Because...


SCHEDULE

7:00	
8:00	
9:00	
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12:00	
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3:00	
4:00	
5:00	
6:00	

TASKS


Awesome Things That Happened Today

Notes

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**APRIL 2**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 3**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 4**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 5**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 6**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 7**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 8**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 9**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 10**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 11**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 12**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 13**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 14**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 15**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 16**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 17**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 18**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 19**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 20**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 21**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 22**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 23**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 24**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 25**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 26**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 27**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 28**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 29**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**APRIL 30**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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# May

**Every day is a new day, and you'll never be able to find happiness  
if you don't move on.**

- Carrie Underwood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Things I need to make happen this month:**

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**MAY 1**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 2**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 3**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 4**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 5**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 6**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 7**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 8**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 9**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 10**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 11**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 12**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 13**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 14**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 15**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 16**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 17**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 18**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 19**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 20**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 21**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 22**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 23**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 24**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 25**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 26**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 27**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 28**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 29**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 30**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**MAY 31**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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# June

**Be happy for this moment. This moment is your life.**

- Omar Khayyam

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Things I need to make happen this month:**

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**JUNE 1**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 2**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 3**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 4**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 5**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 6**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 7**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 8**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 9**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 10**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 11**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 12**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 13**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 14**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 15**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 16**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 17**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 18**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 19**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 20**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 21**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 22**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 23**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 24**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 25**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 26**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 27**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 28**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 29**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JUNE 30**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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# July

**Happiness is not a goal...it's a by-product of a life well-lived.**

- Eleanor Roosevelt

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Things I need to make happen this month:**

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**JULY 1**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 2**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 3**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 4**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 5**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 6**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 7**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 8**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 9**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 10**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 11**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 12**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 13**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 14**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 15**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 16**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 17**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 18**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 19**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 20**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 21**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 22**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 23**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 24**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 25**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 26**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 27**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 28**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 29**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 30**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**JULY 31**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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# August

**Don't cry because it's over, smile because it happened.**

- Dr. Seuss

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Things I need to make happen this month:**

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**AUGUST 1**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 2**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 3**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 4**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 5**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 6**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 7**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 8**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 9**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 10**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 11**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 12**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 13**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 14**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 15**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 16**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 17**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 18**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 19**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 20**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 21**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 22**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 23**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 24**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 25**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 26**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 27**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 28**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 29**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 30**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**AUGUST 31**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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# September

**For every minute you are angry you lose sixty seconds of happiness.**

- Ralph Waldo Emerson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Things I need to make happen this month:**

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SEPTEMBER 1

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 2

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 3

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 4

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**SEPTEMBER 5**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**SEPTEMBER 6**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 7

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 8

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 9

Today I Choose Happiness Because...


SCHEDULE

7:00	
8:00	
9:00	
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TASKS


Awesome Things That Happened Today

Notes

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SEPTEMBER 10

Today I Choose Happiness Because...


SCHEDULE

7:00	
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TASKS


Awesome Things That Happened Today

Notes

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SEPTEMBER 11

Today I Choose Happiness Because...


**SCHEDULE**

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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**SEPTEMBER 12**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 13

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 14

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
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11:00	
12:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**SEPTEMBER 15**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
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5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 16

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 17

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
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6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 18

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 19

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 20

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
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4:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 21

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
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5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 22

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 23

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 24

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 25

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
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11:00	
12:00	
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2:00	
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5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 26

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 27

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 28

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 29

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
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11:00	
12:00	
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4:00	
5:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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SEPTEMBER 30

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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9:00	
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11:00	
12:00	
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3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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# October

**Do not set aside your happiness. Do not wait to be happy in the future. The best time to be happy is always now.**

- Roy T. Bennett

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Things I need to make happen this month:**

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**OCTOBER 1**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
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4:00	
5:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**OCTOBER 2**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
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4:00	
5:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 3

Today I Choose Happiness Because...


