

Astro-Luni-Solar Planner

Be Your Best Version
Spring 2023-2024

by Arcturus Solomon



Arcturus Astro-Luni-Solar Planner

Spring 2023-2024

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What Is an Astro-Luni-Solar Planner?

This planner is the result of seeking truth and what it takes to be one's best version. The purpose of this planner is to provide clarity to your vision and mission. This will help you identify the top priorities to focus on each day, assisting you in holding yourself accountable.

It is far easier to plan a course for a specific destination. When the target is vague or general, how would you know if you are on track or not? The worksheets that follow will help you craft your vision and mission statements as well as create a detailed image of what your greatest life experience looks like. These items will help you determine the goals you intend to achieve along the way. These serve as waypoints along your journey. It is highly recommended that you utilize S.M.A.R.T. goals to set up as your waypoints because:

- S – Specific – This is to ensure that you know the goal has been achieved. Earning a lot of money or losing a bunch of weight does not offer a specific landmark, whereas increasing sales by 10% over last year or losing 15 pounds does.
- M – Measurable – This attribute helps with the specificity. It will let you know how much further you have to go. It also serves to let you know that it has been achieved so you don't linger at the waypoint with no new aim in sight.
- A – Attainable – You are capable of achieving anything that your imagination can conceive. You are only limited in the present by your current mindset, skills, and resources. Setting a goal to win a marathon that takes place this weekend is not likely to happen if it's been 10 years since you ran further than 100 feet. Winning a marathon within 5 years is attainable, however, and would begin with setting a goal of walking for 30 minutes each day this week and constantly increasing this goal based on where you are.
- R – Relevant – Does the goal you are setting take you closer to fulfilling your mission and living the vision you see for your highest and best? Make sure the purpose of each and every goal is in line with your life statements.
- T – Timely – There should be a definite time-frame associated with each goal. Within 3 months, I will increase sales by 10% or I will lose 15 pounds before the winter solstice.

Since Time is an important factor to creating your goals, it makes sense to fully comprehend what Time is. It is simply a measurement of motion. The Gregorian calendar that is most commonly used throughout the world uses the motion of the sun to tell the time and date. In seeking truth, I discovered that this is incomplete. There are many other objects that move through the sky, namely the moon, planets, and stars. This is why I have incorporated these measurements into this planner.

The sun is great for telling us when days begin and end and when the seasons are. We can observe when the path of the sun reaches its zenith at the summer solstice and we are aware of when the sun sets beyond the horizon each evening signaling the beginning of night. The sundial will show us the 12 hours of the day, but the length of daylight varies. Dividing the day into 24 hours is useful for coordinating plans with others, but how well does it serve us when planning our own lives? Why arbitrarily begin a day in the middle of the night? For this planner, a day begins at sunrise, not midnight. You may notice that a moon phase listed such as a full moon, may peak at 2:00 am on the 27th according to the Gregorian method, but because our day does not begin until sunrise at 6:30 am, it would be listed as happening on the 26th for this planner.

The word month lets you know its origin as it came into use as observing a moon cycle. Because the popular calendar only uses the sun for its measurements, the months were also arbitrarily divided into a year. A year, by the way, that has to be occasionally corrected with leap days and even leap seconds to keep accuracy. This is why the moon is what

determines the month or Moonth for this planner. The Gregorian dates are referenced for each day so you are still able to coordinate your plans with everyone that chooses to continue using that calendar. The full light moon is the visual cue for the beginning of the month. Every time the moon is full, it is followed by a sunrise where the moon is still visible in the sky and sets within a half hour. This means that the international dateline for each month is going to change. The calendar in this planer is set for Central Time, U.S.A. Lunar is also the determination for when the year begins as we don't desire to begin a year in the middle of a moon cycle. This means that some years are going to have 12 moon cycles while others will have 13.

This planner is still in its very early phases and does not incorporate the astrological portion of the calendar. The goal is to have this aspect included in future versions complete with a full-featured downloadable app. The planets and stars that rule our night skies all have their own unique energies that influence us in subtle ways. None of these influences are there to thwart you from fulfilling your purpose. You may choose, however, to look at the energies available to you when planning out your days in order to maximize your efforts and minimize any resistance you may encounter on your journey.

This planner is designed to help you remain accountable to yourself to do what you intend to do. It is easy for many of us to put off the things we should be doing for ourselves. We tend to prioritize others over ourselves. When we do this, it holds us back from offering the best version of ourselves to the world. By using this planner you are putting yourself first to correct bad habits, instill useful ones, change your faulty belief structure, achieve goals with purpose, and ultimately fulfill your mission. It's not always easy to do this on your own, which is why the Healing Light Accountability Partner Program is available to you to help you succeed. If you are interested in working with partners that are also working on becoming their best version go to <https://lorielandarcturus.com/healing-light/services/accountability-group/> to get started now.

