



JANUARY

2023

"It is a gift in this life that we do not know what awaits us." - Elizabeth Strout



sunday	monday	tuesday	wednesday	thursday	friday	saturday
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				

GOOD STUFF:

GOALS:

TIP: I like to set a word/goal/theme for the year that I can reflect on and be motivated by as I move throughout the year. January is a great time to establish a good one!

NEXT MONTH:



FEBRUARY

2023

"A mindset that can take you far in life: What I want doesn't exist, so I'll create it." - James Clear



sunday	monday	tuesday	wednesday	thursday	friday	saturday
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19	20	21	22	23	24	25
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GOOD STUFF:

GOALS:

NEXT MONTH:



MARCH

2023

"I shut my eyes in order to see."
- Paul Gauguin



sunday	monday	tuesday	wednesday	thursday	friday	saturday
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GOOD STUFF:

GOALS:

NEXT MONTH:



APRIL

2023

"An artist's concern is to capture beauty wherever he finds it." - Kazuo Ishiguro



sunday	monday	tuesday	wednesday	thursday	friday	saturday
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GOOD STUFF:

GOALS:

NEXT MONTH:



MAY

2023

"Well-being is realized in small steps, but is truly no small thing." - Zeno



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21	22	23	24	25	26	27
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GOOD STUFF:

GOALS:

NEXT MONTH:



JUNE

2023

"I love deadlines. I love the whoosing noise they make as they fly by." - Douglas Adams



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GOOD STUFF:

GOALS:

NEXT MONTH:



JULY

2023

"Humans really are heir to every possibility within themselves, and it is only up to us to admit it and accept it. You see, you can buy the whole world and you are empty, but when you create the whole world, you are full." - Louise Nevelson



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GOOD STUFF:

GOALS:

NEXT MONTH:



AUGUST

2023

"The journey changes you; it should change you. You take something with you. Hopefully, you leave something good behind." - Anthony Bourdain



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GOOD STUFF:

GOALS:

NEXT MONTH:



SEPTEMBER

2023

"Chance encounters are what keep us going."
- Haruki Murakami



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GOOD STUFF:

GOALS:

NEXT MONTH:



OCTOBER

2023

"There is a time for any fledgling artist where one's taste exceeds one's abilities. The only way to get through this period is to make things anyway." - Gabrielle Zevin



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GOOD STUFF:

GOALS:

TIP: The holiday season is approaching. Now is a great time to get a holiday-gift-making/giving plan in place.

NEXT MONTH:



NOVEMBER

2023

"To achieve great things, two things are needed: a plan and not quite enough time." - Leonard Bernstein



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GOOD STUFF:

GOALS:

NEXT MONTH:



DECEMBER

2023

"The secret of getting ahead is getting started." - Mark Twain



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GOOD STUFF:

GOALS:

NEXT MONTH: