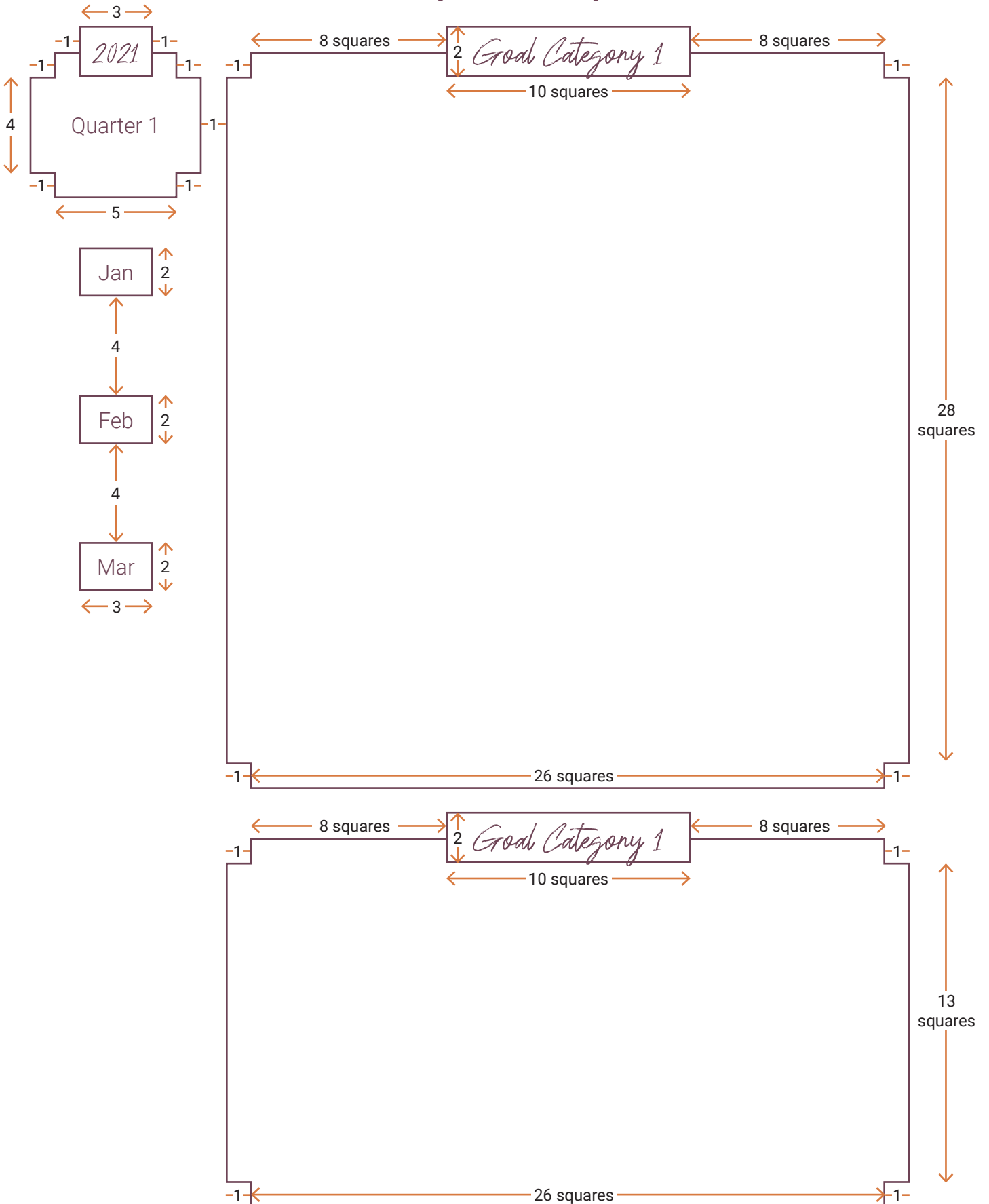


# Quarterly Goals Layout



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