You will find 4 worksheets in the next section that will help you craft your vision and mission statements, identify your top goals to focus on, create a motivational story to read each day, and become aware of current habits to break and new habits to create.

Worksheet - Crafting Your Vision and Mission Statements

These questions will help to raise your self-awareness. **Important** – Answer each question in 2 minutes or less. Suggestion: Read the question, take 3 deep breaths, then start a timer.

1. Imagine your ideal life...What are your most desired experiences? Put no limitations on your response including money and time.

2. Who am I?

3. How do I envision my growth?

4. What gifts do I desire to give to the world?

5. What legacy do I desire to leave once my mission is completed?

6. Imagine my mission is accomplished...How do I feel? What can I do to call this feeling to me now and anytime along my journey?

7. What am I most passionate about? Which values are most important to me?

8. What brings me the most joy? What causes me to be filled with peace?

9. What does it mean to me to be successful in all areas of life?

10. Ask 5 people to share with you what they admire most about you and write their responses below.

<hr/>	<hr/>
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<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

11. My top 10 accomplishments so far are...

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
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<hr/>	<hr/>

To create your **Vision Statement** review the responses from questions 1, 3, 5, 7, 8, and 9. Does my statement show what you love to do, be, give, feel, and share? Does my statement inspire me to take action?

Your **Mission Statement** will encompass your past successes (11), values (7, 8, 10), your desire to give (4), and your goals (1, 3, 9). Does this statement define your essence and the impact you desire to have on the world? This statement, when done correctly, will inspire you to rise each day with passion to live and fulfill your purpose.

Write these statements in the front of your planner and review them at the beginning and end of each day for maximum impact.

Worksheet – Setting and Prioritizing Your Goals

People tend to overestimate what they are capable of accomplishing in a year or less, but drastically underestimate what they can achieve in 5 years or more. The first step in identifying the best goals for you to be focusing on in the present to let your imagination run wild and dream of the grandest vision you can perceive. For this exercise put no limits on what you can do or be. Imagine you have unlimited resources and assistance to acquire anything and have any experience. This is not a time to implement S.M.A.R.T. goals - that comes later. You will be writing out 50 goals in all areas that you desire to succeed at during your experience on Earth. Include goals for Health (physical, emotional, mental, and behavioral), Spiritual, Growth, Finances, Career/Business/Volunteer, Fun/Recreation, and Relationships.

1.	26.
2.	27.
3.	28.
4.	29.
5.	30.
6.	31.
7.	32.
8.	33.
9.	34.
10.	35.
11.	36.
12.	37.
13.	38.
14.	39.
15.	40.
16.	41.
17.	42.
18.	43.
19.	44.
20.	45.
21.	46.
22.	47.
23.	48.
24.	49.
25.	50.

Once you have listed 50 goals, go back and add a time frame in which you wish to achieve these goals in terms of months (3, 6, or 9), years (1, 3, 5, 10, 20).

Worksheet - Crafting Your Vision and Mission Statements

From the list you have just created, circle the top 5 goals that you desire to achieve within the next year. Write them out here and include why these are the most important to you.

This is What I Truly Desire:	Why?
1.	
2.	
3.	
4.	
5.	

These goals are now your only focus in order to avoid being overwhelmed. Avoid all other goals until these have been achieved or during a month or seasonal review, you decide to adjust your top 5 goals. Now we are going to break these goals down to determine the next step for each. For each 1 year goal, identify what must be achieved in 9 months, 6 months, 3 months, and 1 month.

Goal 1:
Reward when achieved:
I will achieve in 9 months:
I will achieve in 6 months:
I will achieve in 3 months:
I will achieve in 1 month:
Goal 2:
Reward when achieved:
I will achieve in 9 months:
I will achieve in 6 months:
I will achieve in 3 months:
I will achieve in 1 month:
Goal 3:
Reward when achieved:
I will achieve in 9 months:
I will achieve in 6 months:

I will achieve in 3 months:
I will achieve in 1 month:
Goal 4:
Reward when achieved:
I will achieve in 9 months:
I will achieve in 6 months:
I will achieve in 3 months:
I will achieve in 1 month:
Goal 5:
Reward when achieved:
I will achieve in 9 months:
I will achieve in 6 months:
I will achieve in 3 months:
I will achieve in 1 month:

Use this sheet to identify your top 3 goals for each moon cycle as you work through the planner. This will help you remain focused on your highest and best path to fulfilling your mission. You will notice on the month sheets in the planner a section for your top 3 goals. Write these in there and the reward you will gift yourself when completed. It also has a section to put in 5 action steps. It is best to focus on one step at a time so only fill out the next step that you must take to complete the goal along with the target date you intend to complete it by. Once the step is completed, check it off with the date done, and add the next step with the target completion date. You may use the notes section in the bottom right if there are more than 5 steps required to accomplish a particular goal.

Worksheet – Formulating Your Strategy

This section is going to help you become aware of any blocks and distractions that are keeping you from realizing your dreams, and identify new skills and habits that will aid you along your journey.

My biggest fears are:	I choose to believe this instead:
1.	
2.	
3.	
4.	
5.	

My biggest distractions are:	I choose to take these actions steps to remove these distractions:
1.	
2.	
3.	
4.	
5.	

It is well known that we behave and think like the people that we surround ourselves with most often. Choose your friends wisely.

People who influence me negatively:	Positive people I choose to spend more time with:
1.	
2.	
3.	
4.	
5.	

Habits are the behaviors that we perform automatically. Some habits are daily habits, such as practicing good hygiene. Other habits are programmed to come out when something triggers us. Someone may say something and you feel like you were punched in the stomach. The habit is how you respond to this trigger, including the emotion that comes with it. There are tools available that help to remove the emotion that comes with the trigger. If you desire to receive expert guidance on identifying and removing these blocks book a session with us at <https://www.lorielandarcturus.com> or email us at heal@lorielandarcturus.com.

You can also change this habit by simply observing the chain of events that happen when you are triggered. Which emotion shows up, and what is the automatic response that you exhibit? Once you are aware of it, you may choose to replace it with a different response. Do not expect the habit to change immediately, though, you may find that it gets easier and doesn't take as long the more you do it. Each month you should only focus on one habit you are breaking, one you are creating, and a new skill you're developing. Do not change the target until the habit is completely broken or implemented. This means you may be working on the same habits for multiple months.

On average, a new habit takes over 66 days to turn into an automatic habit. Some take much longer, such as quitting smoking. Some simple ones may only require one month. Be kind to yourself as you go through this process. Mistakes will be made, but progress is remembered. Keep going and if you miss a day or two trying to break a habit, keep focusing on it and know you will achieve it the next day. You've got this!

I choose to break these habits that no longer serve me:	I will master these new habits instead:
1.	
2.	
3.	
4.	
5.	

Skills I desire to master to achieve my goals:	What will I do to acquire these skills?
1.	
2.	
3.	
4.	
5.	

Because of the nature of forming new habits, we are working with the subconscious mind. Often, these negative habits are there because of trauma(s) we may have endured throughout our journey. Working with accountability partners is an excellent way to develop the courage and fortitude to keep going when it gets rough. We have developed an accountability program if you are interested in working with others that are also striving to be their very best. Find out more by visiting: <https://lorielandarcturus.com/healing-light/services/accountability-group/>.

Using This Planner

Now that you have filled out all of the worksheets, you are ready to begin transforming your life into the highest and best that you can imagine. The worksheets are the foundations upon which you are going to build your grandest life experiences. This planner is laid out in a simple format and is aligned with the moon cycles. The Gregorian dates are also listed on each day for easy reference to help you coordinate with others while filling out your planner.

The first page for each month has a calendar and begins with the Question of the Moonth. This is a question to reflect on each day during this lunar cycle. On the left you will find 4 boxes to fill out. The first one is **Intention**. Write out your desired intention for this moon cycle. The next box is **Breaking Habit**. Choose the habit that will have the greatest impact on your journey at this time and stick with it until the habit is gone. This may take multiple months. Once the habit is broken, you may use the worksheet to identify the next habit to begin breaking. The next box is **New Habit**. Identify which habit will have the greatest impact and begin implementing it. The next box is **New Skill**. This is the skill that you are working on developing. Maybe you need to learn how to use a new software, or you desire to learn yoga or another spiritual practice. Write out the one you are working on here. These boxes go along with the **Habit Tracker** that you find on the weekly pages. Write them out there as well and note each day that you are successful.

At the bottom left of the month page you find an area to place your top 3 goal for the month. Use the Goal Setting worksheet to help you choose which goals are the most important for you to focus on. Write out the top 3, your reason for choosing this goal is the **Why?**, and pick how you will reward yourself. The **Action Steps** are to be filled out one step at a time and note the target date you intend to complete it by. Once completed, check off, and add the next one. The bottom right is to write out any notes you desire to take regarding the month you are experiencing.

