



PALNEADOR  
*Annual*



DEJA DE SOÑAR  
Y EMPEZAR A HACER.



ENERO

D L M M J V S

FEBRERO

D L M M J V S

MARZO

D L M M J V S

ABRIL

D L M M J V S

MAYO

D L M M J V S

JUNIO

D L M M J V S

JULIO

D L M M J V S

AGOSTO

D L M M J V S

SEPTIEMBRE

D L M M J V S

OCTUBRE

D L M M J V S

NOVIEMBRE

D L M M J V S

DICIEMBRE

D L M M J V S



# ENERO

01

LUN	MAR	MIER	JUE	VIER	SAB	DOM

### PRIORIDADES

Three horizontal bars for priority entries.

Two horizontal lines for additional notes or details.

# ENFOQUE MENSUAL

ENERO

## SEMANA 1

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## SEMANA 2

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## SEMANA 3

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## SEMANA 4

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## SEMANA 5

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## NOTAS EXTRAS

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CUIDADO PERSONAL

NO OLVIDAR

## RASTREADOR DE HÁBITOS

S M T W T F S

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## AFIRMACIÓN

SIMPLEMENTE  
VIVIENDO MI  
MEJOR VIDA

# FEBRERO

02

LUN	MAR	MIER	JUE	VIER	SAB	DOM

### PRIORIDADES

Three horizontal bars for priority entries.

Two horizontal lines for additional notes or details.

# ENFOQUE MENSUAL

FEBRERO

## SEMANA 1

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## SEMANA 2

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## SEMANA 3

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## SEMANA 4

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## SEMANA 5

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## NOTAS EXTRAS

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CUIDADO PERSONAL

NO OLVIDAR

## RASTREADOR DE HÁBITOS

S M T W T F S

	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## AFIRMACIONES

SÉ GENTIL  
CONTIGO MISMO.

# MARZO

03

LUN	MAR	MIER	JUE	VIER	SAB	DOM

## PRIORIDADES

Three horizontal bars for priority entries.

Two horizontal lines for additional notes or details.

# ENFOQUE MENSUAL

MARZO

## SEMANA 1

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## SEMANA 2

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## SEMANA 3

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## SEMANA 4

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## SEMANA 5

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## NOTAS EXTRAS

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CUIDADO PERSONAL

NO OLVIDAR

## RASTREADOR DE HÁBITOS

S M T W T F S

	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## AFIRMACIONES

LA INVERSIÓN  
MAS GRANDE ES  
EN MI TRABAJO  
PERSONAL

# ABRIL

LUN	MAR	MIER	JUE	VIER	SAB	DOM

### PRIORIDADES

Three horizontal bars for priority entries.

Two horizontal lines for additional notes or details.

# ENFOQUE MENSUAL

ABRIL

## SEMANA 1

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## SEMANA 2

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## SEMANA 3

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## SEMANA 4

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## SEMANA 5

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## NOTAS EXTRAS

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CUIDADO PERSONAL

NO OLVIDAR

## RASTREADOR DE HÁBITOS

S M T W T F S

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## AFIRMACIONES

DEJA DE SOÑAR  
Y EMPEZAR A  
HACER.

# MAYO

05

LUN	MAR	MIER	JUE	VIER	SAB	DOM

## PRIORIDADES

Three horizontal bars for priority entries.

Two horizontal lines for additional notes or details.

# ENFOQUE MENSUAL

MAYO

## SEMANA 1

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## SEMANA 2

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## SEMANA 3

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## SEMANA 4

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## SEMANA 5

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## NOTAS EXTRAS

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CUIDADO PERSONAL

NO OLVIDAR

## RASTREADOR DE HÁBITOS

S M T W T F S

<hr/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## AFIRMACIONES

HACER MÁS DE  
LO QUE AMO.

# JUNIO

06

LUN	MAR	MIER	JUE	VIER	SAB	DOM

## PRIORIDADES

Three horizontal bars for listing priorities.

Two horizontal lines for additional notes or details.

# ENFOQUE MENSUAL

JUNIO

## SEMANA 1

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## SEMANA 2

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## SEMANA 3

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## SEMANA 4

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## SEMANA 5

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## NOTAS EXTRAS

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CUIDADO PERSONAL

NO OLVIDAR

## RASTREADOR DE HÁBITOS

S M T W T F S

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## AFIRMACIONES

SOY SUFICIENTE  
TAL CUAL SOY

# JULIO

07

LUN	MAR	MIER	JUE	VIER	SAB	DOM

## PRIORIDADES

Three horizontal bars for priority entries.

Two horizontal lines for additional notes or details.

# ENFOQUE MENSUAL

JULIO

## SEMANA 1

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## SEMANA 2

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## SEMANA 3

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## SEMANA 4

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## SEMANA 5

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## NOTAS EXTRAS

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CUIDADO PERSONAL

NO OLVIDAR

## RASTREADOR DE HÁBITOS

S M T W T F S

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## AFIRMACIONES

RODÉATE DE  
PERSONAS QUE TE  
INSPIREN Y TE  
ELEVEN

# AGOSTO

08

LUN	MAR	MIER	JUE	VIER	SAB	DOM

### PRIORIDADES

Three horizontal bars for priority entries.

Two horizontal lines for additional notes or details.

# ENFOQUE MENSUAL

AGOSTO

## SEMANA 1

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## SEMANA 2

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## SEMANA 3

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## SEMANA 4

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## SEMANA 5

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## NOTAS EXTRAS

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CUIDADO PERSONAL

NO OLVIDAR

## RASTREADOR DE HÁBITOS

S M T W T F S

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## AFIRMACIONES

LA FELICIDAD  
ES UN HÁBITO.

# SEPTIEMBRE

09

LUN	MAR	MIER	JUE	VIER	SAB	DOM

## PRIORIDADES

Three horizontal bars for listing priorities.

Two horizontal lines for additional notes or details.

# ENFOQUE MENSUAL

SEPTIEMBRE

## SEMANA 1

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## SEMANA 2

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## SEMANA 3

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## SEMANA 4

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## SEMANA 5

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## NOTAS EXTRAS

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CUIDADO PERSONAL

NO OLVIDAR

## RASTREADOR DE HÁBITOS

S M T W T F S

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## AFIRMACIONES

MANTENTE  
INSPIRADO.  
NUNCA DEJES DE  
CREAR.

# OCTUBRE

LUN	MAR	MIER	JUE	VIER	SAB	DOM

### PRIORIDADES

Three horizontal bars for priority entries.

Two horizontal lines for additional notes or details.

# ENFOQUE MENSUAL

OCTUBRE

## SEMANA 1

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## SEMANA 2

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## SEMANA 3

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## SEMANA 4

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## SEMANA 5

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## NOTAS EXTRAS

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CUIDADO PERSONAL

NO OLVIDAR

## RASTREADOR DE HÁBITOS

S M T W T F S

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## AFIRMACIONES

SÉ AMABLE CON  
TU MENTE.

# NOVIEMBRE

LUN	MAR	MIER	JUE	VIER	SAB	DOM

**PRIORIDADES**

Three horizontal bars for listing priorities.

Two horizontal lines for additional notes or details.

# ENFOQUE MENSUAL

NOVIEMBRE

## SEMANA 1

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## SEMANA 2

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## SEMANA 3

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## SEMANA 4

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## SEMANA 5

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## NOTAS EXTRAS

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CUIDADO PERSONAL

NO OLVIDAR

## RASTREADOR DE HÁBITOS

S M T W T F S

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## AFIRMACIONES

EL ÉXITO NO ES  
UN DESTINO,  
ES UN VIAJE,  
DISFRÚTALO



# ENFOQUE MENSUAL

DICIEMBRE

## SEMANA 1

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## SEMANA 2

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## SEMANA 3

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## SEMANA 4

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## SEMANA 5

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## NOTAS EXTRAS

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CUIDADO PERSONAL

NO OLVIDAR

## RASTREADOR DE HÁBITOS

S M T W T F S

<hr/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## AFIRMACIONES

DEBO PENSAR  
EN GRANDE

