



MY
FAVOURITE
MOTTO



TWNTY
TWNTY
FIVE

IT'S
NOT ABOUT
HAVING TIME
—
IT'S ABOUT
MAKING IT

PERSONAL

NAME

ADDRESS

PHONE

E-MAIL

.....

.....

.....

Finder; please return this diary to the owner. Thank you.



SILENCE • NATURE • JOY • GROWTH • MINDSTYLE

JANUARY

WK	M	T	W	T	F	S	S
1			1	2	3	4	5
2	6	7	8	9	10	11	12
3	13	14	15	16	17	18	19
4	20	21	22	23	24	25	26
5	27	28	29	30	31		

FEBRUARY

WK	M	T	W	T	F	S	S
5						1	2
6	3	4	5	6	7	8	9
7	10	11	12	13	14	15	16
8	17	18	19	20	21	22	23
9	24	25	26	27	28		

MARCH

WK	M	T	W	T	F	S	S
9						1	2
10	3	4	5	6	7	8	9
11	10	11	12	13	14	15	16
12	17	18	19	20	21	22	23
13	24	25	26	27	28	29	30
14	31						

JANUARY

WK	M	T	W	T	F	S	S
1				1	2	3	4
2	5	6	7	8	9	10	11
3	12	13	14	15	16	17	18
4	19	20	21	22	23	24	25
5	26	27	28	29	30	31	

FEBRUARY

WK	M	T	W	T	F	S	S
5						1	
6	2	3	4	5	6	7	8
7	9	10	11	12	13	14	15
8	16	17	18	19	20	21	22
9	23	24	25	26	27	28	

MARCH

WK	M	T	W	T	F	S	S
9						1	
10	2	3	4	5	6	7	8
11	9	10	11	12	13	14	15
12	16	17	18	19	20	21	22
13	23	24	25	26	27	28	29
14	30	31					

APRIL

WK	M	T	W	T	F	S	S
14		1	2	3	4	5	6
15	7	8	9	10	11	12	13
16	14	15	16	17	18	19	20
17	21	22	23	24	25	26	27
18	28	29	30				

MAY

WK	M	T	W	T	F	S	S
18				1	2	3	4
19	5	6	7	8	9	10	11
20	12	13	14	15	16	17	18
21	19	20	21	22	23	24	25
22	26	27	28	29	30	31	

JUNE

WK	M	T	W	T	F	S	S
22						1	
23	2	3	4	5	6	7	8
24	9	10	11	12	13	14	15
25	16	17	18	19	20	21	22
26	23	24	25	26	27	28	29
27	30						

APRIL

WK	M	T	W	T	F	S	S
14		1	2	3	4	5	
15	6	7	8	9	10	11	12
16	13	14	15	16	17	18	19
17	20	21	22	23	24	25	26
18	27	28	29	30			

MAY

WK	M	T	W	T	F	S	S
18				1	2	3	
19	4	5	6	7	8	9	10
20	11	12	13	14	15	16	17
21	18	19	20	21	22	23	24
22	25	26	27	28	29	30	31

JUNE

WK	M	T	W	T	F	S	S
23	1	2	3	4	5	6	7
24	8	9	10	11	12	13	14
25	15	16	17	18	19	20	21
26	22	23	24	25	26	27	28
27	29	30					

JULY

WK	M	T	W	T	F	S	S
27		1	2	3	4	5	6
28	7	8	9	10	11	12	13
29	14	15	16	17	18	19	20
30	21	22	23	24	25	26	27
31	28	29	30	31			

AUGUST

WK	M	T	W	T	F	S	S
31					1	2	3
32	4	5	6	7	8	9	10
33	11	12	13	14	15	16	17
34	18	19	20	21	22	23	24
35	25	26	27	28	29	30	31

SEPTEMBER

WK	M	T	W	T	F	S	S
36	1	2	3	4	5	6	7
37	8	9	10	11	12	13	14
38	15	16	17	18	19	20	21
39	22	23	24	25	26	27	28
40	29	30					

JULY

WK	M	T	W	T	F	S	S
27		1	2	3	4	5	
28	6	7	8	9	10	11	12
29	13	14	15	16	17	18	19
30	20	21	22	23	24	25	26
31	27	28	29	30	31		

AUGUST

WK	M	T	W	T	F	S	S
31					1	2	
32	3	4	5	6	7	8	9
33	10	11	12	13	14	15	16
34	17	18	19	20	21	22	23
35	24	25	26	27	28	29	30
36	31						

SEPTEMBER

WK	M	T	W	T	F	S	S
36		1	2	3	4	5	6
37	7	8	9	10	11	12	13
38	14	15	16	17	18	19	20
39	21	22	23	24	25	26	27
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OCTOBER

WK	M	T	W	T	F	S	S
40			1	2	3	4	5
41	6	7	8	9	10	11	12
42	13	14	15	16	17	18	19
43	20	21	22	23	24	25	26
44	27	28	29	30	31		

NOVEMBER

WK	M	T	W	T	F	S	S
44						1	2
45	3	4	5	6	7	8	9
46	10	11	12	13	14	15	16
47	17	18	19	20	21	22	23
48	24	25	26	27	28	29	30

DECEMBER

WK	M	T	W	T	F	S	S
49	1	2	3	4	5	6	7
50	8	9	10	11	12	13	14
51	15	16	17	18	19	20	21
52	22	23	24	25	26	27	28
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OCTOBER

WK	M	T	W	T	F	S	S
40			1	2	3	4	
41	5	6	7	8	9	10	11
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43	19	20	21	22	23	24	25
44	26	27	28	29	30	31	

NOVEMBER

WK	M	T	W	T	F	S	S
44						1	
45	2	3	4	5	6	7	8
46	9	10	11	12	13	14	15
47	16	17	18	19	20	21	22
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DECEMBER

WK	M	T	W	T	F	S	S
49		1	2	3	4	5	6
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MONTHLY VIEW

JANUARY

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FEBRUARY

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MARCH

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MONTHLY VIEW

APRIL

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EVERY
DAY
BRINGS
NEW
CHOICES

Martha Beck

My focus this week

MONDAY 27

TUESDAY 28

WEDNESDAY 29

THURSDAY 30

FRIDAY 31

WK 05

To do

To do

To do

To do

To do

When snow falls,
nature listens.
- Antoinette van Kleeff

Project notes

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SATURDAY 1

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Note to self

I am grateful for

Personal notes

My focus this week

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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To do

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We don't see things as they are. We see things as we are. - Anaïs Nin

Project notes

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SATURDAY

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Note to self

I am grateful for

Personal notes

My focus this week

MONDAY

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TUESDAY

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THURSDAY

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To do

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Moment of reflection:
What was the last thing
you said 'no' to?

Project notes

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VALENTINE'S DAY

SATURDAY 15

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Note to self

I am grateful for

Personal notes

My focus this week

MONDAY 17

TUESDAY 18

WEDNESDAY 19

THURSDAY 20

FRIDAY 21

WK 08

The cave you fear to enter, holds the treasure you seek. - Joseph Campbell

To do

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Project notes

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SATURDAY 22

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Note to self

I am grateful for

Personal notes

My focus this week

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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To do

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Moment of reflection:
What word typifies the
year 2025 for you?

Project notes

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SATURDAY

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Note to self

I am grateful for

Personal notes

My focus this week

MONDAY 22

TUESDAY 23

WEDNESDAY 24

THURSDAY 25

FRIDAY 26

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To do

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Christmas isn't just a day. It's a frame of mind. - Valentine Davies

Project notes

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SATURDAY 27

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Note to self

I am grateful for

Personal notes

My focus this week

MONDAY 29

TUESDAY 30

WEDNESDAY 31

THURSDAY 1

FRIDAY 2

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To do

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Sometimes the best you can do, is take a leap of faith. - JJ Heller

Project notes

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SATURDAY 3

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Note to self

I am grateful for

Personal notes



IF THE
OCEAN
CAN CALM
ITSELF, SO
CAN YOU

Nayyirah Waheed



