

*True*  
*Barre*  
2026

*yearly goals, habit tracker,  
+ journal*

*true barre*

*more than a fitness studio*

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Motivation is  
what gets you  
started.

Habits are what  
keep you going.  
yearly motivation

*true barre*  
more than a fitness studio



# 2026 Goals and Dreams

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*true barre*

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*more than a fitness studio*

# yearly 2026 calendar

JANUARY							01	FEBRUARY							02	MARCH							03
M	T	W	T	F	S	S		M	T	W	T	F	S	S		M	T	W	T	F	S	S	
			1	2	3	4								1									1
5	6	7	8	9	10	11		2	3	4	5	6	7	8		2	3	4	5	6	7	8	
12	13	14	15	16	17	18		9	10	11	12	13	14	15		9	10	11	12	13	14	15	
19	20	21	22	23	24	25		16	17	18	19	20	21	22		16	17	18	19	20	21	22	
26	27	28	29	30	31			23	24	25	26	27	28			23	24	25	26	27	28	29	
APRIL							04	MAY							05	JUNE							06
M	T	W	T	F	S	S		M	T	W	T	F	S	S		M	T	W	T	F	S	S	
		1	2	3	4	5						1	2	3		1	2	3	4	5	6	7	
6	7	8	9	10	11	12		4	5	6	7	8	9	10		8	9	10	11	12	13	14	
13	14	15	16	17	18	19		11	12	13	14	15	16	17		15	16	17	18	19	20	21	
20	21	22	23	24	25	26		18	19	20	21	22	23	24		22	23	24	25	26	27	28	
27	28	29	30					25	26	27	28	28	30	31		29	30						
JULY							07	AUGUST							08	SEPTEMBER							09
M	T	W	T	F	S	S		M	T	W	T	F	S	S		M	T	W	T	F	S	S	
		1	2	3	4	5							1	2			1	2	3	4	5	6	
6	7	8	9	10	11	12		3	4	5	6	7	8	9		7	8	9	10	11	12	13	
13	14	15	16	17	18	19		10	11	12	13	14	15	16		14	15	16	17	18	19	20	
20	21	22	23	24	25	26		17	18	19	20	21	22	23		21	22	23	24	25	26	27	
27	28	29	30	31				24	25	26	27	28	29	30		28	29	30					
OCTOBER							10	NOVEMBER							11	DECEMBER							12
M	T	W	T	F	S	S		M	T	W	T	F	S	S		M	T	W	T	F	S	S	
			1	2	3	4								1			1	2	3	4	5	6	
5	6	7	8	9	10	11		2	3	4	5	6	7	8		7	8	9	10	11	12	13	
12	13	14	15	16	17	18		9	10	11	12	13	14	15		14	15	16	17	18	19	20	
19	20	21	22	23	24	25		16	17	18	19	20	21	22		21	22	23	24	25	26	27	
26	27	28	29	30	31			23	24	25	26	27	28	29		28	29	30	31				
								30															

*true barre*  
more than a fitness studio

Start where you are.

Show up consistently.

Move with intention. Trust small wins.

Progress over perfection.

Discipline over doubt.

Strong today. Stronger tomorrow.

Become everything you are capable of becoming.

Dream it. Do it. Create your reality.

Make yourself a priority.

Build the habits that build your life.

Consistency and action are  
how results are made.

*true barre*

*more than a fitness studio*



# Chapter 1

# January

day one...  
or one day...

*you decide.*  
monthly motivation



# 2026/01 *January*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<b>Saturday</b>
				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

goals

to-dos/ notes



# Week 1

MIND & MOOD	M	T	W	T	F	S	S
Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH							
Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10–15 min)							
Acts of Kindness							

**ADDITIONAL HABITS**






## Week 2

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 3

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 4

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS






## Week 5

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS


# To Do List *Weekly*

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## SUNDAY

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## SOMETIME THIS WEEK OR NEXT WEEK

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## NOTES

# January

## Monthly Recap + *Gratitude Journal*

what I learned this month

what I am grateful for this month

what I want to keep from this month.  
what can I let go from this month.  
what do I want to take into the new month.

accomplishments and successes  
from this month

## Chapter 2

# February

start where you are.  
stay consistent.

become  
*unstoppable.*

monthly motivation



# 2026/02 February

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	28

goals

to-dos/ notes



# Week 1

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS






## Week 2

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

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Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 3

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

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Take Vitamins/ Supplements							

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Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 4

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS


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# *February* Monthly Recap + *Gratitude Journal*

what I learned this month

what I am grateful for this month

what I want to keep from this month.  
what can I let go from this month.  
what do I want to take into the new month.

accomplishments and successes  
from this month

# Chapter 3

## March

stay motivated.  
stay inspired.

never stop  
*moving.*  
monthly motivation



# 2026/03 March

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	28
29	30	31				

goals

to-dos/ notes



# Week 1

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 2

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
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Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 3

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

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Drink Water							
Healthy Meals							
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Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 4

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 5

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




# To Do List *Weekly*

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## SUNDAY

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## SOMETIME THIS WEEK OR NEXT WEEK

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## NOTES

# March

## Monthly Recap + *Gratitude Journal*

what I learned this month

what I am grateful for this month

what I want to keep from this month.  
what can I let go from this month.  
what do I want to take into the new month.

accomplishments and successes  
from this month

Today is your day.  
You are capable and strong.  
Move with purpose. Live with intention.  
One breath at a time.  
Choose strength. Choose joy.  
Strong body. Strong mind. Open heart.  
Find power in the process.  
Stay committed even when motivation fades.  
The days you don't want to  
show up are the days to keep  
showing up.

