virtual planet STUDIOS AUSTRALIA

WORKBOOK 2024

JAN

S	M	T	W	T	F	S
	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			

FEB

S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MAR

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31						

APR

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28	29	30				

MAY

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26	27	28	29	31	31	

JUN

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9	10	11	12	13	14	15
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23	24	25	26	27	28	29
30						

JUL

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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

AUG

S	M	T	W	T	F	S
				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

SEP

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCT

S	M	T	W	T	F	S
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20	21	22	23	24	25	26
27	28	29	30	31		

NOV

S	M	T	W	T	F	S
					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

DEC

S	M	T	W	T	F	S
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				

01 | January 2024

MON	TUE	WED	THU	FRI	SAT	SUN
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				

TO DO LIST

NOTES

01 | January REVIEW

PRODUCTIVITY ★★★★★ MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

02 | February 2024

MON	TUE	WED	THU	FRI	SAT	SUN
			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			

TO DO LIST

NOTES

02 | February REVIEW

PRODUCTIVITY ★★★★★ MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

03 | March 2024

MON	TUE	WED	THU	FRI	SAT	SUN
				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

TO DO LIST

NOTES

03 | March REVIEW

PRODUCTIVITY ★★★★★ MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

04 April 2024

MON	TUE	WED	THU	FRI	SAT	SUN
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					

TO DO LIST

NOTES

04 | April REVIEW

PRODUCTIVITY ★★★★★ MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

05 | May 2024

MON	TUE	WED	THU	FRI	SAT	SUN
		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		

TO DO LIST

NOTES

05 | May REVIEW

PRODUCTIVITY ★★★★★ MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

06 | June 2024

MON	TUE	WED	THU	FRI	SAT	SUN
					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

TO DO LIST

NOTES

06 | June REVIEW

PRODUCTIVITY ★★★★★ MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

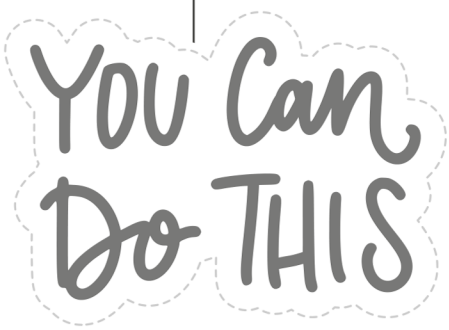
THINGS TO DO BETTER NEXT MONTH

07 | July 2024

MON	TUE	WED	THU	FRI	SAT	SUN
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				

TO DO LIST

NOTES



07 | July REVIEW

PRODUCTIVITY ★★★★★ MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

08 | August 2024

MON	TUE	WED	THU	FRI	SAT	SUN
			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	

TO DO LIST

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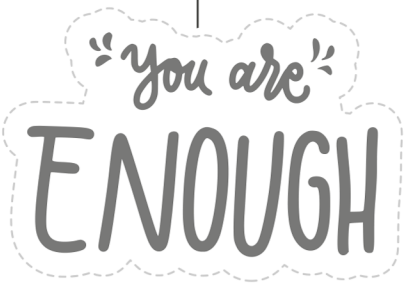


08 | August REVIEW

PRODUCTIVITY ★★★★★ MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

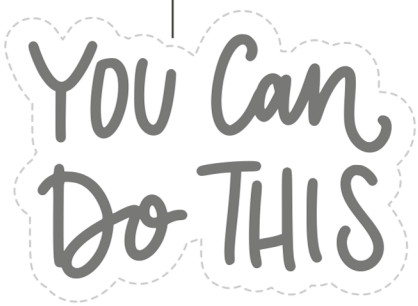
THINGS TO DO BETTER NEXT MONTH

09 | September 2024

MON	TUE	WED	THU	FRI	SAT	SUN
						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						

TO DO LIST

NOTES



09 | September REVIEW

PRODUCTIVITY ★★★★★ MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

10 | October 2024

MON	TUE	WED	THU	FRI	SAT	SUN
	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			

TO DO LIST

NOTES

10 | October REVIEW

PRODUCTIVITY ★★★★★ MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

11 | November 2024

MON	TUE	WED	THU	FRI	SAT	SUN
				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	

TO DO LIST

NOTES

11 | November

REVIEW

PRODUCTIVITY ★★★★★ MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

12 | December 2024

MON	TUE	WED	THU	FRI	SAT	SUN
						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					

TO DO LIST

NOTES

12 | December REVIEW

PRODUCTIVITY ★★★★★ MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH

ACTION

BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:

STOP DOING	
DO LESS OF	
KEEP DOING	
DO MORE OF	
START DOING	

SMART

GOALS

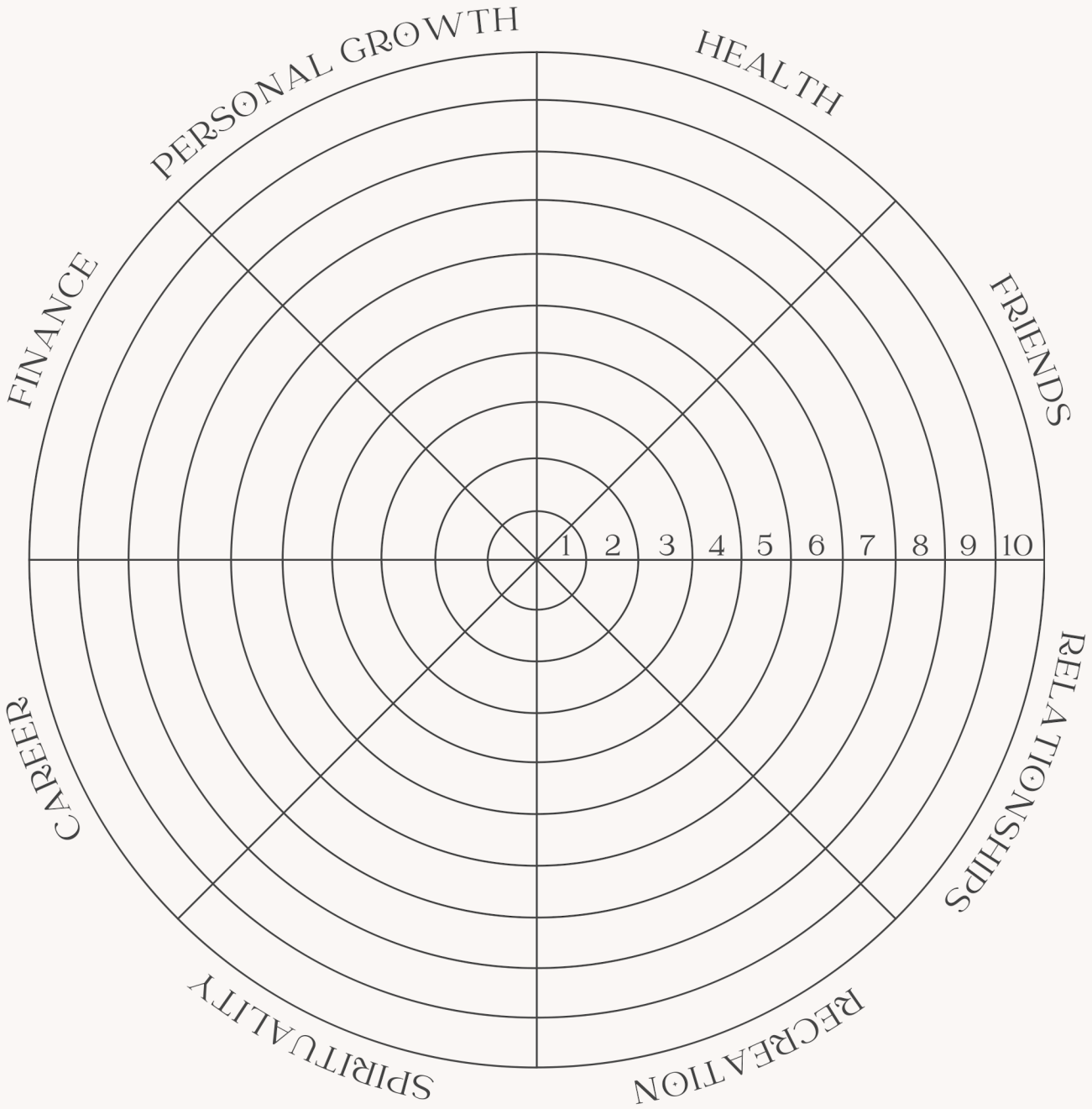
WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	SPECIFIC WHAT DO I WANT TO ACCOMPLISH?	
M	MEASURABLE HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	ACHIEVABLE HOW CAN THE GOAL BE ACCOMPLISHED?	
R	RELEVANT DOES THIS SEEM WORTHWHILE?	
T	TIME BOUND WHEN CAN I ACCOMPLISH THIS GOAL?	

WHEEL OF

LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



DAILY *planner*

DATE

M T W T F S S

MOOD

WEATHER

QUOTE OF THE DAY

BREAKFAST

LUNCH

DINNER

SNACKS

TO DO LIST

NOTES

TOP 3 PRIORITIES

1

2

3

SCHEDULE

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

TRAVEL ITINERARY

FLIGHT DEPARTURE:

FLIGHT ARRIVAL:

DURATION OF STAY:

HOTEL DETAILS:

DAY	WHAT TO DO	BUDGET
1		
2		
3		
4		
5		

Workout Planner

Month: Week:

	Workout Plan	Completed?
MON		YES / NO
TUE		YES / NO
WED		YES / NO
THUR		YES / NO
FRI		YES / NO
SAT		YES / NO
SUN		YES / NO

S E L F - C A R E

notes

MISCELLANEOUS

notes

virtual planet
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