The weekly pages are laid out for you to highlight 1 goal and 3 priorities for the day, along with time lines to write out appointments and planning out your day. The top will tell you the common Gregorian day of the week and the Gregorian date next to **Priorities**. The best practice is to review your day at the end and fill in what you intend to do the following day before you fall asleep. Then, visualize it all happening for the highest and best of all as you drift off. You will notice that the first week of each month has 8 days listed, while the 2nd and 3rd have 7 days. The last week varies and will have 7 days during a 29-day lunar cycle and 8 days for a 30-day cycle. At the bottom of the weekly pages you will find a place to list **This Week's Priorities** from high to low and next to that the **Habit Tracker**. **My Story** is already filled in and this is the story you are to read aloud each day. The next lines will be used to track the habit you are breaking, the new habit you are creating, and the skill you are developing. You may also choose to track other daily habits here such as exercise, meditation, gratitude, etc. There is also an area to jot down notes you may wish to take throughout the week.

Review is something that should be done frequently. Each day should have a review at the end as you are planning out the following day. You will also find sheets at the end of each month to review the month and reminders at the start of each season to do a seasonal reviews as well. The seasonal review asks you to review the worksheets you filled out and is there anything to change or adjust. Use the worksheets you filled out this year as a review as you write out the new year's worksheets.

May All of Your Wildest Dreams Come True

Moonth 1		Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday												
Question of the Moonth: What am I most excited about creating this year?								1 Happy New Year's Day April 6, 2023												
Intention		2 April 7, 2023	3 April 8, 2023	4 April 9, 2023	5 April 10, 2023	6 April 11, 2023	7 April 12, 2023	8 April 13, 2023												
Breaking Habit		9 April 14, 2023	10 April 15, 2023	11 April 16, 2023	12 April 17, 2023	13 April 18, 2023	14 April 19, 2023	15 April 20, 2023												
New Habit		16 April 21, 2023	17 April 22, 2023	18 April 23, 2023	19 April 24, 2023	20 April 25, 2023	21 April 26, 2023	22 April 27, 2023												
New Skill		23 April 28, 2023	24 April 29, 2023	25 April 30, 2023	26 May 1, 2023	27 May 2, 2023	28 May 3, 2023	29 May 4, 2023												
Top 3 Goals		30 May 5, 2023	Top Priority Tasks to Achieve Desired Results					<table border="1"> <thead> <tr> <th>Journal</th> <th>Gratitude</th> <th>Wins</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td colspan="4" style="height: 300px;"></td> </tr> </tbody> </table>		Journal	Gratitude	Wins	Notes							
Journal	Gratitude	Wins	Notes																	
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1																				
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3																				
4																				
5																				
Why?		Reward When Achieved																		

Review Your Month

Celebrate My Top 10 Achievements

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Habit Tracker – How Did I Do?

My Story	/30	/30
	/30	/30
	/30	/30
	/30	/30

What Am I Most Grateful For?

What Will I Improve?

What Fears or Distractions Did I Become Aware Of?

Did I Fully Enjoy Whatever I Was Doing?
Why or Why Not?

Moonth 2		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Intention		Question of the Moonth: What habit is holding me back from fulfilling my purpose? Am I ready to commit to changing it? To what?							1 May 6, 2023
		2 May 7, 2023	3 May 8, 2023	4 May 9, 2023	5 May 10, 2023	6 May 11, 2023	7 May 12, 2023	8 May 13, 2023	
Breaking Habit		9 May 14, 2023	10 May 15, 2023	11 May 16, 2023	12 May 17, 2023	13 May 18, 2023	14 May 19, 2023	15 May 20, 2023	
		16 May 21, 2023	17 May 22, 2023	18 May 23, 2023	19 May 24, 2023	20 May 25, 2023	21 May 26, 2023	22 May 27, 2023	
New Habit		23 May 28, 2023	24 May 29, 2023	25 May 30, 2023	26 May 31, 2023	27 June 1, 2023	28 June 2, 2023	29 June 3, 2023	
New Skill									

Top 3 Goals		Action Steps		Journal	Gratitude	Wins	Notes
1	Why?	Reward When Achieved	1				
			2				
			3				
			4				
			5				
2	Why?	Reward When Achieved	1				
			2				
			3				
			4				
			5				
3	Why?	Reward When Achieved	1				
			2				
			3				
			4				
			5				

Review Your Month

Celebrate My Top 10 Achievements

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Habit Tracker – How Did I Do?

My Story	/29	/29
	/29	/29
	/29	/29
	/29	/29

What Am I Most Grateful For?

What Will I Improve?

What Fears or Distractions Did I Become Aware Of?

Did I Fully Enjoy Whatever I Was Doing?
Why or Why Not?

Moonth 3		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Question of the Moonth: What gets me excited about life?								1			
Intention									June 4, 2023		
2		3	4	5	6	7	8				
June 5, 2023		June 6, 2023	June 7, 2023	June 8, 2023	June 9, 2023	June 10, 2023	Summer Solstice June 10, 2023	June 11, 2023			
Breaking Habit		9	10	11	12	13	14	15			
June 12, 2023		June 13, 2023	June 14, 2023	June 15, 2023	June 16, 2023	June 17, 2023	June 18, 2023	June 18, 2023			
New Habit		16	17	18	19	20	21	22			
June 19, 2023		June 20, 2023	June 21, 2023	June 22, 2023	June 23, 2023	June 24, 2023	June 25, 2023	June 25, 2023			
New Skill		23	24	25	26	27	28	29			
June 26, 2023		June 27, 2023	June 28, 2023	June 29, 2023	June 30, 2023	July 1, 2023	July 2, 2023	July 2, 2023			
30		Top Priority Tasks to Achieve Desired Results									
Top 3 Goals		July 3, 2023	Action Steps					Journal	Gratitude	Wins	Notes
1		1									
Why?		2									
Reward When Achieved		3									
		4									
		5									
2		1									
Why?		2									
Reward When Achieved		3									
		4									
		5									
3		1									
Why?		2									
Reward When Achieved		3									
		4									
		5									

Review Your Month

Celebrate My Top 10 Achievements

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Habit Tracker – How Did I Do?

My Story	/30	/30
	/30	/30
	/30	/30
	/30	/30

What Am I Most Grateful For?

What Will I Improve?

What Fears or Distractions Did I Become Aware Of?

Did I Fully Enjoy Whatever I Was Doing?
Why or Why Not?

Moonth 4		Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	
Intention		Question of the Moonth: What qualities do I most admire in others? Can I increase those qualities in me?							1 July 4, 2023
		2 July 5, 2023	3 July 6, 2023	4 July 7, 2023	5 July 8, 2023	6 July 9, 2023	7 July 10, 2023	8 July 11, 2023	
Breaking Habit		9 July 12, 2023	10 July 13, 2023	11 July 14, 2023	12 July 15, 2023	13 July 16, 2023	14 July 17, 2023	15 July 18, 2023	
		16 July 19, 2023	17 July 20, 2023	18 July 21, 2023	19 July 22, 2023	20 July 23, 2023	21 July 24, 2023	22 July 25, 2023	
New Habit		23 July 26, 2023	24 July 27, 2023	25 July 28, 2023	26 July 29, 2023	27 July 30, 2023	28 July 31, 2023	29 August 1, 2023	
New Skill		Some Lunar Cycles have 30 days. This one only has 29.							

Top 3 Goals		Top Priority Tasks to Achieve Desired Results			Journal	Gratitude	Wins	Notes
1	Why?	Reward When Achieved	Action Steps					
			1					
			2					
			3					
			4					
2	Why?	Reward When Achieved	Action Steps					
			1					
			2					
			3					
			4					
3	Why?	Reward When Achieved	Action Steps					
			1					
			2					
			3					
			4					

Review Your Month

Celebrate My Top 10 Achievements

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Habit Tracker – How Did I Do?



My Story	/29	/29
	/29	/29
	/29	/29
	/29	/29

What Am I Most Grateful For?

What Will I Improve?

What Fears or Distractions Did I Become Aware Of?

Did I Fully Enjoy Whatever I Was Doing?
Why or Why Not?

Moonth 5		Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	
Question of the Moonth: Which area of life would best serve me to improve now?								1	
Intention									August 2, 2023
2		3	4	5	6	7	8		
August 3, 2023		August 4, 2023	August 5, 2023	August 6, 2023	August 7, 2023	August 8, 2023	August 9, 2023		
Breaking Habit		9	10	11	12	13	14 	15	
August 10, 2023		August 11, 2023	August 12, 2023	August 13, 2023	August 14, 2023	August 15, 2023	August 16, 2023		
New Habit		16	17	18	19	20	21	22	
August 17, 2023		August 18, 2023	August 19, 2023	August 20, 2023	August 21, 2023	August 22, 2023	August 23, 2023		
New Skill		23	24	25	26	27	28	29 	
August 24, 2023		August 25, 2023	August 26, 2023	August 27, 2023	August 28, 2023	August 29, 2023	August 30, 2023		

Some Lunar Cycles have 30 days. This one only has 29.

Top Priority Tasks to Achieve Desired Results

Top 3 Goals		Action Steps				Journal	Gratitude	Wins	Notes	
1	Why?	Reward When Achieved	1							
			2							
			3							
			4							
			5							
2	Why?	Reward When Achieved	1							
			2							
			3							
			4							
			5							
3	Why?	Reward When Achieved	1							
			2							
			3							
			4							
			5							

Review Your Month

Celebrate My Top 10 Achievements

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Habit Tracker – How Did I Do?



My Story	/29	/29
	/29	/29
	/29	/29
	/29	/29

What Am I Most Grateful For?

What Will I Improve?

What Fears or Distractions Did I Become Aware Of?

Did I Fully Enjoy Whatever I Was Doing?
Why or Why Not?

Moonth 6		Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	
Question of the Moonth: What routine activities can I practice more mindfulness with?								1	
Intention									August 31, 2023
2		3	4	5	6	7	8		
September 1, 2023		September 2, 2023	September 3, 2023	September 4, 2023	September 5, 2023	September 6, 2023	September 7, 2023		
Breaking Habit		9	10	11	12	13	14	15	
September 8, 2023		September 9, 2023	September 10, 2023	September 11, 2023	September 12, 2023	September 13, 2023	September 14, 2023		
16		17	18	19	20	21	22		
September 15, 2023		September 16, 2023	September 17, 2023	September 18, 2023	September 19, 2023	September 20, 2023	September 21, 2023		
New Habit		23	24	25	26	27	28	29	
September 22, 2023		September 23, 2023	September 24, 2023	September 25, 2023	September 26, 2023	September 27, 2023	September 28, 2023		
New Skill									
Top 3 Goals		Top Priority Tasks to Achieve Desired Results							
		Action Steps							
1		1							
Why?		2							
		3							
		4							
		5							
2		1							
Why?		2							
		3							
		4							
		5							
3		1							
Why?		2							
		3							
		4							
		5							
		Journal							
		Gratitude							
		Wins							
		Notes							

16		Friday		17		Saturday		18		Sunday		19		Monday		20		Tuesday		21		Wednesday		22		Thursday	
Today's Goal			Today's Goal				Today's Goal				Today's Goal				Today's Goal				Today's Goal				Today's Goal				
	9/15	Priorities	9/16	Priorities	9/17	Priorities	9/18	Priorities	9/19	Priorities	9/20	Priorities	9/21	Priorities													
	1		1		1		1		1		1		1														
	2		2		2		2		2		2		2														
3		3		3		3		3		3		3															
rise				rise				rise				rise				rise				rise				rise			
noon				noon				noon				noon				noon				noon				noon			
set				set				set				set				set				set				set			
This Week's Priorities								Habit Tracker							Journal			Wins		Notes							
High	Habit		1	2	3	4	5	6	7																		
Low																											

Review Your Month

Celebrate My Top 10 Achievements

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Habit Tracker – How Did I Do?

My Story	/29	/29
	/29	/29
	/29	/29
	/29	/29

What Am I Most Grateful For?

What Will I Improve?

What Fears or Distractions Did I Become Aware Of?

Did I Fully Enjoy Whatever I Was Doing?
Why or Why Not?

Moonth 7		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Question of the Moonth: What words best describe the year I am having so far?								1
Intention								September 29, 2023
2		3	4	5	6	7	8	
September 30, 2023		October 1, 2023	October 2, 2023	October 3, 2023	October 4, 2023	October 5, 2023	October 6, 2023	
Breaking Habit		9	10	11	12	13	14	15
October 7, 2023		October 8, 2023	October 9, 2023	October 10, 2023	October 11, 2023	October 12, 2023	October 13, 2023	
16		17	18	19	20	21	22	
October 14, 2023		October 15, 2023	October 16, 2023	October 17, 2023	October 18, 2023	October 19, 2023	October 20, 2023	
New Habit		23	24	25	26	27	28	29
October 21, 2023		October 22, 2023	October 23, 2023	October 24, 2023	October 25, 2023	October 26, 2023	October 27, 2023	
New Skill		30						
October 28, 2023		Top Priority Tasks to Achieve Desired Results						

Top 3 Goals <th>Journal</th> <th>Gratitude</th> <th>Wins</th> <th>Notes</th>		Journal	Gratitude	Wins	Notes
1					
Why?					
	Reward When Achieved				
	1				
	2				
	3				
	4				
	5				
2					
Why?					
	Reward When Achieved				
	1				
	2				
	3				
	4				
	5				
3					
Why?					
	Reward When Achieved				
	1				
	2				
	3				
	4				
	5				

Review Your Month

Celebrate My Top 10 Achievements

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Habit Tracker – How Did I Do?

