



Goals and Plans for the Month

SAMPLE PREVIEW  
betterdayplanner.com

# January 2017

Work Week 1

Quarter 1

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

	Mon	Tue	Wed	Thu	
	01/02	01/03	01/04	01/05	
5 am					
6 am					
7 am					
8 am					
9 am					
10 am					
11 am					
12 pm					
1 pm					
2 pm					
3 pm					
4 pm					
5 pm					
6 pm					
7 pm					
8 pm					
9 pm					
Other	New Year's Day (Observed)				

# January 2017

Your chances of success in any undertaking can always be measured by your belief in yourself.

– Robert Collier

	Fri	Sat	Sun	Notes
5 am	01/06		01/07	
6 am				
7 am				
8 am				
9 am				
10 am				
11 am				
12 pm				
1 pm				
2 pm				
3 pm				
4 pm				
5 pm				
6 pm				
7 pm				
8 pm				
9 pm				
Other				

# January 2017

Work Week 2

Quarter 1

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

	Mon	Tue	Wed	Thu
5 am	01/09	01/10	01/11	01/12
6 am				
7 am				
8 am				
9 am				
10 am				
11 am				
12 pm				
1 pm				
2 pm				
3 pm				
4 pm				
5 pm				
6 pm				
7 pm				
8 pm				
9 pm				
Other				

Motivation is the art of getting people to do what you want them to do because they want to do it.

- Dwight D. Eisenhower

# January 2017

	Fri	Sat	Sun	Notes
5 am				
6 am				
7 am				
8 am				
9 am				
10 am				
11 am				
12 pm				
1 pm				
2 pm				
3 pm				
4 pm				
5 pm				
6 pm				
7 pm				
8 pm				
9 pm				
Other				

# January 2017

Work Week 3

Quarter 1

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

	Mon	Tue	Wed	Thu	
	01/16		01/17	01/18	01/19
5 am					
6 am					
7 am					
8 am					
9 am					
10 am					
11 am					
12 pm					
1 pm					
2 pm					
3 pm					
4 pm					
5 pm					
6 pm					
7 pm					
8 pm					
9 pm					
Other	<i>Martin Luther King Day</i>				

A tragic irony of life is that we so often achieve success or financial independence after the chief reason for which we sought it has passed away.

- Ellen Glasgow

# January 2017

	Fri	Sat	Sun	Notes
5 am	01/20	01/21	01/22	
6 am				
7 am				
8 am				
9 am				
10 am				
11 am				
12 pm				
1 pm				
2 pm				
3 pm				
4 pm				
5 pm				
6 pm				
7 pm				
8 pm				
9 pm				
Other				



# January 2017

Work Week 4

Quarter 1

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

	Mon	Tue	Wed	Thu	
	01/23	01/24	01/25	01/26	
5 am					
6 am					
7 am					
8 am					
9 am					
10 am					
11 am					
12 pm					
1 pm					
2 pm					
3 pm					
4 pm					
5 pm					
6 pm					
7 pm					
8 pm					
9 pm					
Other					

Patience, persistence and perspiration make an unbeatable combination for success.

- Napoleon Hill

# January 2017

	Fri	01/27 Sat	01/28 Sun	01/29	Notes
5 am					
6 am					
7 am					
8 am					
9 am					
10 am					
11 am					
12 pm					
1 pm					
2 pm					
3 pm					
4 pm					
5 pm					
6 pm					
7 pm					
8 pm					
9 pm					
Other		<i>Chinese New Year</i>			

# January 2017

Notes

SAMPLE PREVIEW  
betterdayplanner.com

## Opportunities for Improvement Last Month

*My biggest mistake/problem last month was:*

*How can I improve the situation? (Do I owe any amends?)*

*What have I learned from this situation? What will I do differently?*

## Success to Remember Last Month

*My greatest achievement/satisfaction last month was:*

*Was this success temporary or permanent? How can I repeat it?*

*What have I learned from this success? To whom can I teach this lesson?*