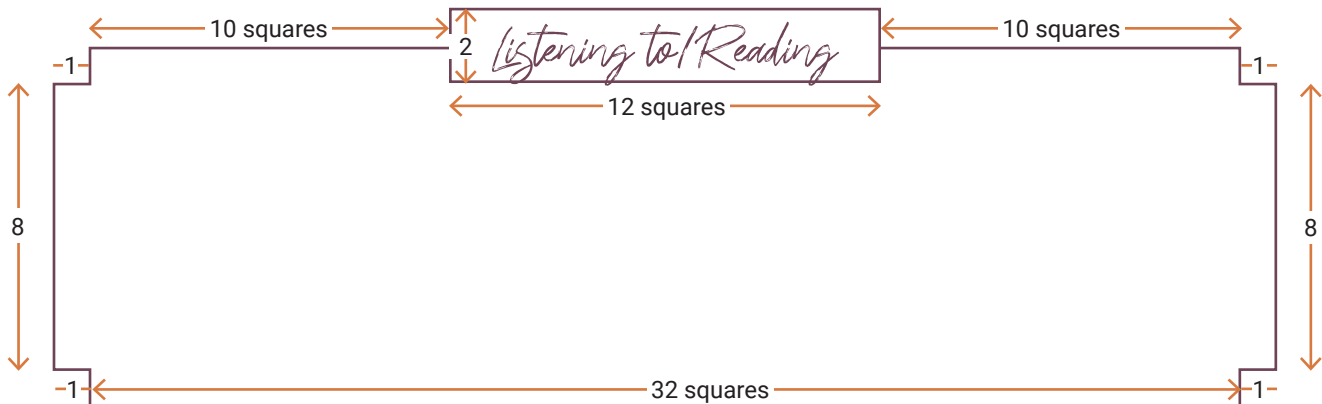
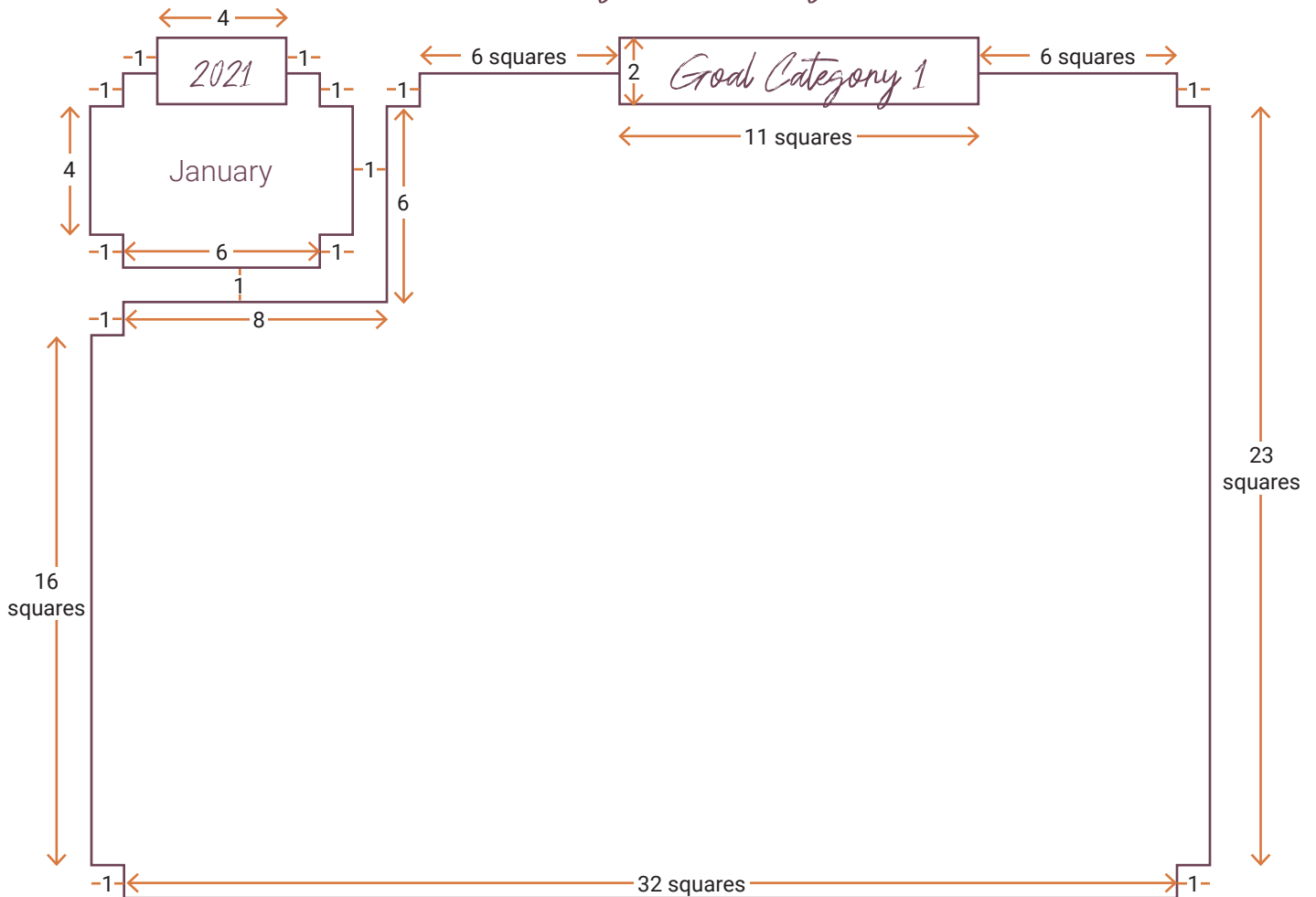