My Story	/30	/30
	/30	/30
	/30	/30
	/30	/30

What Am I Most Grateful For?

What Will I Improve?

What Fears or Distractions Did I Become Aware Of?

Did I Fully Enjoy Whatever I Was Doing?
Why or Why Not?

Moonth 8		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Question of the Moonth: Where I am being judgmental with me?								1
Intention								October 29, 2023
2		3	4	5	6	7	8	
October 30, 2023		October 31, 2023	November 1, 2023	November 2, 2023	November 3, 2023	November 4, 2023	November 5, 2023	
Breaking Habit		9	10	11	12	13	14	15
November 6, 2023		November 7, 2023	November 8, 2023	November 9, 2023	November 10, 2023	November 11, 2023	November 12, 2023	
16		17	18	19	20	21	22	
November 13, 2023		November 14, 2023	November 15, 2023	November 16, 2023	November 17, 2023	November 18, 2023	November 19, 2023	
New Habit		23	24	25	26	27	28	29
November 20, 2023		November 21, 2023	November 22, 2023	November 23, 2023	November 24, 2023	November 25, 2023	November 26, 2023	
New Skill								

Top 3 Goals		Action Steps		Journal	Gratitude	Wins	Notes
1	Why?	Reward When Achieved	1				
			2				
			3				
			4				
			5				
2	Why?	Reward When Achieved	1				
			2				
			3				
			4				
			5				
3	Why?	Reward When Achieved	1				
			2				
			3				
			4				
			5				



Review Your Month

Celebrate My Top 10 Achievements

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Habit Tracker – How Did I Do?

My Story	/29	/29
	/29	/29
	/29	/29
	/29	/29

What Am I Most Grateful For?

What Will I Improve?

What Fears or Distractions Did I Become Aware Of?

Did I Fully Enjoy Whatever I Was Doing?
Why or Why Not?

Moonth 9		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	
Question of the Moonth: What relationships am I allowing that do not serve me?								1	
Intention									November 27, 2023
2		3	4	5	6	7	8		
November 28, 2023		November 29, 2023	November 30, 2023	December 1, 2023	December 2, 2023	December 3, 2023	December 4, 2023		
Breaking Habit		9	10	11	12	13	14	15	
December 5, 2023		December 6, 2023	December 7, 2023	December 8, 2023	December 9, 2023	December 10, 2023	Winter Solstice	December 11, 2023	
16		17	18	19	20	21	22		
December 12, 2023		December 13, 2023	December 14, 2023	December 15, 2023	December 16, 2023	December 17, 2023	December 18, 2023		
New Habit		23	24	25	26	27	28	29	
December 19, 2023		December 20, 2023	December 21, 2023	December 22, 2023	December 23, 2023	December 24, 2023	December 25, 2023		
New Skill		30	Top Priority Tasks to Achieve Desired Results						
December 26, 2023		Action Steps							
1		1					Journal		
Why?		2					Gratitude		
Reward When Achieved		3					Wins		
		4					Notes		
		5							
2		1							
Why?		2							
Reward When Achieved		3							
		4							
		5							
3		1							
Why?		2							
Reward When Achieved		3							
		4							
		5							

16	Tuesday	17	Wednesday	18	Thursday	19	Friday	20	Saturday	21	Sunday	22	Monday			
Today's Goal		Today's Goal		Today's Goal		Today's Goal		Today's Goal		Today's Goal		Today's Goal				
12/12	Priorities	12/13	Priorities	12/14	Priorities	12/15	Priorities	12/16	Priorities	12/17	Priorities	12/18	Priorities			
1		1		1		1		1		1		1				
2		2		2		2		2		2		2				
3		3		3		3		3		3		3				
rise		rise		rise		rise		rise		rise		rise				
noon		noon		noon		noon		noon		noon		noon				
set		set		set		set		set		set		set				
This Week's Priorities				Habit Tracker							Journal		Wins		Notes	
				Habit	1	2	3	4	5	6	7					
High																
Low																

Review Your Month

Celebrate My Top 10 Achievements

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Habit Tracker – How Did I Do?



My Story	/30	/30
	/30	/30
	/30	/30
	/30	/30

What Am I Most Grateful For?

What Will I Improve?

What Fears or Distractions Did I Become Aware Of?

Did I Fully Enjoy Whatever I Was Doing?
Why or Why Not?