SCHEDULE

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
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5:00	
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TASKS


Awesome Things That Happened Today

Notes

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**OCTOBER 4**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
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10:00	
11:00	
12:00	
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5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**OCTOBER 5**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**OCTOBER 6**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
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11:00	
12:00	
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4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**OCTOBER 7**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
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5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**OCTOBER 8**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**OCTOBER 9**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
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12:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 10

Today I Choose Happiness Because...


SCHEDULE

7:00	
8:00	
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12:00	
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4:00	
5:00	
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TASKS


Awesome Things That Happened Today

Notes

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**OCTOBER 11**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 12

Today I Choose Happiness Because...


**SCHEDULE**

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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 13

Today I Choose Happiness Because...


**SCHEDULE**

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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 14

Today I Choose Happiness Because...


**SCHEDULE**

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12:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 15

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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11:00	
12:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 16

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
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11:00	
12:00	
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2:00	
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4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 17

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
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11:00	
12:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 18

Today I Choose Happiness Because...


SCHEDULE

7:00	
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TASKS


Awesome Things That Happened Today

Notes

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**OCTOBER 19**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
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12:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 20

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
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12:00	
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6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 21

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
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11:00	
12:00	
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2:00	
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4:00	
5:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 22

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 23

Today I Choose Happiness Because...


SCHEDULE

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

TASKS


Awesome Things That Happened Today

Notes

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OCTOBER 24

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
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4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 25

Today I Choose Happiness Because...


SCHEDULE

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

TASKS


Awesome Things That Happened Today

Notes

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**OCTOBER 26**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**OCTOBER 27**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 28

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 29

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 30

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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OCTOBER 31

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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# November

**The key to happiness is being happy by yourself and for yourself.**

- Ellen DeGeneres

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Things I need to make happen this month:**

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NOVEMBER 1

Today I Choose Happiness Because...


SCHEDULE

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

TASKS


Awesome Things That Happened Today

Notes

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NOVEMBER 2

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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NOVEMBER 3

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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NOVEMBER 4

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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NOVEMBER 5

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 6**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 7**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 8**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
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10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 9**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
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10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 10**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
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10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 11**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 12**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 13**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 14**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 15**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 16**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 17**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 18**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 19**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 20**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 21**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 22**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 23**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 24**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 25**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 26**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 27**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 28**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 29**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**NOVEMBER 30**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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# December

**Don't Worry, Be Happy**

- Bobby McFerrin

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Things I need to make happen this month:





DECEMBER 1

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 2

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**DECEMBER 3**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**DECEMBER 4**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 5

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
3:00	
4:00	
5:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**DECEMBER 6**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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2:00	
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4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 7

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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9:00	
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11:00	
12:00	
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2:00	
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4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 8

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
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11:00	
12:00	
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4:00	
5:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 9

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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12:00	
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2:00	
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5:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**DECEMBER 10**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
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10:00	
11:00	
12:00	
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2:00	
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4:00	
5:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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**DECEMBER 11**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 12

Today I Choose Happiness Because...


SCHEDULE

7:00	
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TASKS


Awesome Things That Happened Today

Notes

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**DECEMBER 13**

**Today I Choose Happiness Because...**


**SCHEDULE**

7:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 14

Today I Choose Happiness Because...


**SCHEDULE**

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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 15

Today I Choose Happiness Because...


**SCHEDULE**

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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 16

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 17

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 18

Today I Choose Happiness Because...


**SCHEDULE**

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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 19

Today I Choose Happiness Because...


**SCHEDULE**

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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 20

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 21

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 22

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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5:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 23

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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5:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 24

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 25

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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9:00	
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5:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 26

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 27

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 28

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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12:00	
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2:00	
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5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 29

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
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12:00	
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2:00	
3:00	
4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 30

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
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2:00	
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**TASKS**


**Awesome Things That Happened Today**

**Notes**

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DECEMBER 31

Today I Choose Happiness Because...


**SCHEDULE**

7:00	
8:00	
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11:00	
12:00	
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2:00	
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4:00	
5:00	
6:00	

**TASKS**


**Awesome Things That Happened Today**

**Notes**

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