



2024

THE YEAR OF

*Change
&
Empowerment*

Journal

LIZBETH RUSSELL, M.ED, HHP, RMT @2024

2024

January

M	T	W	T	F	S	S
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

M	T	W	T	F	S	S
			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

M	T	W	T	F	S	S
				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

M	T	W	T	F	S	S
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

M	T	W	T	F	S	S
		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

M	T	W	T	F	S	S
					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

M	T	W	T	F	S	S
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

M	T	W	T	F	S	S
			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

M	T	W	T	F	S	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
^{23/} ₃₀	24	25	26	27	28	29

October

M	T	W	T	F	S	S
	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

M	T	W	T	F	S	S
				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

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



January

2024

MON	TUE	WED	THU	FRI	SAT	SUN
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				

TO DO LIST

NOTES



January

BELIEVE

WHAT DO I BELIEVE IN?

WHAT CHALLENGES ME?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



January

REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO DO BETTER NEXT MONTH



February

2024

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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TO DO LIST

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February

SOLITUDE

WHY DO I FEEL ALONE / LONELY?

WHAT CHALLENGES ME?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



February

SELF-ADVOCATE

WHAT MAKES ME ANGRY / FRUSTRATED / SAD?

WHAT CHALLENGES DO THESE BRING?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



February

REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

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March

2024

MON	TUE	WED	THU	FRI	SAT	SUN
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March

CURIOSITY

WHAT MAKES ME CURIOUS?

HOW DO I ACKNOWLEDGE MY CURIOSITY?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



March

REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

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April

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April

SELF-EXPRESSION

HOW DO I EXPRESS MYSELF?

WHAT CHALLENGES ME WITH EXPRESSING MYSELF?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



April

REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

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13	14	15	16	17	18	19
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May

VISIBILITY

AM I AFRAID OF BEING SEEN / NOTICED?

WHAT CHALLENGES ME TO GET MYSELF OUT THERE?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



May

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PRODUCTIVITY ★★★★★

MOOD ★★★★★

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June

2024

MON	TUE	WED	THU	FRI	SAT	SUN
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
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June

ENJOYMENT

WHAT DO I DO FOR ENJOYMENT?

WHAT HOLDS ME BACK?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



June

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PRODUCTIVITY ★★★★★

MOOD ★★★★★

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July

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July

EMPOWERMENT

WHAT EMPOWERS ME?

WHAT HOLDS ME BACK?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



July

REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

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August

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August

INSPIRATION

WHY INSPIRES ME?

WHAT HOLDS ME BACK FROM ACTING ON MY INSPIRATION?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



August

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PRODUCTIVITY ★★★★★

MOOD ★★★★★

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30						

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September

DAYDREAM

WHAT DO I DREAM ABOUT?

WHAT KEEPS ME FROM ACTING ON MY DREAM?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



September

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MOOD ★★★★★

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October

SPIRITUALITY

WHAT ARE MY SPIRITUAL BELIEFS?

WHAT DO I QUESTION?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



October

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MOOD ★★★★★

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November

TUNE IN

WHAT OBSERVATIONS CAN I MAKE ABOUT MY LIFE?

WHAT CHALLENGES ME?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



November

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December

SPIRIT

WHAT CONNECTS ME TO SPIRIT?

WHAT CHALLENGES ME?

STEPS I CAN TAKE TO GET PAST THE CHALLENGES.



December

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MOOD ★★★★★

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2024 MINDFUL JOURNAL

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