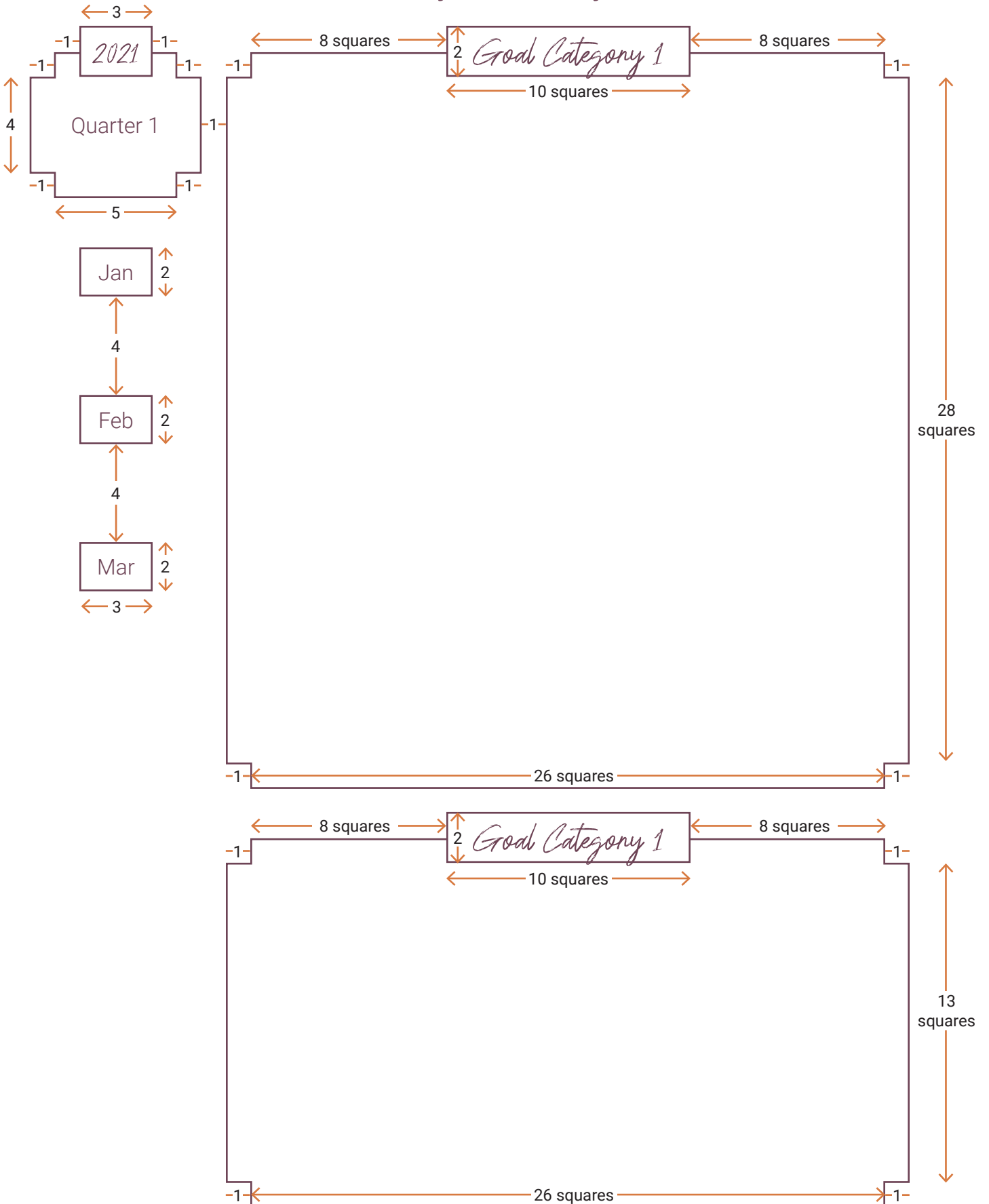


# Quarterly Goals Layout



Guides were created with a Moleskine XL (7.5" x 9.5") Squared / Grid Notebook. Your results may differ if using a different blank notebook.

