2024

Weekly Planner

FAMHAS Foundation

2024

January

MO	TU	WE	TH	FR	SA	SU
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				

February

MO	TU	WE	TH	FR	SA	SU
			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			

March

MO	TU	WE	TH	FR	SA	SU
				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

April

MO	TU	WE	TH	FR	SA	SU
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					

May

MO	TU	WE	TH	FR	SA	SU
		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		

June

MO	TU	WE	TH	FR	SA	SU
					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

July

MO	TU	WE	TH	FR	SA	SU
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				

August

MO	TU	WE	TH	FR	SA	SU
			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	

September

MO	TU	WE	TH	FR	SA	SU
						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						

October

MO	TU	WE	TH	FR	SA	SU
	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			

November

MO	TU	WE	TH	FR	SA	SU
				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	

December

MO	TU	WE	TH	FR	SA	SU
						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					

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2024 Vision Board

You have to expect things of yourself before you can do them. – Michael Jordan

PROFESSIONAL GOALS

PERSONAL GOALS

HEALTH GOALS

FINANCIAL GOALS

RELATIONSHIP GOALS

BIG DREAMS

HOBBIES

NOTES

FAMHAS Foundation

My Notes

Daily Planner

The only way around is through.

DATE

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TOP 3 PRIORITIES

REMINDER

DAILY AFFIRMATIONS

FOR TOMORROW

NOTES

FAMHAS Foundation

2024 1st Quarter

January 1st to March 31st

"What we fear doing most is usually what we most need to do." - Tim Ferriss

		FAMHAS Foundation		

Prize List

Prize 1: _____

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Prize 2: _____

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FAMHAS Foundation

Weekly Planner

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NOTES

FAMHAS Foundation

"NOTHING IS PARTICULARLY HARD WHEN YOU DIVIDE IT INTO SMALL JOBS." – HENRY FORD

Weekly Planner

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NOTES

FAMHAS Foundation

"SOMETIMES, THINGS MAY NOT GO YOUR WAY, BUT THE EFFORT SHOULD BE THERE EVERY SINGLE NIGHT." – MICHAEL JORDAN

Weekly Planner

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NOTES

FAMHAS Foundation

DON'T WATCH THE CLOCK; DO WHAT IT DOES. KEEP GOING.
– SAM LEVENSON

Weekly Planner

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NOTES

FAMHAS Foundation

CONTINUOUS IMPROVEMENT IS BETTER THAN DELAYED PERFECTION. – MARK TWAIN

Weekly Planner

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NOTES

FAMHAS Foundation

EVERYTHING YOU WANT IS JUST OUTSIDE YOUR COMFORT ZONE. – ROBERT ALLEN

Weekly Planner

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NOTES

FAMHAS Foundation

MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT KEEPS YOU GOING. – JIM ROHN

Weekly Planner

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NOTES

FAMHAS Foundation

PLANS ARE NOTHING; PLANNING IS EVERYTHING.
– DWIGHT D. EISENHOWER

Weekly Planner

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NOTES

FAMHAS Foundation

SUCCESSFUL PEOPLE ARE SIMPLY THOSE WITH SUCCESSFUL HABITS. – BRIAN TRACY

Weekly Planner

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NOTES

FAMHAS Foundation

THE KEY IS TO NOT PRIORITIZE WHAT'S ON YOUR SCHEDULE, BUT TO SCHEDULE YOUR PRIORITIES. – STEPHEN COVEY

Weekly Planner

WEEK 10

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NOTES

FAMHAS Foundation

FALL IN LOVE WITH THE PROCESS, AND THE RESULTS WILL COME.
– ERIC THOMAS

Weekly Planner

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NOTES

FAMHAS Foundation

"NOTHING IS PARTICULARLY HARD WHEN YOU DIVIDE IT INTO SMALL JOBS." – HENRY FORD

Weekly Planner

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NOTES

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"SOMETIMES, THINGS MAY NOT GO YOUR WAY, BUT THE EFFORT SHOULD BE THERE EVERY SINGLE NIGHT." – MICHAEL JORDAN

Weekly Planner

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NOTES

FAMHAS Foundation

DON'T WATCH THE CLOCK; DO WHAT IT DOES. KEEP GOING.
– SAM LEVENSON

2024 2nd Quarter

April 1st to June 30th

"He who is not courageous enough to take risks will accomplish nothing in life."
- Muhammad Ali

