

January 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 Daily Quote Weekly Journal Prompt Release	2 Daily Quote	3 Daily Quote	4 Daily Quote	5 Daily Quote	6 11:30 AM EST WELCOME! KICK-OFF CALL Daily Quote	7 Daily Quote
8 Daily Quote Weekly Journal Prompt Release	9 Daily Quote	10 10-11:30 AM EST Monthly Group Coaching Session	11 Daily Quote	12 Daily Quote	13 Daily Quote	14 Daily Quote
15 Daily Quote Weekly Journal Prompt Release	16 Daily Quote	17 Daily Quote	18 Daily Quote	19 Daily Quote	20 Daily Quote	21 Daily Quote
22 Daily Quote Weekly Journal Prompt Release	23 Daily Quote	24 4-5:30 PM EST Catch-up Session	25 Daily Quote	26 Daily Quote	27 Daily Quote	28 Daily Quote
29 Daily Quote Weekly Journal Prompt Release	30 Daily Quote	31 Daily Quote	1 Daily Quote	2 Daily Quote	3 Daily Quote	4 Daily Quote

 Self-discovery exercises and weekly challenges

 Live coaching sessions and Q&A's

February 2023

SUN	MON	TUE	WED	THU	FRI	SAT
29	30 Daily Quote	31 Daily Quote	1 Daily Quote	2 Daily Quote	3 Daily Quote	4 Daily Quote
5 Daily Quote Weekly Journal Prompt Release	6 Daily Quote	7 10-11:30 AM EST Monthly Group Coaching Session	8 Daily Quote	9 Daily Quote	10 Daily Quote	11 Daily Quote
12 Daily Quote Weekly Journal Prompt Release	13 Daily Quote	14 Daily Quote	15 Daily Quote	16 Daily Quote	17 Daily Quote	18 Daily Quote
19 Daily Quote Weekly Journal Prompt Release	20 Daily Quote	21 4-5:30 PM EST Catch-up Session	22 Daily Quote	23 Daily Quote	24 Daily Quote	25 Daily Quote
26 Daily Quote Weekly Journal Prompt Release	27 Daily Quote	28 Daily Quote	1	2	3	4

 Self-discovery exercises and weekly challenges

 Live coaching sessions and Q&A's

March 2023

SUN	MON	TUE	WED	THU	FRI	SAT
26	27 Daily Quote	28 Daily Quote	1 Daily Quote	2 Daily Quote	3 Daily Quote	4 Daily Quote
5 Daily Quote Weekly Journal Prompt Release	6 Daily Quote	7 10-11:30 AM EST Monthly Group Coaching Session	8 Daily Quote	9 Daily Quote	10 Daily Quote	11 Daily Quote
12 Daily Quote Weekly Journal Prompt Release	13 Daily Quote	14 Daily Quote	15 Daily Quote	16 Daily Quote	17 Daily Quote	18 Daily Quote
19 Daily Quote Weekly Journal Prompt Release	20 Daily Quote	21 4-5:30 PM EST Catch-up Session	22 Daily Quote	23 Daily Quote	24 Daily Quote	25 Daily Quote
26 Daily Quote Weekly Journal Prompt Release	27 Daily Quote	28 Daily Quote	29	30	31	1

 Self-discovery exercises and weekly challenges

 Live coaching sessions and Q&A's

April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1 Daily Quote
2 Daily Quote Weekly Journal Prompt Release	3 Daily Quote	4 10-11:30 AM EST Monthly Group Coaching Session	5 Daily Quote	6 Daily Quote	7 Daily Quote	8 Daily Quote
9 Daily Quote Weekly Journal Prompt Release	10 Daily Quote	11 Daily Quote	12 Daily Quote	13 Daily Quote	14 Daily Quote	15 Daily Quote
16 Daily Quote Weekly Journal Prompt Release	17 Daily Quote	18 4-5:30 PM EST Catch-up Session	19 Daily Quote	20 Daily Quote	21 Daily Quote	22 Daily Quote
23 Daily Quote Weekly Journal Prompt Release	24 Daily Quote	25 Daily Quote	26 Daily Quote	27 Daily Quote	28 Daily Quote	29 Daily Quote
30 Daily Quote Weekly Journal Prompt Release	<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%;"> <p> Self-discovery exercises and weekly challenges</p> <p> Live coaching sessions and Q&A's</p> </div> </div>					

MAY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
30	1 Daily Quote	2 10-11:30 AM EST Monthly Group Coaching Session	3 Daily Quote	4 Daily Quote	5 Daily Quote	6 Daily Quote
7 Daily Quote Weekly Journal Prompt Release	8 Daily Quote	9 Daily Quote	10 Daily Quote	11 Daily Quote	12 Daily Quote	13 Daily Quote
14 Daily Quote Weekly Journal Prompt Release	15 Daily Quote	16 4-5:30 PM EST Catch-up Session	17 Daily Quote	18 Daily Quote	19 Daily Quote	20 Daily Quote
21 Daily Quote Weekly Journal Prompt Release	22 Daily Quote	23 Daily Quote	24 Daily Quote	25 Daily Quote	26 Daily Quote	27 Daily Quote
28 Daily Quote Weekly Journal Prompt Release	29 Daily Quote	30 Daily Quote	31 Daily Quote	1	2	3

 Self-discovery exercises and weekly challenges

 Live coaching sessions and Q&A's

June 2023

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1 Daily Quote	2 Daily Quote	3 Daily Quote
4 Daily Quote Weekly Journal Prompt Release	5 Daily Quote	6 10-11:30 AM EST Monthly Group Coaching Session	7 Daily Quote	8 Daily Quote	9 Daily Quote	10 Daily Quote
11 Daily Quote Weekly Journal Prompt Release	12 Daily Quote	13 Daily Quote	14 Daily Quote	15 Daily Quote	16 Daily Quote	17 Daily Quote
18 Daily Quote Weekly Journal Prompt Release	19 Daily Quote	20 4-5:30 PM EST Catch-up Session	21 Daily Quote	22 Daily Quote	23 Daily Quote	24 Daily Quote
25 Daily Quote Weekly Journal Prompt Release	26 Daily Quote	27 Daily Quote	28 Daily Quote	29 Daily Quote	30 Daily Quote	1

 Self-discovery exercises and weekly challenges

 Live coaching sessions and Q&A's

July 2023

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27 Daily Quote	28	29	30	1 Daily Quote
2 Daily Quote Weekly Journal Prompt Release	3 Daily Quote	4 Daily Quote	5 10-11:30 AM EST Monthly Group Coaching Session	6 Daily Quote	7 Daily Quote	8 Daily Quote
9 Daily Quote Weekly Journal Prompt Release	10 Daily Quote	11 Daily Quote	12 Daily Quote	13 Daily Quote	14 Daily Quote	15 Daily Quote
16 Daily Quote Weekly Journal Prompt Release	17 Daily Quote	18 4-5:30 PM EST Catch-up Session	19 Daily Quote	20 Daily Quote	21 Daily Quote	22 Daily Quote
23 Daily Quote Weekly Journal Prompt Release	24 Daily Quote	25 Daily Quote	26 Daily Quote	27 Daily Quote	28 Daily Quote	29 Daily Quote
30 Daily Quote Weekly Journal Prompt Release	<div style="display: flex; justify-content: space-between; align-items: flex-start; padding: 10px;"> <div style="width: 20%;"></div> <div style="width: 40%;"> <p> Self-discovery exercises and weekly challenges</p> <p> Live coaching sessions and Q&A's</p> </div> <div style="width: 40%;"></div> </div>					

August 2023

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 Daily Quote	2 Daily Quote	3 Daily Quote	4 Daily Quote	5 Daily Quote
6 Daily Quote Weekly Journal Prompt Release	7 Daily Quote	8 10-11:30 AM EST Monthly Group Coaching Session	9 Daily Quote	10 Daily Quote	11 Daily Quote	12 Daily Quote
13 Daily Quote Weekly Journal Prompt Release	14 Daily Quote	15 Daily Quote	16 Daily Quote	17 Daily Quote	18 Daily Quote	19 Daily Quote
20 Daily Quote Weekly Journal Prompt Release	21 Daily Quote	22 4-5:30 PM EST Catch-up Session	23 Daily Quote	24 Daily Quote	25 Daily Quote	26 Daily Quote
27 Daily Quote Weekly Journal Prompt Release	28 Daily Quote	29 Daily Quote	30 Daily Quote	31 Daily Quote	1 Daily Quote	2 Daily Quote

 Self-discovery exercises and weekly challenges

 Live coaching sessions and Q&A's

September 2023

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1 Daily Quote	2 Daily Quote
3 Daily Quote Weekly Journal Prompt Release	4 Daily Quote	5 Daily Quote	6 Daily Quote	7 Daily Quote	8 Daily Quote	9 Daily Quote
10 Daily Quote Weekly Journal Prompt Release	11 Daily Quote	12 10-11:30 AM EST Monthly Group Coaching Session	13 Daily Quote	14 Daily Quote	15 Daily Quote	16 Daily Quote
17 Daily Quote Weekly Journal Prompt Release	18 Daily Quote	19 Daily Quote	20 Daily Quote	21 Daily Quote	22 Daily Quote	23 Daily Quote
24 Daily Quote Weekly Journal Prompt Release	25 Daily Quote	26 4-5:30 PM EST Catch-up Session	27 Daily Quote	28 Daily Quote	29 Daily Quote	30 Daily Quote

 Self-discovery exercises and weekly challenges

 Live coaching sessions and Q&A's

October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 Daily Quote Weekly Journal Prompt Release	2 Daily Quote	3 Daily Quote	4 Daily Quote	5 Daily Quote	6 Daily Quote	7 Daily Quote
8 Daily Quote Weekly Journal Prompt Release	9 Daily Quote	10 10-11:30 AM EST Monthly Group Coaching Session	11 Daily Quote	12 Daily Quote	13 Daily Quote	14 Daily Quote
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22 Daily Quote Weekly Journal Prompt Release	23 Daily Quote	24 4-5:30 PM EST Catch-up Session	25 Daily Quote	26 Daily Quote	27 Daily Quote	28 Daily Quote
29 Daily Quote Weekly Journal Prompt Release	30 Daily Quote	31 Daily Quote	1 Daily Quote	2 Daily Quote	3 Daily Quote	4 Daily Quote

 Self-discovery exercises and weekly challenges

 Live coaching sessions and Q&A's

November 2023

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1 Daily Quote	2 Daily Quote	3 Daily Quote	4 Daily Quote
5 Daily Quote Weekly Journal Prompt Release	6 Daily Quote	7 10-11:30 AM EST Monthly Group Coaching Session	8 Daily Quote	9 Daily Quote	10 Daily Quote	11 Daily Quote
12 Daily Quote Weekly Journal Prompt Release	13 Daily Quote	14 Daily Quote	15 Daily Quote	16 Daily Quote	17 Daily Quote	18 Daily Quote
19 Daily Quote Weekly Journal Prompt Release	20 Daily Quote	21 4-5:30 PM EST Catch-up Session	22 Daily Quote	23 Daily Quote	24 Daily Quote	25 Daily Quote
26 Daily Quote Weekly Journal Prompt Release	27 Daily Quote	28 Daily Quote	29 Daily Quote	30 Daily Quote	1	2

 Self-discovery exercises and weekly challenges

 Live coaching sessions and Q&A's

December 2023

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1 Daily Quote	2 Daily Quote
3 Daily Quote Weekly Journal Prompt Release	4 Daily Quote	5 10-11:30 AM EST Monthly Group Coaching Session	6 Daily Quote	7 Daily Quote	8 Daily Quote	9 Daily Quote
10 Daily Quote Weekly Journal Prompt Release	11 Daily Quote	12 Daily Quote	13 Daily Quote	14 Daily Quote	15 Daily Quote	16 Daily Quote
17 Daily Quote Weekly Journal Prompt Release	18 Daily Quote	19 4-5:30 PM EST Catch-up Session	20 Daily Quote	21 Daily Quote	22 Daily Quote	23 Daily Quote
24 Daily Quote Weekly Journal Prompt Release	25 Daily Quote	26 Daily Quote	27 Daily Quote	28 Daily Quote	29 Daily Quote	30 Daily Quote
31 Daily Quote Weekly Journal Prompt Release	<div style="display: flex; flex-direction: column; gap: 10px;"> <div> Self-discovery exercises and weekly challenges </div> <div> Live coaching sessions and Q&A's </div> </div>					