

2021



# dados pessoais



## janeiro

d	s	t	q	q	s	s
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	30

## fevereiro

d	s	t	q	q	s	s
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						

## março

d	s	t	q	q	s	s
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			

## abril

d	s	t	q	q	s	s
			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	

## maio

d	s	t	q	q	s	s
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
<sup>23</sup> / <sub>30</sub>	<sup>24</sup> / <sub>31</sub>	25	26	27	28	29

## junho

d	s	t	q	q	s	s
		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			

## julho

d	s	t	q	q	s	s
			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

## agosto

d	s	t	q	q	s	s
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				

## setembro

d	s	t	q	q	s	s
			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		

## outubro

d	s	t	q	q	s	s
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	30

## novembro

d	s	t	q	q	s	s
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				

## dezembro

d	s	t	q	q	s	s
			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	

2021

janeiro

d	s	t	q	q	s	s
				1		
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
<sup>23</sup> <sub>30</sub>	<sup>24</sup> <sub>31</sub>	25	26	27	28	29

fevereiro

d	s	t	q	q	s	s
		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					

março

d	s	t	q	q	s	s
		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		

abril

d	s	t	q	q	s	s
				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

maio

d	s	t	q	q	s	s
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				

junho

d	s	t	q	q	s	s
			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		

julho

d	s	t	q	q	s	s
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<sup>24</sup> <sub>31</sub>	25	26	27	28	29	30

agosto

d	s	t	q	q	s	s
		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		

setembro

d	s	t	q	q	s	s
				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	

outubro

d	s	t	q	q	s	s
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
<sup>23</sup> <sub>30</sub>	<sup>24</sup> <sub>31</sub>	25	26	27	28	29

novembro

d	s	t	q	q	s	s
		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			

dezembro

d	s	t	q	q	s	s
			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

2025

# metas para 2021

meta: \_\_\_\_\_

plano de ação: \_\_\_\_\_

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# planejamento anual

janeiro

fevereiro

março

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	janeiro	fevereiro	março
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# planejamento anual

abril	maio	junho	
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			30
			31

# planejamento anual

julho

agosto

setembro

- 1
- 2
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	julho	agosto	setembro
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# planejamento anual

outubro	novembro	dezembro	
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			31

# senhas

Como anotar senhas de forma segura:  
escolha uma ou mais letras, números ou caracteres que  
NÃO farão parte da sua senha. Insira aleatoriamente em  
todas as senhas, assim, só você saberá qual letra,  
número ou caractere não faz parte da senha.

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login: \_\_\_\_\_  
senha: \_\_\_\_\_