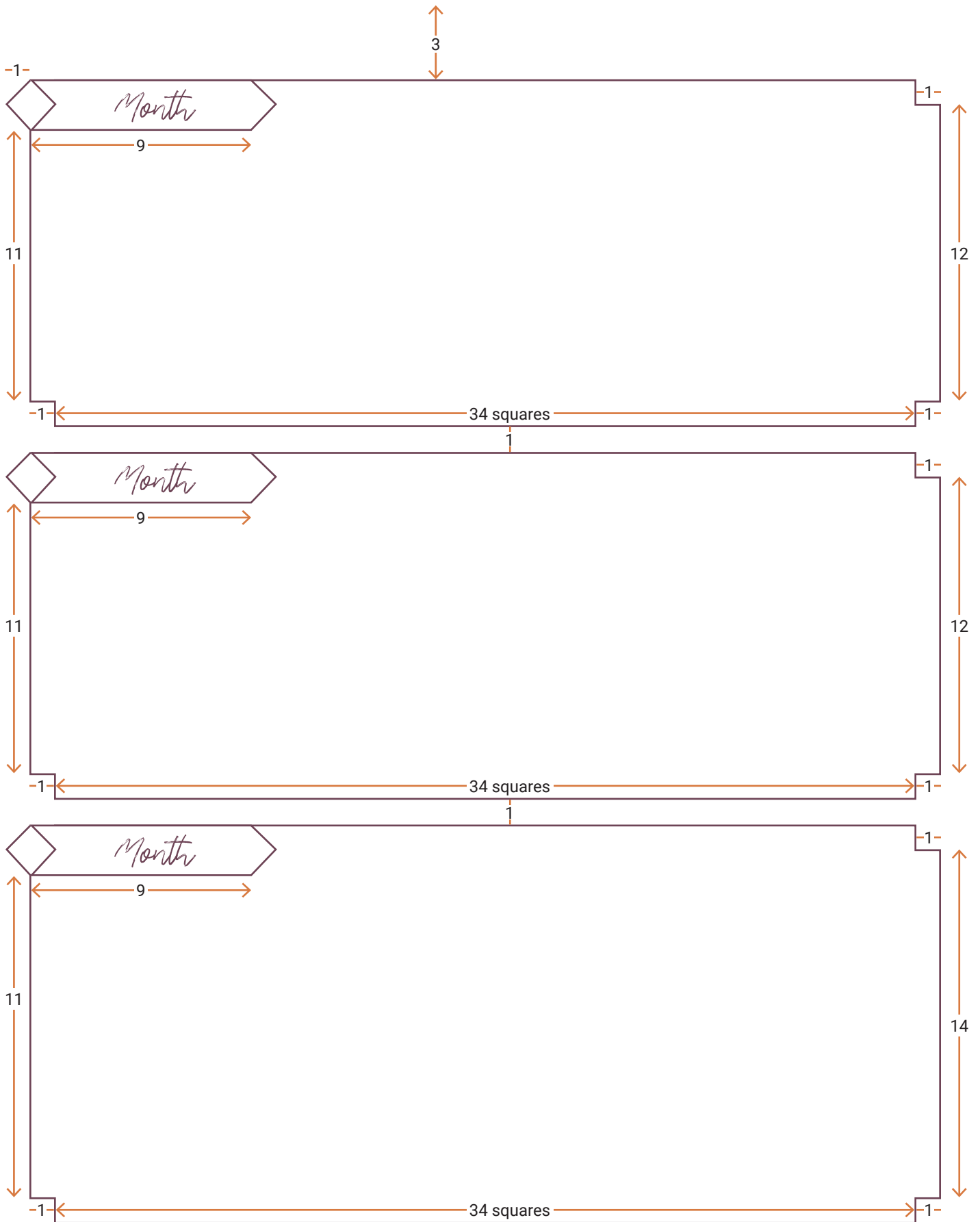
Diagram illustrating the layout of a 'Habits' section.

The 'Habits' section is a grid with 7 rows and 31 columns. The first row is labeled with numbers 1 through 31. The first column is labeled with numbers 1 through 7. The grid is 8 squares wide and 7 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



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