		FAMHAS Foundation		

Prize List

Prize 1: _____

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Prize 2: _____

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Prize 3: _____

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FAMHAS Foundation

Weekly Planner

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NOTES

FAMHAS Foundation

CONTINUOUS IMPROVEMENT IS BETTER THAN DELAYED PERFECTION. – MARK TWAIN

Weekly Planner

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NOTES

FAMHAS Foundation

EVERYTHING YOU WANT IS JUST OUTSIDE YOUR COMFORT ZONE. – ROBERT ALLEN

Weekly Planner

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NOTES

FAMHAS Foundation

MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT KEEPS YOU GOING. – JIM ROHN

Weekly Planner

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NOTES

FAMHAS Foundation

PLANS ARE NOTHING; PLANNING IS EVERYTHING.
– DWIGHT D. EISENHOWER

Weekly Planner

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NOTES

FAMHAS Foundation

SUCCESSFUL PEOPLE ARE SIMPLY THOSE WITH SUCCESSFUL HABITS. – BRIAN TRACY

Weekly Planner

WEEK 19

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NOTES

FAMHAS Foundation

THE KEY IS TO NOT PRIORITIZE WHAT'S ON YOUR SCHEDULE, BUT TO SCHEDULE YOUR PRIORITIES. – STEPHEN COVEY

Weekly Planner

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NOTES

FAMHAS Foundation

FALL IN LOVE WITH THE PROCESS, AND THE RESULTS WILL COME.
– ERIC THOMAS

Weekly Planner

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NOTES

FAMHAS Foundation

"NOTHING IS PARTICULARLY HARD WHEN YOU DIVIDE IT INTO SMALL JOBS." – HENRY FORD

Weekly Planner

WEEK 22

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NOTES

FAMHAS Foundation

"SOMETIMES, THINGS MAY NOT GO YOUR WAY, BUT THE EFFORT SHOULD BE THERE EVERY SINGLE NIGHT." – MICHAEL JORDAN

Weekly Planner

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NOTES

FAMHAS Foundation

DON'T WATCH THE CLOCK; DO WHAT IT DOES. KEEP GOING.
– SAM LEVENSON

Weekly Planner

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NOTES

FAMHAS Foundation

CONTINUOUS IMPROVEMENT IS BETTER THAN DELAYED PERFECTION. – MARK TWAIN

Weekly Planner

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NOTES

FAMHAS Foundation

EVERYTHING YOU WANT IS JUST OUTSIDE YOUR COMFORT ZONE. – ROBERT ALLEN

Weekly Planner

WEEK 26

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NOTES

FAMHAS Foundation

MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT KEEPS YOU GOING. – JIM ROHN

2024 3rd Quarter

July 1st to September 3oth

"Time is not refundable; use it with intention."

		FAMHAS Foundation		

Prize List

Prize 1: _____

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Prize 2: _____

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FAMHAS Foundation

Weekly Planner

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NOTES

FAMHAS Foundation

PLANS ARE NOTHING; PLANNING IS EVERYTHING.
– DWIGHT D. EISENHOWER

Weekly Planner

WEEK 28

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NOTES

FAMHAS Foundation

SUCCESSFUL PEOPLE ARE SIMPLY THOSE WITH SUCCESSFUL HABITS. – BRIAN TRACY

Weekly Planner

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NOTES

FAMHAS Foundation

THE KEY IS TO NOT PRIORITIZE WHAT'S ON YOUR SCHEDULE, BUT TO SCHEDULE YOUR PRIORITIES. – STEPHEN COVEY

Weekly Planner

WEEK 30

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NOTES

FAMHAS Foundation

FALL IN LOVE WITH THE PROCESS, AND THE RESULTS WILL COME.
– ERIC THOMAS

Weekly Planner

WEEK 31

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NOTES

FAMHAS Foundation

"NOTHING IS PARTICULARLY HARD WHEN YOU DIVIDE IT INTO SMALL JOBS." – HENRY FORD

Weekly Planner

WEEK 32

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NOTES

FAMHAS Foundation

"SOMETIMES, THINGS MAY NOT GO YOUR WAY, BUT THE EFFORT SHOULD BE THERE EVERY SINGLE NIGHT." – MICHAEL JORDAN

Weekly Planner

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NOTES

FAMHAS Foundation

DON'T WATCH THE CLOCK; DO WHAT IT DOES. KEEP GOING.
– SAM LEVENSON

Weekly Planner

WEEK 34

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NOTES

FAMHAS Foundation

CONTINUOUS IMPROVEMENT IS BETTER THAN DELAYED PERFECTION. – MARK TWAIN

Weekly Planner

WEEK 35

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

FAMHAS Foundation

EVERYTHING YOU WANT IS JUST OUTSIDE YOUR COMFORT ZONE. – ROBERT ALLEN

Weekly Planner

WEEK 36

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NOTES

FAMHAS Foundation

MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT KEEPS YOU GOING. – JIM ROHN