# Monthly Goals Layout

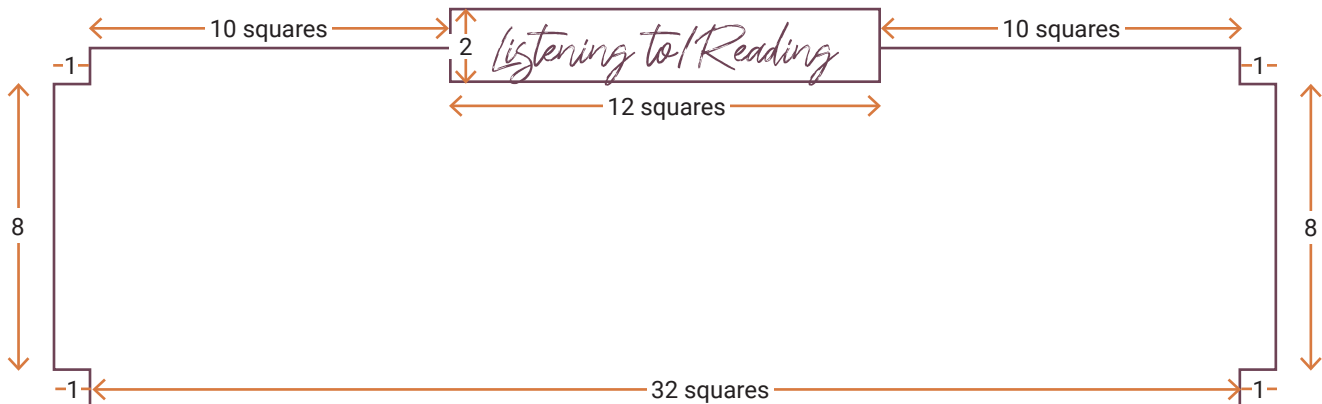
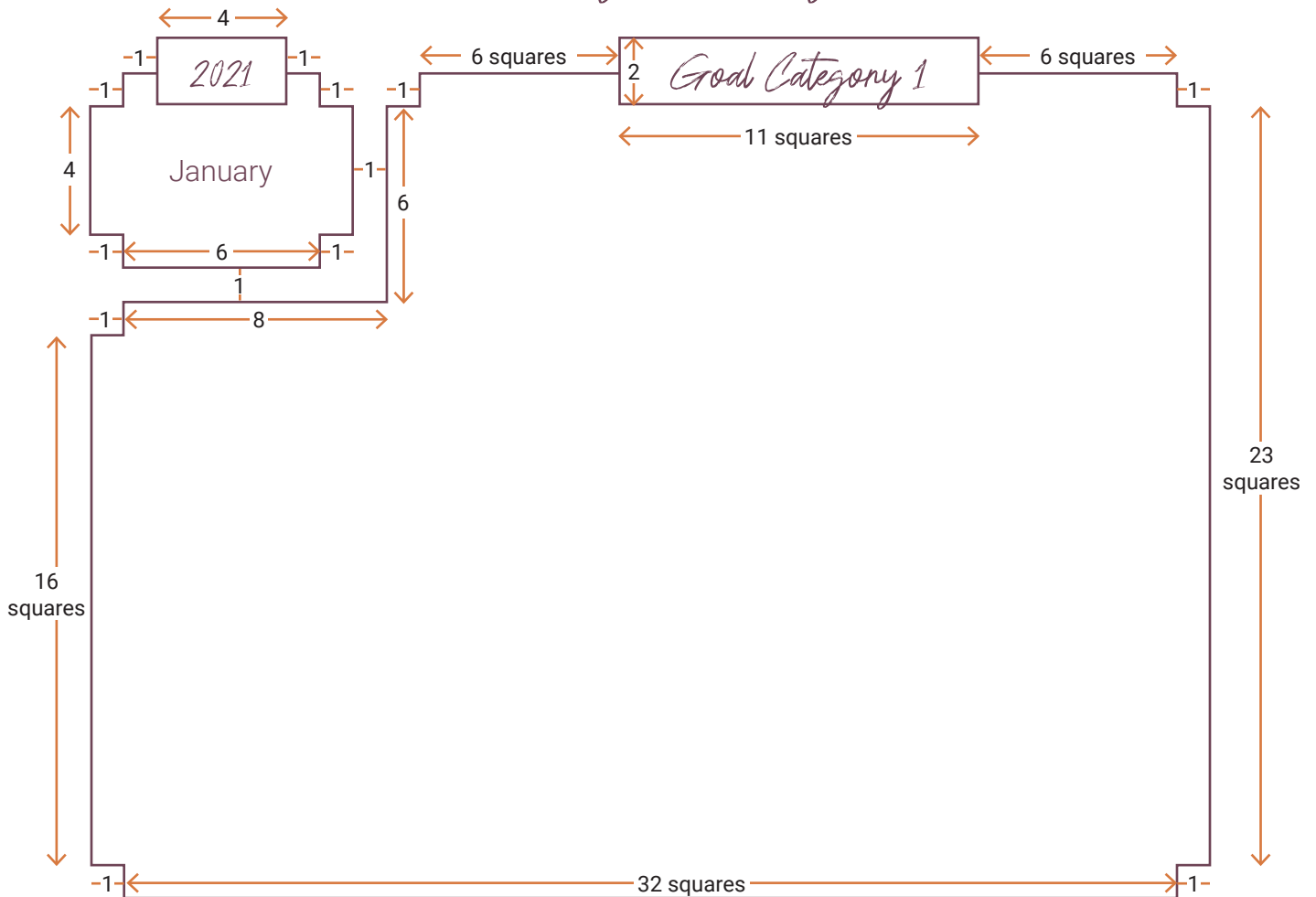
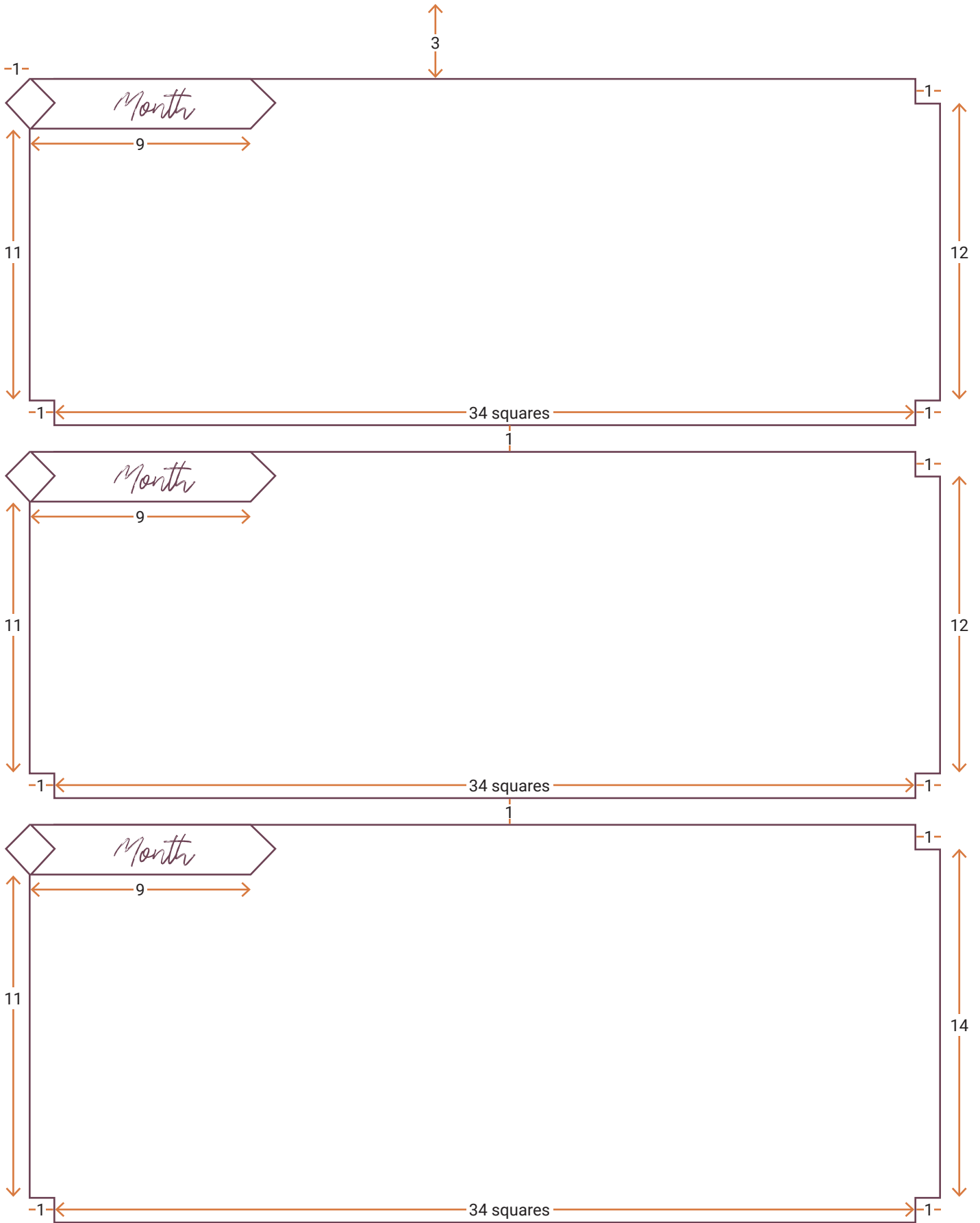


Diagram illustrating the layout of a goal box for 'Habits'. The box is 8 squares wide and 2 squares high. It is centered within a larger frame that is 32 squares wide and 8 squares high.

	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
1																															
2																															
3																															
4																															
5																															
6																															
7																															

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# Future Log Layout



Guides were created with a Moleskine XL (7.5" x 9.5") Squared / Grid Notebook. Your results may differ if using a different blank notebook.