



The Military Spouse Coach®

Support, strategies and solutions for career and life

POSITIVE INTENTIONS CALENDAR

TRACKING PROGRESS TOWARDS YOUR BOLD GOAL				
MY BOLD GOAL IS? _____				
MONTH: _____				
Monday	Tuesday	Wednesday	Thursday	Friday
My Self Care:	My Self Care:	My Self Care:	My Self Care:	My Self Care:
My Health:	My Health:	My Health:	My Health:	My Health:
My Gratitude:	My Gratitude:	My Gratitude:	My Gratitude:	My Gratitude:
My Actions:	My Actions:	My Actions:	My Actions:	My Actions:
Monday	Tuesday	Wednesday	Thursday	Friday
My Self Care:	My Self Care:	My Self Care:	My Self Care:	My Self Care:
My Health:	My Health:	My Health:	My Health:	My Health:
My Gratitude:	My Gratitude:	My Gratitude:	My Gratitude:	My Gratitude:
My Actions:	My Actions:	My Actions:	My Actions:	My Actions:
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My Health:	My Health:	My Health:	My Health:	My Health:
My Gratitude:	My Gratitude:	My Gratitude:	My Gratitude:	My Gratitude:
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My Health:	My Health:	My Health:	My Health:	My Health:
My Gratitude:	My Gratitude:	My Gratitude:	My Gratitude:	My Gratitude:
My Actions:	My Actions:	My Actions:	My Actions:	My Actions: