

January 2025

Rachael Says Plan

Motivation is the spark that starts the engine. Habit is the fuel that keeps it running. - Rachael

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

OUTCOME:	PROCESS:

The Plan

Writing Days: _____

Buffer Days: - _____

Total Writing Days: = _____

Goal Words or Pages: _____

DAILY GOAL _____

Daily Goal is Goal Words or Pages divided by Total Writing Days.

Notes:
