



2014

goal
achieving
planner



LoveGem
Studio 

How to Use this Planner

Hello and Welcome!

I am glad that you have downloaded the planner and are heading toward setting up your goals for 2014. Congratulations! By writing down your goals, you have taken the first step toward success!

The materials included in this planner are used internally for our business planning. I would like to share all these with you. I believe a thoughtful plan is not only needed for running a healthy business, but also help keep you on track for a healthy life. Do you want to plan for your diet, travel, family events, learning a new language, etc.? This planner will guide you toward success.

Who is this planner for?

- People who want to plan for their daily routines
- People who want to complete certain tasks in their life
- People who run a business and want to plan ahead of time

How to use this planner?

This planner is designed to help you identify your goals, break your main goal into smaller goals, set deadlines and keep track of progress.

- Print the whole planner, or just the pages that apply to you, and put it in a binder
- Fill out the evaluation of last year to help determine your goals for this year
- Fill out your main goal for this year, and then break it down into quarterly (optional) and monthly goals
- Complete the year-end evaluation to measure your success

Tips: It's never too late to start planning, so get started now. Use this planner every day and every month to plan and keep track of your progress.

Wishing you a very successful 2014!

Yin Yin Wu

(Designer of LoveGem Studio – Eco Friendly Handmade Jewelry)

This Planner is Used by: _____

Evaluation of 2013

What I Have Accomplished In the Past Year:

I Should Focus More On:

I Should Have Stopped Doing These:

Main Goal for 2014

(Use One Page per Goal. Print More Pages for Multiple Goals.)

This Year I Promise Myself To:

Checklist of Steps toward Achieving my Goal:

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First Quarter Plan (Jan – Mar) - Optional

This Quarter I Promise Myself To:

Checklist of Steps toward Achieving my Goal:

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Second Quarter Plan (Apr – Jun) - Optional

This Quarter I Promise Myself To:

Checklist of Steps toward Achieving my Goal:

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Third Quarter Plan (Jul – Aug) - Optional

This Quarter I Promise Myself To:

Checklist of Steps toward Achieving my Goal:

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Fourth Quarter Plan (Sep – Dec) - Optional

This Quarter I Promise Myself To:

Checklist of Steps toward Achieving my Goal:

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Monthly Goal and Action Plans – January

This Month I Promise Myself to:

My Checklist:

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Other – Important Events Reminder:

Other – Birthdays Reminder:

Other:

Other:

Jolly January

Birthstone: Garnet

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1	2	3	4
			New Year			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	Martin Luther King					
26	27	28	29	30	31	

Monthly Goal and Action Plans – February

This Month I Promise Myself to:

My Checklist:

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Other – Important Events Reminder:

Other – Birthdays Reminder:

Other:

Other:

Fabulous February

Birthstone: Amethyst

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	Valentine's Day	22
23	Presidents' Day	24	25	26	27	28

Monthly Goal and Action Plans – March

This Month I Promise Myself to:

My Checklist:

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Other – Important Events Reminder:

Other – Birthdays Reminder:

Other:

Other:

Merry March

Birthstone: Aquamarine

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

							1
2	3	4	5	6	7	8	8
9	10	11	12	13	14	15	International Women's Day
16	17	18	19	20	21	22	22
23	24	25	26	27	28	29	St. Patrick's Day 1 st Day - Spring

Monthly Goal and Action Plans – April

This Month I Promise Myself to:

My Checklist:

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Other – Important Events Reminder:

Other – Birthdays Reminder:

Other:

Other:

Amazing April

Birthstone: Diamond

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1	2	3	4	5
		April Fool's Day				
6	7	8	9	10	11	12
	World Health Day					
13	14	15	16	17	18	19
20	21	22	23	24	25	26
Easter		Earth Day				
27	28	29	30			

Monthly Goal and Action Plans – May

This Month I Promise Myself to:

My Checklist:

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Other – Important Events Reminder:

Other – Birthdays Reminder:

Other:

Other:

Marvelous May

Birthstone: Emerald

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1	2	3
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
Mother's Day							
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	
Memorial Day							

Monthly Goal and Action Plans – June

This Month I Promise Myself to:

My Checklist:

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Other – Important Events Reminder:

Other – Birthdays Reminder:

Other:

Other:

Juicy June

Birthstone: Pearl

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Father's Day						1 st Day - Summer
22	23	24	25	26	27	28
29	30					

Monthly Goal and Action Plans – July

This Month I Promise Myself to:

My Checklist:

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Other – Important Events Reminder:

Other – Birthdays Reminder:

Other:

Other:

Joyful July

Birthstone: Ruby

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1	2	3	4	5
					Independence Day	
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		
Parents' Day						