Moonth 10		Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	
Intention		Question of the Moonth: What has been triggering me lately? What is the root cause that I can let go of?							1 December 27, 2023
		2 December 28, 2023	3 December 29, 2023	4 December 30, 2023	5 December 31, 2023	6 January 1, 2024	7 January 2, 2024	8 January 3, 2024	
Breaking Habit		9 January 4, 2024	10 January 5, 2024	11 January 6, 2024	12 January 7, 2024	13 January 8, 2024	14 January 9, 2024	15 January 10, 2024 	
		16 January 11, 2024	17 January 12, 2024	18 January 13, 2024	19 January 14, 2024	20 January 15, 2024	21 January 16, 2024	22 January 17, 2024	
New Habit		23 January 18, 2024	24 January 19, 2024	25 January 20, 2024	26 January 21, 2024	27 January 22, 2024	28 January 23, 2024	29 January 24, 2024 	
New Skill									

Some Lunar Cycles have 30 days. This one only has 29.

Top Priority Tasks to Achieve Desired Results

Top 3 Goals

1	Reward When Achieved
Why?	
2	Reward When Achieved
Why?	
3	Reward When Achieved
Why?	

Action Steps

1
2
3
4
5
1
2
3
4
5

Journal	Gratitude	Wins	Notes
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Review Your Month

Celebrate My Top 10 Achievements

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Habit Tracker – How Did I Do?

My Story	/29	/29
	/29	/29
	/29	/29
	/29	/29

What Am I Most Grateful For?

What Will I Improve?

What Fears or Distractions Did I Become Aware Of?

Did I Fully Enjoy Whatever I Was Doing?
Why or Why Not?

Moonth 11		Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	
Question of the Moonth: Where am I out of balance with giving and receiving?								1	
Intention									January 25, 2024
2		3	4	5	6	7	8		
January 26, 2024		January 27, 2024	January 28, 2024	January 29, 2024	January 30, 2024	January 31, 2024	February 1, 2024		
Breaking Habit		9	10	11	12	13	14	15	
February 2, 2024		February 3, 2024	February 4, 2024	February 5, 2024	February 6, 2024	February 7, 2024	February 8, 2024		
16		17	18	19	20	21	22		
February 9, 2024		February 10, 2024	February 11, 2024	February 12, 2024	February 13, 2024	February 14, 2024	February 15, 2024		
23		24	25	26	27	28	29		
February 16, 2024		February 17, 2024	February 18, 2024	February 19, 2024	February 20, 2024	February 21, 2024	February 22, 2024		
30		Top Priority Tasks to Achieve Desired Results							
February 23, 2024		Action Steps							
1		1							
Why?		2							
Reward When Achieved		3							
		4							
		5							
2		1							
Why?		2							
Reward When Achieved		3							
		4							
		5							
3		1							
Why?		2							
Reward When Achieved		3							
		4							
		5							
		Journal				Gratitude		Wins	Notes

Review Your Month

Celebrate My Top 10 Achievements

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Habit Tracker – How Did I Do?

My Story	/30	/30
	/30	/30
	/30	/30
	/30	/30

What Am I Most Grateful For?

What Will I Improve?

What Fears or Distractions Did I Become Aware Of?

Did I Fully Enjoy Whatever I Was Doing?
Why or Why Not?

Moonth 12		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Question of the Moonth: What am I most grateful for that happened this year?								1	
Intention								February 24, 2023	
		2	3	4	5	6	7	8	
		February 25, 2023	February 26, 2023	February 27, 2023	February 28, 2023	March 1, 2023	March 2, 2023	March 3, 2023	
Breaking Habit		9	10	11	12	13	14	15	
		March 4, 2023	March 5, 2023	March 6, 2023	March 7, 2023	March 8, 2023	Spring Equinox March 9, 2023	March 10, 2023	
		16	17	18	19	20	21	22	
New Habit		March 11, 2023	March 12, 2023	March 13, 2023	March 14, 2023	March 15, 2023	March 16, 2023	March 17, 2023	
		23	24	25	26	27	28	29	
New Skill		March 18, 2023	March 19, 2023	March 20, 2023	March 21, 2023	March 22, 2023	March 23, 2023	March 24, 2023	
		30	Top Priority Tasks to Achieve Desired Results						
Top 3 Goals		March 25, 2023	Action Steps						
1		1							
Why?		2							
		3							
		4							
		5							
2		1							
Why?		2							
		3							
		4							
		5							
3		1							
Why?		2							
		3							
		4							
		5							
				Journal		Gratitude		Wins	Notes

Review Your Month

Celebrate My Top 10 Achievements

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Habit Tracker – How Did I Do?

My Story	/30	/30
	/30	/30
	/30	/30
	/30	/30

What Am I Most Grateful For?

What Will I Improve?

What Fears or Distractions Did I Become Aware Of?

Did I Fully Enjoy Whatever I Was Doing?
Why or Why Not?