*true barre*  
more than a fitness studio



# Chapter 4

*April*

make each day  
count.

your potential is  
*limitless.*

monthly motivation

*true barre*  
more than a fitness studio



2026/04  
*April*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<b><i>Saturday</i></b>
			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		

goals

to-dos/ notes



# Week 1

MIND & MOOD	M	T	W	T	F	S	S
Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH							
Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

**ADDITIONAL HABITS**




## Week 2

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
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Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 3

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

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Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 4

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 5

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS


# To Do List *Weekly*

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# To Do List *Weekly*

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# To Do List *Weekly*

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# To Do List *Weekly*

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## SOMETIME THIS WEEK OR NEXT WEEK

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*April*

Monthly Recap +  
*Gratitude Journal*

what I learned this month

what I am grateful for this month

what I want to keep from this month.  
what can I let go from this month.  
what do I want to take into the new month.

accomplishments and successes  
from this month

# Chapter 5

# May

habits + routine is  
consistency in  
action.

consistency brings  
*results.*

monthly motivation

*true barre*  
more than a fitness studio



2026/05  
*May*

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	28	29	30
31						

goals

to-dos/ notes





## Week 1

MIND & MOOD	M	T	W	T	F	S	S
Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH							
Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

**ADDITIONAL HABITS**




## Week 2

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

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Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 3

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 4

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 5

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS


# To Do List *Weekly*

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*May*

Monthly Recap +  
*Gratitude Journal*

what I learned this month

what I am grateful for this month

what I want to keep from this month.  
what can I let go from this month.  
what do I want to take into the new month.

accomplishments and successes  
from this month

# Chapter 6

## *June*

restart.  
refocus.  
reconnect.

as many times as  
*you need.*  
monthly motivation

*true barre*  
more than a fitness studio



# 2026/06 *June*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<b><i>Saturday</i></b>
	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				

goals

to-dos/ notes





## Week 1

MIND & MOOD	M	T	W	T	F	S	S
Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH							
Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

**ADDITIONAL HABITS**




## Week 2

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS






## Week 3

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 4

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 5

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
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## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS


# To Do List *Weekly*

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*June*

Monthly Recap +  
*Gratitude Journal*

what I learned this month

what I am grateful for this month

what I want to keep from this month.  
what can I let go from this month.  
what do I want to take into the new month.

accomplishments and successes  
from this month

# Yes you can. Mind over matter.

Sometimes you have to get uncomfortable to be comfortable.

Tiny movements. Major results.

Grind now. Shine later.

Everything is hard before it's easy.

Don't be afraid of the challenge.

Prioritize your health and wellness.

Can't stop. Won't stop.

Body. Mind. Soul. Stay strong. Keep going.

You didn't come this far to  
only come this far.

*true barre*

more than a fitness studio

# Chapter 7

# July

never underestimate  
the power of moving  
your body everyday.

results require routine.  
routine gives *results*.  
monthly motivation

*true barre*  
more than a fitness studio



2026/07  
*July*

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	28	29	30	31	

goals

to-dos/ notes



# Week 1

MIND & MOOD	M	T	W	T	F	S	S
Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH							
Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

**ADDITIONAL HABITS**




## Week 2

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 3

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS






## Week 4

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 5

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS


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*July*

# Monthly Recap + *Gratitude Journal*

what I learned this month

what I am grateful for this month

what I want to keep from this month.  
what can I let go from this month.  
what do I want to take into the new month.

accomplishments and successes  
from this month

# Chapter 8

## August

success is the result of  
small efforts repeated  
day in and day out.

move with  
*grit, drive, + gratitude.*

monthly motivation

*true barre*  
more than a fitness studio



# 2026/08 August

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	28	29
30	31					

goals

to-dos/ notes



# Week 1

MIND & MOOD	M	T	W	T	F	S	S
Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH							
Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10–15 min)							
Acts of Kindness							

**ADDITIONAL HABITS**




## Week 2

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
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Take Vitamins/ Supplements							

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Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

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Healthy Meals							
Take Vitamins/ Supplements							

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Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 4

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 5

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




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## SOMETIME THIS WEEK OR NEXT WEEK

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*August*

Monthly Recap +  
*Gratitude Journal*

what I learned this month

what I am grateful for this month

what I want to keep from this month.  
what can I let go from this month.  
what do I want to take into the new month.