Monthly Goal and Action Plans – August

This Month I Promise Myself to:

My Checklist:

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Other – Important Events Reminder:

Other – Birthdays Reminder:

Other:

Other:

Amusing August

Birthstone: Peridot

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1	2
3	4	5	6	7	8	9
International Friendship Day						
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Monthly Goal and Action Plans – September

This Month I Promise Myself to:

My Checklist:

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Other – Important Events Reminder:

Other – Birthdays Reminder:

Other:

Other:

Sweet September

Birthstone: Sapphire

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1	2	3	4	5	6
	Labor Day					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
International Day of Peace		1 st Day - Fall				
28	29	30				

Monthly Goal and Action Plans – October

This Month I Promise Myself to:

My Checklist:

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Other – Important Events Reminder:

Other – Birthdays Reminder:

Other:

Other:

Optimistic October

Birthstone: Tourmaline/ Opal

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1	2	3	4
			World Vegetarian Day			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Columbus Day						Sweetest Day
19	20	21	22	23	24	25
26	27	28	29	30	31	
				Halloween		

Monthly Goal and Action Plans – November

This Month I Promise Myself to:

My Checklist:

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Other – Important Events Reminder:

Other – Birthdays Reminder:

Other:

Other:

Noble November

Birthstone: Topaz/ Citrine

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	Veterans' Day					
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30			Thanksgiving			

Monthly Goal and Action Plans – December

This Month I Promise Myself to:

My Checklist:

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Other – Important Events Reminder:

Other – Birthdays Reminder:

Other:

Other:

Delicious December

Birthstone: Tanzanite/ Zircon/ Turquoise

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	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
1 st Day - Winter				Christmas		
28	29	30	31			
			New Year's Eve			

Year End Evaluation

Yes! I Did It!

What I Have Accomplished In This Year:

I Should Focus More On These for Next Year:

I Should Have Stopped Doing These:

Year End Evaluation

(Continued)

I Am Going to Reward Myself By:

People Who I Want to Thank:

Birthstone Chart

Find Your Birthstones and Their Meaning

Month	Birthstones (Birth Month Flowers)
January	Garnet – Constancy, Loyalty (Carnation)
February	Amethyst – Sincerity, Peace (Primrose)
March	Aquamarine – Courage, Health (Daffodil)
April	Diamond – Innocence, Love (Daisy/ Peony)
May	Emerald – Happiness, Fertility (Hawthorn/ Lily of the Valley)
June	Pearl/ Alexandrite – Balance, Joy (Rose/ Honeysuckle)
July	Ruby – Nobility, Beauty (Water Lily/ Delphinium)
August	Peridot – Felicity, Protection (Poppy/ Gladiolus)
September	Sapphire – Wisdom, Calmness (Morning Glory/ Aster)
October	Tourmaline/ Opal – Balance, Endurance (Calendula/ Marigold)
November	Topaz/ Citrine – Friendship, Strength (Chrysanthemum)
December	Tanzanite/ Zircon/ Turquoise – Wisdom, Wealth (Holly/ Narcissus)

My Inspiration Quotes Collection

“It always seems impossible until it’s done.” - Nelson Mandela

Graph for My Dieting

Weight (lb)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1												
2												
3												
4												
5												
6												
7												
8												

Calories Reference Chart

(Quoted from: www.webmd.com)

How many calories do you need to maintain a healthy weight?

To maintain weight, see the calorie chart below. This chart represents calorie guidelines to maintain weight based on median height and weight -- a BMI (body-mass index) of 21.5 for females and 22.5 for males – as well as activity level.

To lose weight -- about 1 pound a week -- reduce total calories in the chart by 500 a day by eating less and become more physically active.

To gain weight, add 500 calories per day for each pound you want to gain per week.

For successful weight loss that you can maintain over time, experts recommend choosing foods that are lower in calories but rich in protein, vitamins, minerals, fiber, and other nutrients.

Gender	Age	Sedentary*	Moderately Active*	Active*
Females	19-30	1800-2000	2000-2200	2400
	31-50	1800	2000	2200
	51+	1600	1800	2000-2200
Males	19-30	2400-2600	2600-2800	3000
	31-50	2200-2400	2400-2600	2800-3000
	51+	2000-2200	2200-2400	2400-2800

*Sedentary means a lifestyle that includes light physical activity associated with typical activities of daily living. Moderately active consists of walking 1.5 to 3 miles daily at a pace of 3 to 4 miles per hour (or the equivalent). An active person walks more than 3 miles daily at the same pace, or equivalent exercise.

Address Book

Name: Phone #: Birthday: Address:	Name: Phone #: Birthday: Address:
Name: Phone #: Birthday: Address:	Name: Phone #: Birthday: Address:
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Notes

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