Weekly Planner

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NOTES

FAMHAS Foundation

PLANS ARE NOTHING; PLANNING IS EVERYTHING.
– DWIGHT D. EISENHOWER

Weekly Planner

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NOTES

FAMHAS Foundation

SUCCESSFUL PEOPLE ARE SIMPLY THOSE WITH SUCCESSFUL HABITS. – BRIAN TRACY

Weekly Planner

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NOTES

FAMHAS Foundation

THE KEY IS TO NOT PRIORITIZE WHAT'S ON YOUR SCHEDULE, BUT TO SCHEDULE YOUR PRIORITIES. – STEPHEN COVEY

Weekly Planner

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NOTES

FAMHAS Foundation

FALL IN LOVE WITH THE PROCESS, AND THE RESULTS WILL COME.
– ERIC THOMAS

2024 4th Quarter

October 1st to December 31st

"You must remain focused on your journey to greatness." – Les Brown

		FAMHAS Foundation		

Prize List

Prize 1: _____

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Prize 2: _____

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Prize 3: _____

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Prize 4: _____

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FAMHAS Foundation

Weekly Planner

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NOTES

FAMHAS Foundation

"NOTHING IS PARTICULARLY HARD WHEN YOU DIVIDE IT INTO SMALL JOBS." – HENRY FORD

Weekly Planner

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NOTES

FAMHAS Foundation

"SOMETIMES, THINGS MAY NOT GO YOUR WAY, BUT THE EFFORT SHOULD BE THERE EVERY SINGLE NIGHT." – MICHAEL JORDAN

Weekly Planner

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NOTES

FAMHAS Foundation

DON'T WATCH THE CLOCK; DO WHAT IT DOES. KEEP GOING.
– SAM LEVENSON

Weekly Planner

WEEK 44

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NOTES

FAMHAS Foundation

CONTINUOUS IMPROVEMENT IS BETTER THAN DELAYED PERFECTION. – MARK TWAIN

Weekly Planner

WEEK 45

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NOTES

FAMHAS Foundation

EVERYTHING YOU WANT IS JUST OUTSIDE YOUR COMFORT ZONE. – ROBERT ALLEN

Weekly Planner

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NOTES

FAMHAS Foundation

MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT KEEPS YOU GOING. – JIM ROHN

Weekly Planner

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NOTES

FAMHAS Foundation

PLANS ARE NOTHING; PLANNING IS EVERYTHING.
– DWIGHT D. EISENHOWER

Weekly Planner

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NOTES

FAMHAS Foundation

SUCCESSFUL PEOPLE ARE SIMPLY THOSE WITH SUCCESSFUL HABITS. – BRIAN TRACY

Weekly Planner

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NOTES

FAMHAS Foundation

THE KEY IS TO NOT PRIORITIZE WHAT'S ON YOUR SCHEDULE, BUT TO SCHEDULE YOUR PRIORITIES. – STEPHEN COVEY

Weekly Planner

WEEK 50

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NOTES

FAMHAS Foundation

FALL IN LOVE WITH THE PROCESS, AND THE RESULTS WILL COME.
– ERIC THOMAS

Weekly Planner

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NOTES

FAMHAS Foundation

THE KEY IS TO NOT PRIORITIZE WHAT'S ON YOUR SCHEDULE, BUT TO SCHEDULE YOUR PRIORITIES. – STEPHEN COVEY

Weekly Planner

WEEK 52

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NOTES

FAMHAS Foundation

FALL IN LOVE WITH THE PROCESS, AND THE RESULTS WILL COME.
– ERIC THOMAS

2025

January

MO	TU	WE	TH	FR	SA	SU
		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		

February

MO	TU	WE	TH	FR	SA	SU
					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		

March

MO	TU	WE	TH	FR	SA	SU
					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						

April

MO	TU	WE	TH	FR	SA	SU
	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				

May

MO	TU	WE	TH	FR	SA	SU
			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	

June

MO	TU	WE	TH	FR	SA	SU
						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
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July

MO	TU	WE	TH	FR	SA	SU
	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			

August

MO	TU	WE	TH	FR	SA	SU
				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

September

MO	TU	WE	TH	FR	SA	SU
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					

October

MO	TU	WE	TH	FR	SA	SU
		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		

November

MO	TU	WE	TH	FR	SA	SU
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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

December

MO	TU	WE	TH	FR	SA	SU
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				