accomplishments and successes  
from this month

## Chapter 9

# September

you've got to nourish to  
flourish.

fall in love with  
becoming the best  
version of *yourself*.

monthly motivation

*true barre*  
more than a fitness studio





# 2026/09 *September*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<b><i>Saturday</i></b>
		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			

goals

to-dos/ notes



## Week 1

MIND & MOOD	M	T	W	T	F	S	S
Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH							
Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

**ADDITIONAL HABITS**




## Week 2

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 3

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 4

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 5

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS


# To Do List *Weekly*

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# To Do List *Weekly*

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# To Do List *Weekly*

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# To Do List *Weekly*

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# *September* Monthly Recap + *Gratitude Journal*

what I learned this month

what I am grateful for this month

what I want to keep from this month.  
what can I let go from this month.  
what do I want to take into the new month.

accomplishments and successes  
from this month

You are worthy.

Honor your body.

Be proud of your effort. Consistency creates results.

Breathe deep. Big energy.  
Move with clarity and strength.

Love your body.

Your future self will thank you.

Grounded. Grateful. Strong. Restored.

Dream it. Believe it. See it.

Move together. Grow together. Rise together.  
The effort today creates the confidence  
and strength for tomorrow.

*true barre*

*more than a fitness studio*

# Chapter 10

## October

never underestimate  
the power of moving  
your body everyday.

results require routine.  
routine gives *results*.

monthly motivation



# 2026/10 *October*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<b><i>Saturday</i></b>
				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

goals

to-dos/ notes





## Week 1

MIND & MOOD	M	T	W	T	F	S	S
Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH							
Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10–15 min)							
Acts of Kindness							

**ADDITIONAL HABITS**




## Week 2

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 3

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 4

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 5

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS


# To Do List *Weekly*

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## SOMETIME THIS WEEK OR NEXT WEEK

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*October*

Monthly Recap +  
*Gratitude Journal*

what I learned this month

what I am grateful for this month

what I want to keep from this month.  
what can I let go from this month.  
what do I want to take into the new month.

accomplishments and successes  
from this month

# Chapter 11

# November

thankful for movement  
and power inside and  
out.

embrace strength.  
focus on goals.  
*keep going.*  
monthly motivation

*true barre*  
more than a fitness studio



# 2026/11 *November*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<b><i>Saturday</i></b>
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					

goals

to-dos/ notes



# Week 1

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							




## Week 2

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS






## Week 3

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 4

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 5

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS


# To Do List *Weekly*

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# To Do List *Weekly*

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## NOTES

# *November* Monthly Recap + *Gratitude Journal*

what I learned this month

what I am grateful for this month

what I want to keep from this month.  
what can I let go from this month.  
what do I want to take into the new month.

accomplishments and successes  
from this month

Everyday choose you.

Movement is healing.

Small steps create powerful change.

Choose gratitude.

Growth over fear. Dream big.

Commit to you. Invest in you.

You can be both a masterpiece and work of progress at the same time.

Move for joy. Move for you.

Be mindful. Be purposeful. Set the tone.

Finish strong. Start stronger.

*true barre*

*more than a fitness studio*

# Chapter 12

## December

strong through every  
season.

finish stronger than you  
started.

*strong finishes create strong  
beginnings.*

monthly motivation



# 2026/12 *December*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<b><i>Saturday</i></b>
		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		

goals

to-dos/ notes



## Week 1

MIND & MOOD	M	T	W	T	F	S	S
Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH							
Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10–15 min)							
Acts of Kindness							

**ADDITIONAL HABITS**




## Week 2

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 3

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS






## Week 4

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS




## Week 5

## MIND & MOOD

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Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

## BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

## SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

## ADDITIONAL HABITS


# To Do List *Weekly*

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## SUNDAY

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## SOMETIME THIS WEEK OR NEXT WEEK

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# December

## Monthly Recap + *Gratitude Journal*

what I learned this month

what I am grateful for this month

what I want to keep from this month.  
what can I let go from this month.  
what do I want to take into the new month.

accomplishments and successes  
from this month

Just show up.  
Mind over matter.  
Embrace the challenge. Stay focused.  
You can be both, perfect and imperfect, at the same time.  
Don't be afraid to add new goals.  
Celebrate resilience.  
Trust your growth.  
Make your future self proud.  
Move with purpose and intention.  
Every step. Every breath. Every pulse. Every rep matters.  
Don't be afraid to push past  
that comfort zone.

*true barre*  
more than a fitness studio

# 2026 Yearly Reflections

what I learned this year

things I'm grateful for this year  
favorite things from this year

what I want to keep from this year  
what to leave behind this year  
goals for the new year ahead

accomplishments and successes  
from this year

2026  
*Thank You!*

*true barre*  

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*more than a fitness studio*



XOXO,

*True  
Barre*

*true barre*  

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*more than a fitness studio*