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**9**



título: \_\_\_\_\_

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**11**



título: \_\_\_\_\_

autor: \_\_\_\_\_

**12**



título: \_\_\_\_\_

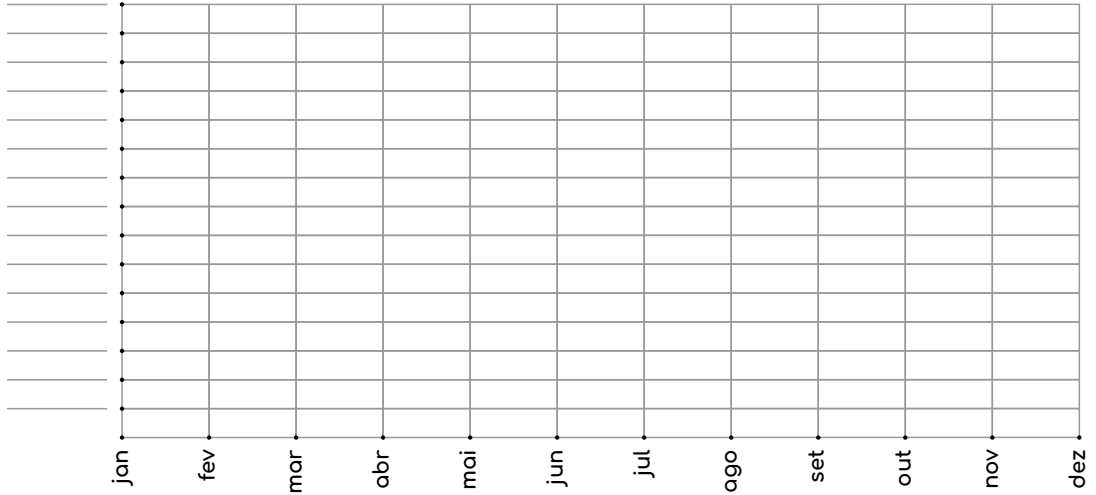
autor: \_\_\_\_\_



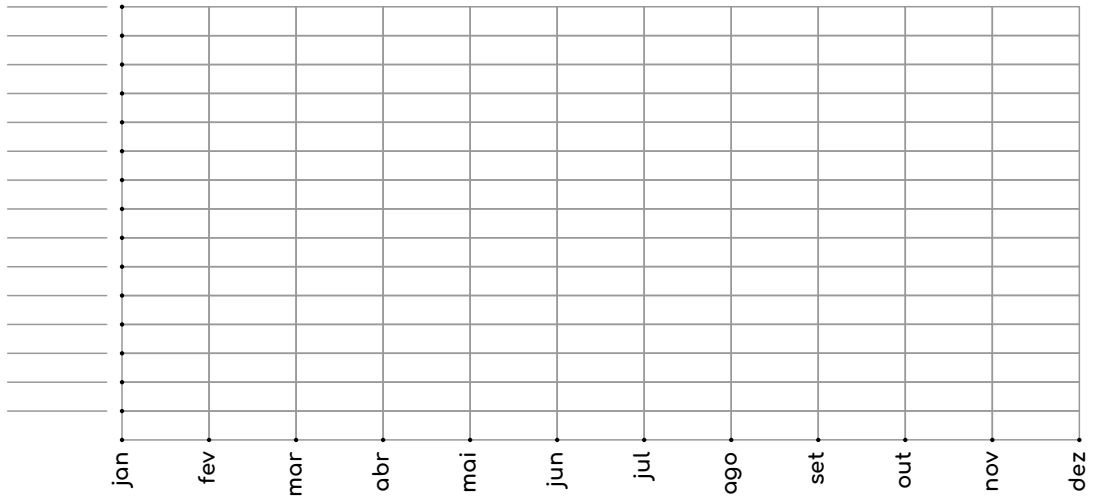
# balanço financeiro anual

valores

rastreador de gastos







valores







# contatos importantes




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# contatos importantes



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janeiro

# planejamento mensal

dom	seg	ter	qua
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			



# metas de janeiro

## pessoais

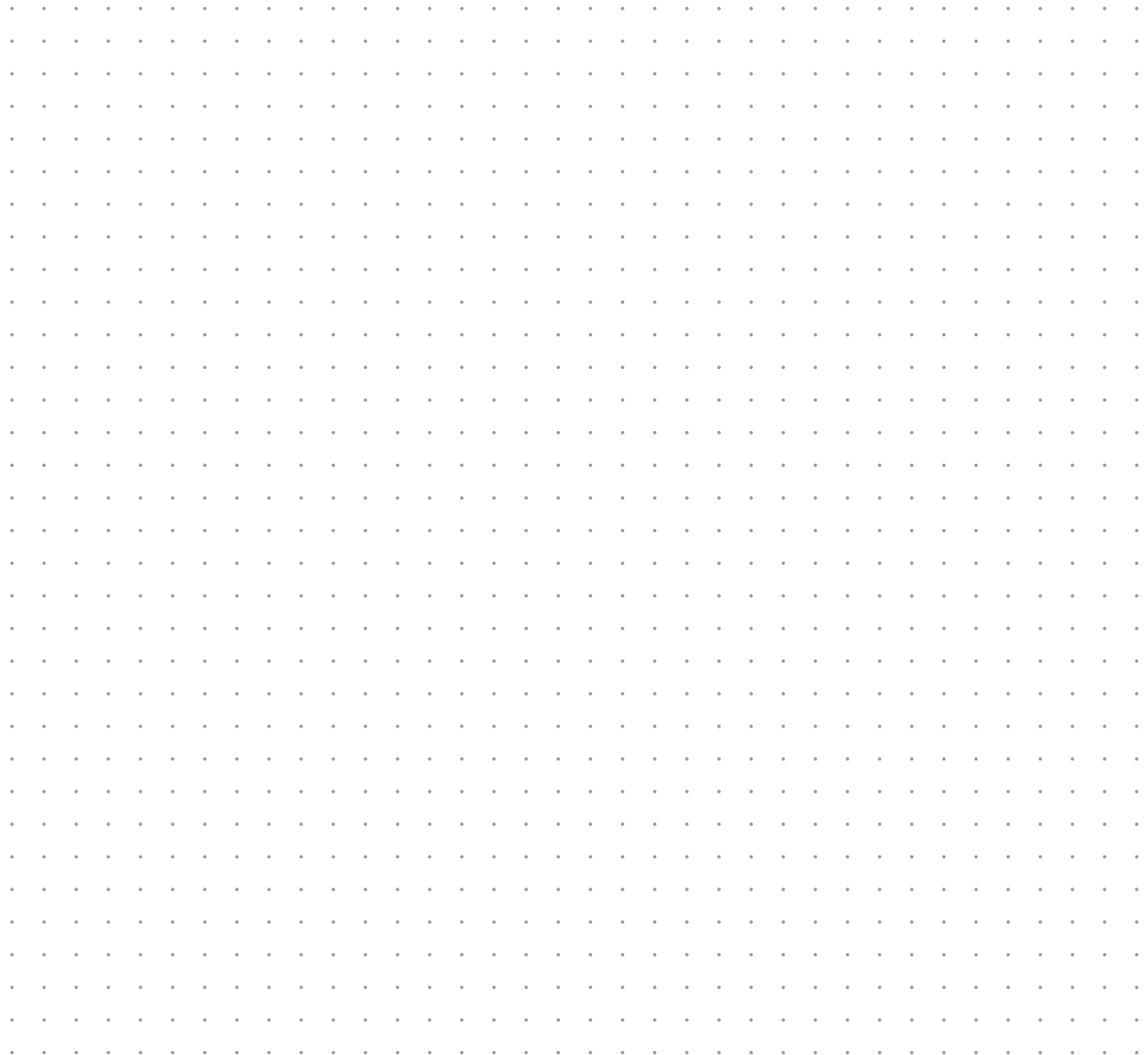
- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

## profissionais

- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
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concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
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concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
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concluída?  s  n
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concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

# inspire-se para começar bem

libere a criatividade

















7

quinta

8

sexta

9

sábado

Handwriting practice area for Friday (7) consisting of 10 horizontal lines. The first six lines have a small orange square at the beginning of each line.

Handwriting practice area for Saturday (8) consisting of 10 horizontal lines. The first six lines have a small orange square at the beginning of each line.

Grid area for Saturday (9) consisting of a 10x10 grid.

Grid area for Friday (7) consisting of a 10x10 grid.

Grid area for Saturday (8) consisting of a 10x10 grid.

10

domingo

Grid area for Sunday (10) consisting of a 10x10 grid.

controle de hábitos

s t q q s s d

Habit control area with four horizontal lines and a corresponding grid of 4 rows by 7 columns of circles for tracking progress.





**18**

segunda

**19**

terça

**20**

quarta

Handwriting practice area for Monday (18). It consists of six rows of horizontal lines, each starting with a small orange square on the left margin.

Handwriting practice area for Tuesday (19). It consists of six rows of horizontal lines, each starting with a small orange square on the left margin.

Handwriting practice area for Wednesday (20). It consists of six rows of horizontal lines, each starting with a small orange square on the left margin.

Grid area for Monday (18). A 10x10 grid for notes or a calendar.

Grid area for Tuesday (19). A 10x10 grid for notes or a calendar.

Grid area for Wednesday (20). A 10x10 grid for notes or a calendar.

notas

gratidão

Gratitude journal area for Wednesday (20). A 5x10 grid of dots for writing.

**21**

quinta

**22**

sexta

**23**

sábado

Handwriting practice area for Friday (21) with 7 rows of lines and a small orange square marker at the start of each row.

Handwriting practice area for Saturday (22) with 7 rows of lines and a small orange square marker at the start of each row.

Large grid area for Saturday (23) with 10 columns and 10 rows.

Grid area for Friday (21) with 10 columns and 10 rows.

Grid area for Saturday (22) with 10 columns and 10 rows.

**24**

domingo

Large grid area for Sunday (24) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

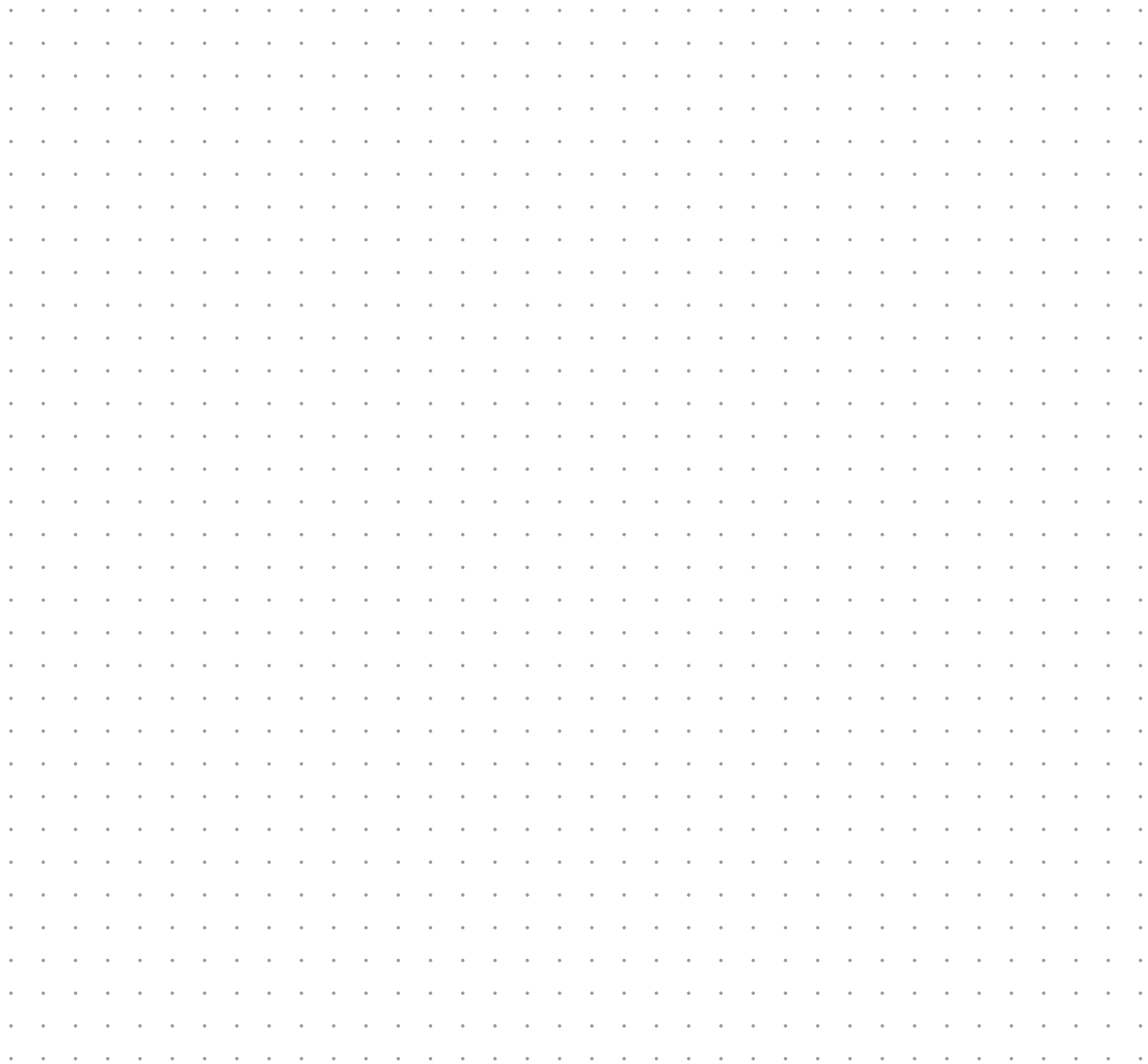
Habit control section with 4 rows of lines and a row of 7 circles for tracking progress.





# lições que aprendi

é de degrau em degrau





fevereiro

# planejamento mensal

dom	seg	ter	qua
	1	2	3
7	8	9	10
14	15	16 Carnaval	17
21	22	23	24
28			



# metas de fevereiro

## pessoais

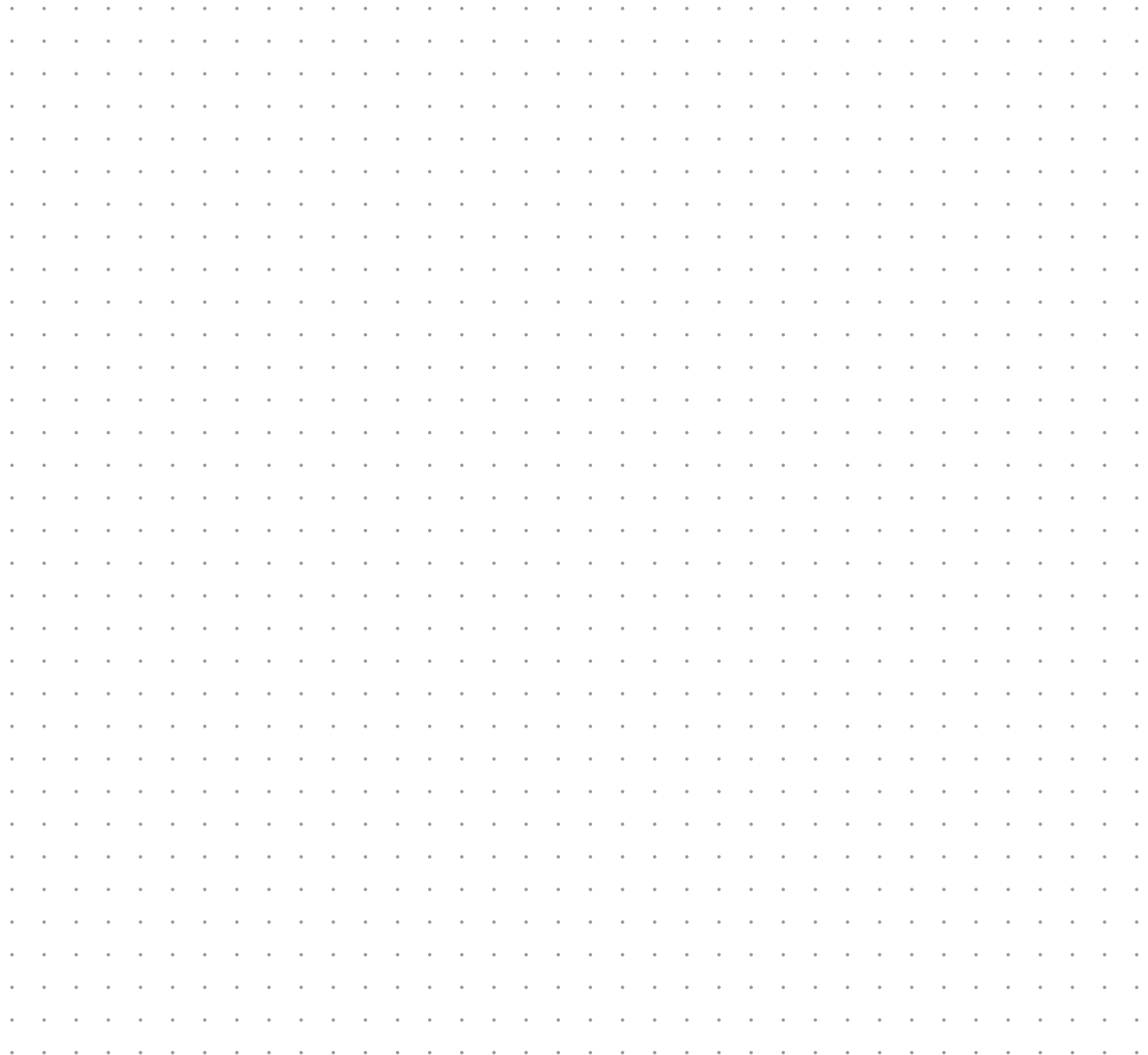
- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
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concluída?  s  n
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- 12 \_\_\_\_\_  
concluída?  s  n

## profissionais

- 1 \_\_\_\_\_  
concluída?  s  n
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concluída?  s  n
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concluída?  s  n

# inspire-se para começar bem

libere a criatividade













4

quinta

5

sexta

6

sábado

Handwriting practice area for Friday (quinta) with 7 rows of lines and a small orange square marker at the start of each row.

Grid area for Friday (quinta) with 10 columns and 10 rows.

Handwriting practice area for Saturday (sexta) with 7 rows of lines and a small orange square marker at the start of each row.

Grid area for Saturday (sexta) with 10 columns and 10 rows.

Large grid area for Saturday (sábado) with 10 columns and 10 rows.

7

domingo

Large grid area for Sunday (domingo) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section with 4 rows of lines and a series of circles for tracking progress:
 

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

8

segunda

9

terça

10

quarta

Handwriting practice area for Monday (8/segunda). It consists of six rows of horizontal lines, each starting with a small pink square on the left margin.

Handwriting practice area for Tuesday (9/terça). It consists of six rows of horizontal lines, each starting with a small pink square on the left margin.

Handwriting practice area for Wednesday (10/quarta). It consists of six rows of horizontal lines, each starting with a small pink square on the left margin.

Grid area for Monday (8/segunda). A 10x10 grid for notes or calculations.

Grid area for Tuesday (9/terça). A 10x10 grid for notes or calculations.

Grid area for Wednesday (10/quarta). A 10x10 grid for notes or calculations.

notas

gratidão

Gratitude journal area for Wednesday (10/quarta). A dotted grid for writing.

**11**

quinta

**12**

sexta

**13**

sábado

Form for day 11: A vertical list of seven small orange squares on the left side, followed by seven horizontal lines for writing notes.

Form for day 12: A vertical list of seven small orange squares on the left side, followed by seven horizontal lines for writing notes.

Form for day 13 (top): A large grid for scheduling, consisting of 10 columns and 10 rows.

Form for day 11 (bottom): A grid for scheduling, consisting of 10 columns and 10 rows.

Form for day 12 (bottom): A grid for scheduling, consisting of 10 columns and 10 rows.

**14**

domingo

Form for day 14: A large grid for scheduling, consisting of 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section: Four horizontal lines for tracking habits, with a series of seven circles (representing the days of the week) aligned to the right of each line.







25

quinta

26

sexta

27

sábado

Handwriting practice lines for the number 25. Each line starts with a small orange square followed by a horizontal line. There are seven such lines.

A 10x10 grid for the number 25.

Handwriting practice lines for the number 26. Each line starts with a small orange square followed by a horizontal line. There are seven such lines.

A 10x10 grid for the number 26.

A large 10x10 grid for the number 27.

28

domingo

A large 10x10 grid for the number 28.

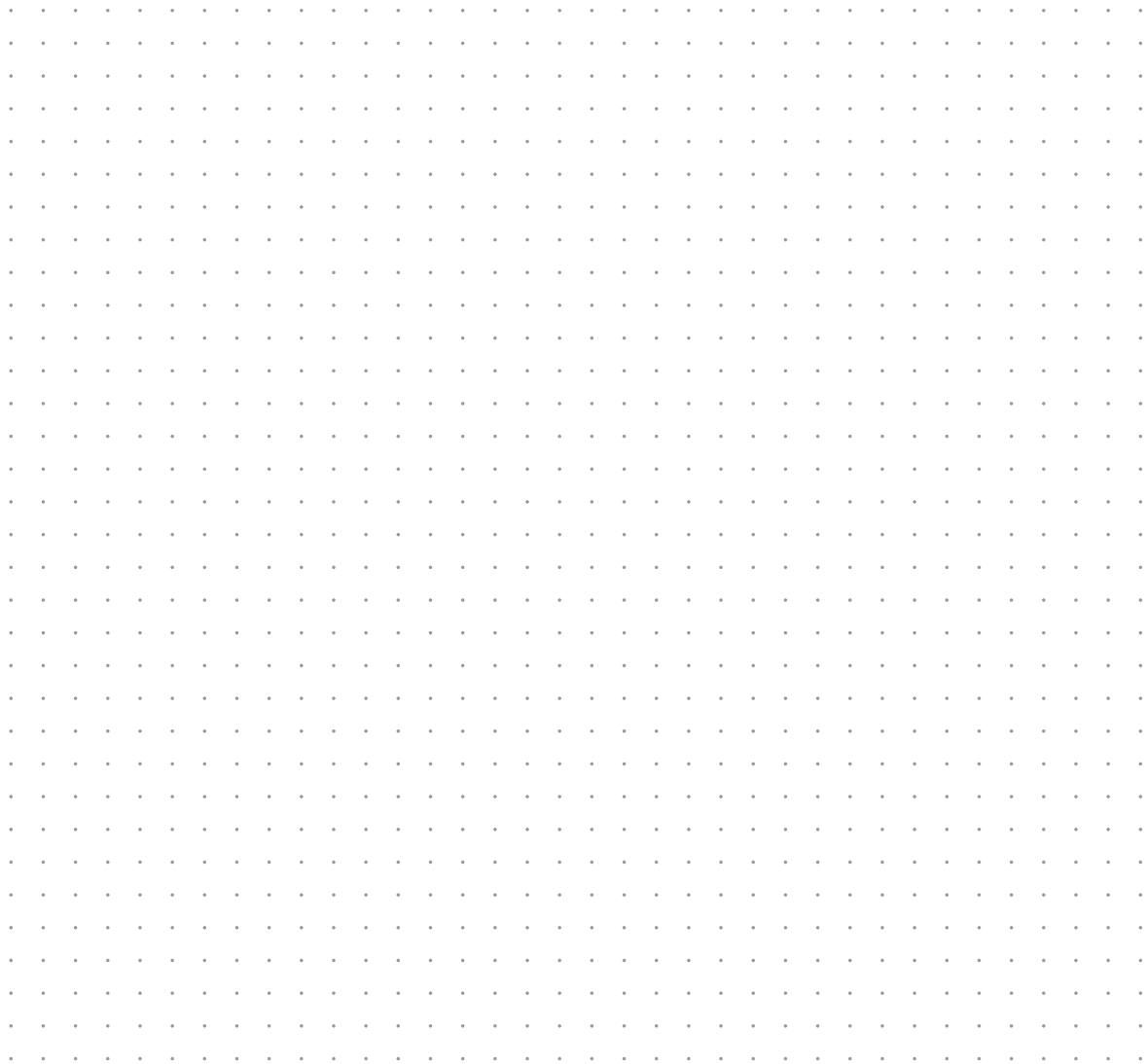
controle de hábitos

s t q q s s d

A habit control section with four horizontal lines. To the right of each line is a row of seven circles, corresponding to the days of the week (s, t, q, q, s, s, d).

# lições que aprendi

é de degrau em degrau



março

# planejamento mensal

dom	seg	ter	qua
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31



# metas de março

## pessoais

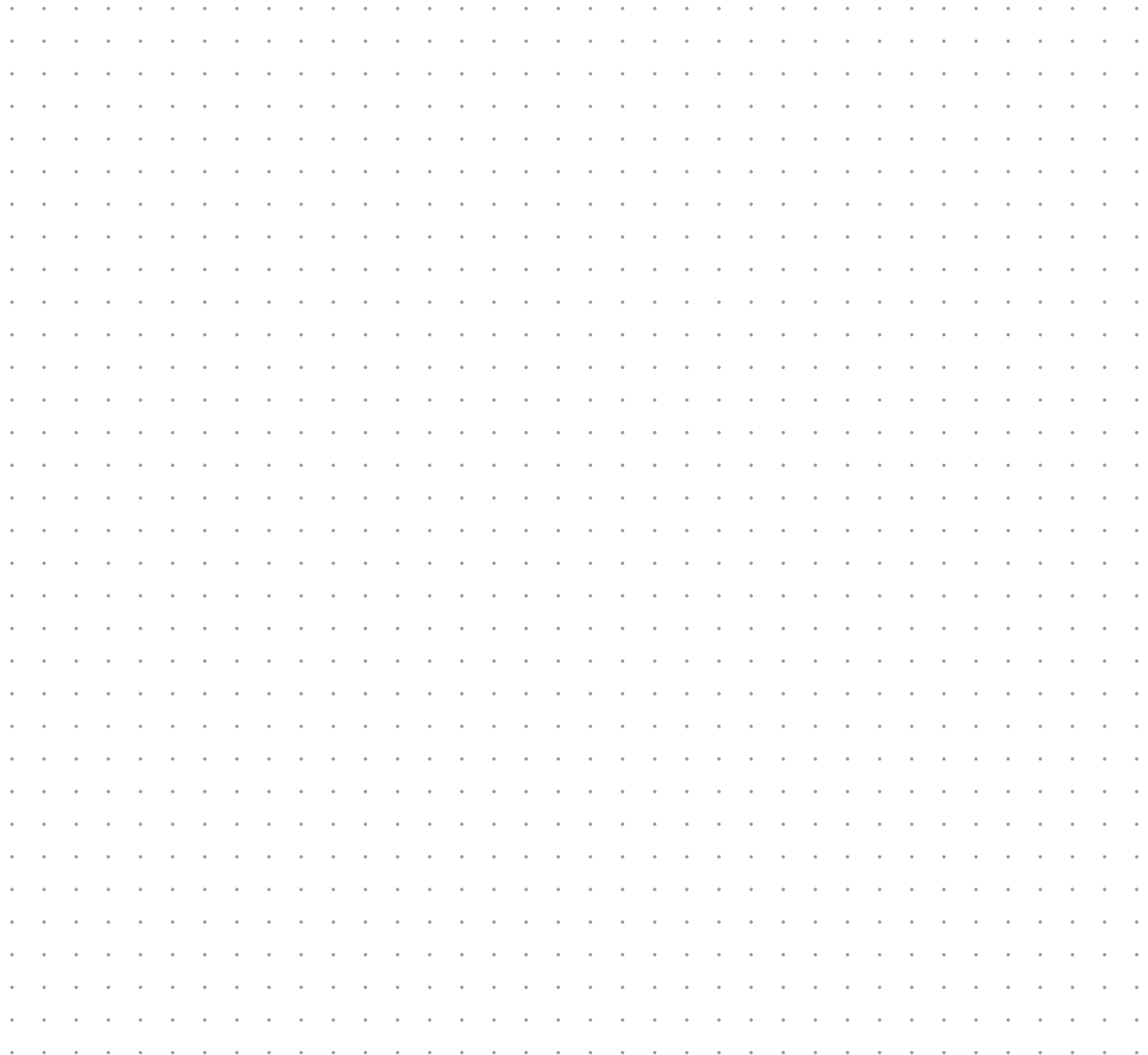
- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
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- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

## profissionais

- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

# inspire-se para começar bem

libere a criatividade



# controle de cartão de crédito

descrição	parcela x de x	valor
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Registre aqui todas as compras feitas no cartão de crédito. Quando fizer uma compra parcelada, anote mês a mês as parcelas, assim, quando entrar no mês seguinte, você saberá quanto já tem gasto no seu cartão de crédito.

descrição	parcela x de x	valor
	/	
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Total: \_\_\_\_\_





# balanço financeiro

para onde foi o dinheiro

	descrição	valor
<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"/>	_____	_____

saiu

entrou

poupei

saldo conta corrente

saldo poupança

Preencha as colunas ao lado com as categorias que você definiu no início do planner e pinte com as cores correspondentes. Calcule e preencha com os valores que foram gastos em cada categoria.



4

quinta

5

sexta

6

sábado

Handwriting practice area for Friday (quinta) with 7 rows of lines and a small orange square marker at the start of each row.

Grid area for Friday (quinta) with 10 columns and 10 rows.

Handwriting practice area for Saturday (sexta) with 7 rows of lines and a small orange square marker at the start of each row.

Grid area for Saturday (sexta) with 10 columns and 10 rows.

Large grid area for Saturday (sábado) with 10 columns and 10 rows.

7

domingo

Large grid area for Sunday (domingo) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section with 4 rows of lines and a series of circles for tracking progress:
 

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

8

segunda

9

terça

10

quarta

Handwriting practice area for Monday (8/segunda). It consists of six rows of horizontal lines, each starting with a small pink square marker on the left side.

Handwriting practice area for Tuesday (9/terça). It consists of six rows of horizontal lines, each starting with a small pink square marker on the left side.

Handwriting practice area for Wednesday (10/quarta). It consists of six rows of horizontal lines, each starting with a small pink square marker on the left side.

Grid area for Monday (8/segunda). A 10x10 grid for notes or calculations.

Grid area for Tuesday (9/terça). A 10x10 grid for notes or calculations.

Grid area for Wednesday (10/quarta). A 10x10 grid for notes or calculations.

notas

gratidão

Gratitude journal area for Wednesday (10/quarta). A dotted grid for writing.





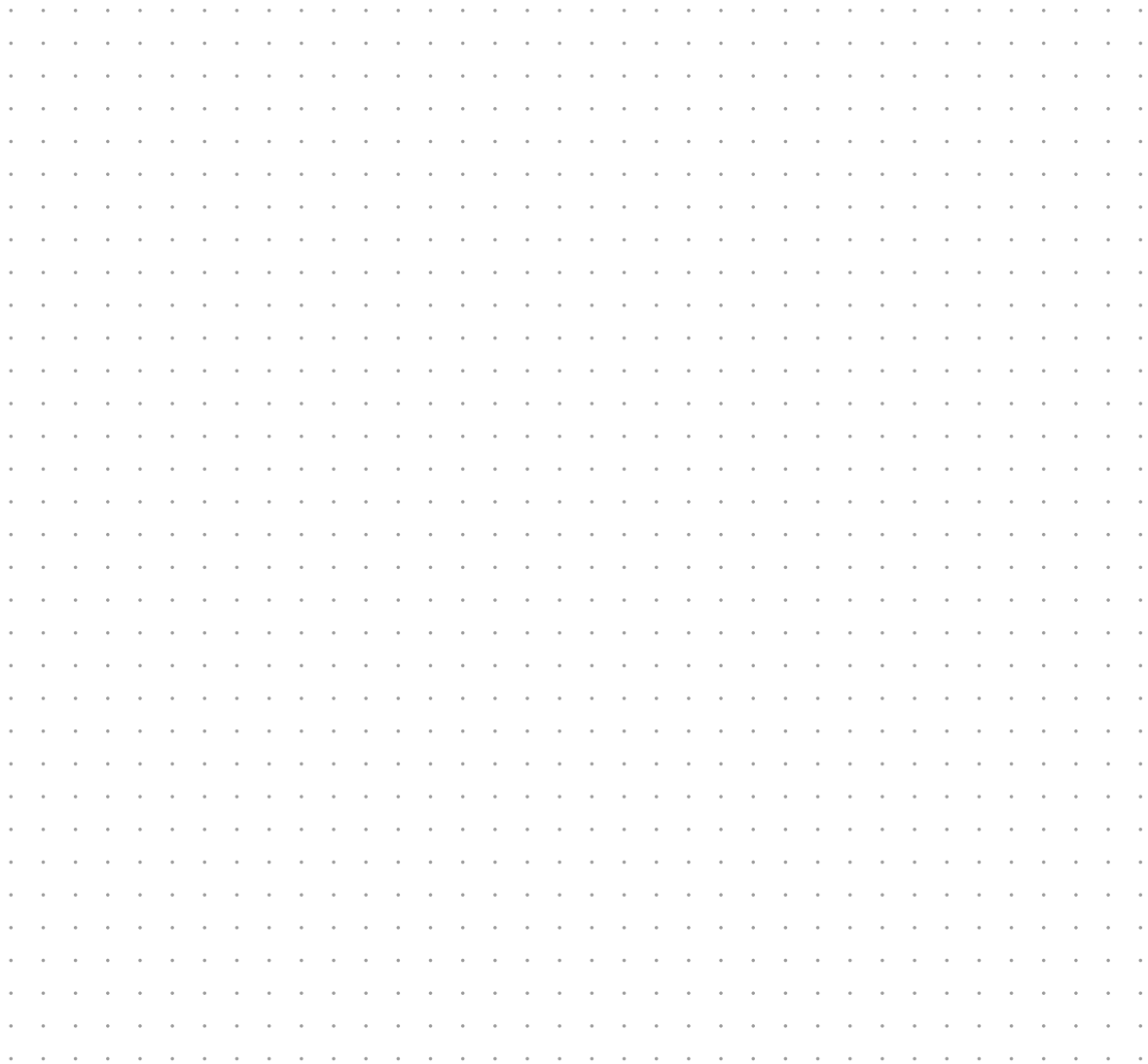







# lições que aprendi

é de degrau em degrau





abril

# planejamento mensal

dom	seg	ter	qua
4	5	6	7
11	12	13	14
18	19	20	21 Tiradentes
25	26	27	28



# metas de abril

## peessoais

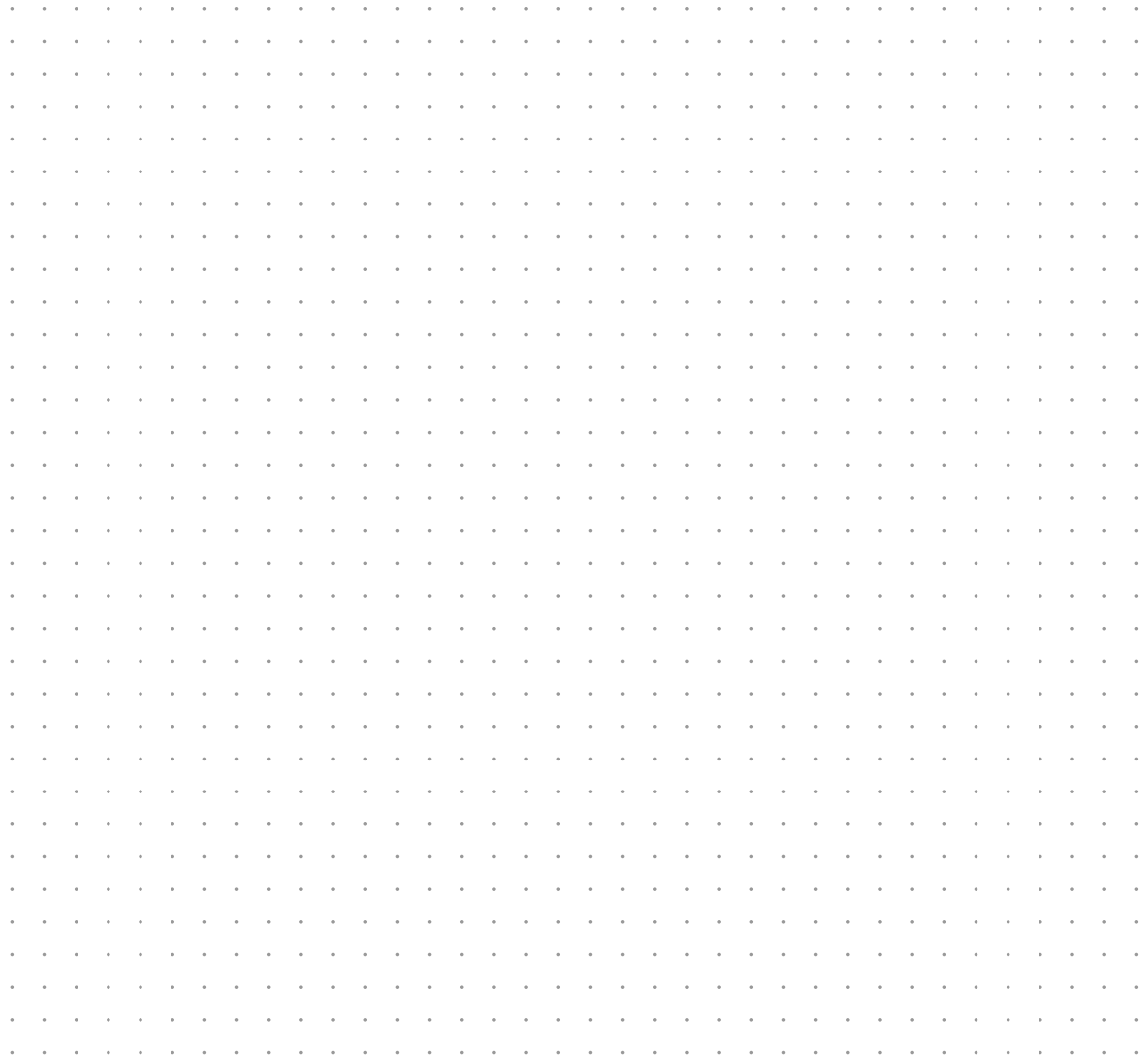
- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

## profissionais

- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

# inspire-se para começar bem

libere a criatividade









# balanço financeiro

para onde foi o dinheiro

	descrição	valor
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____
○	_____	_____

saiu

entrou

poupei

saldo conta corrente

saldo poupança

Preencha as colunas ao lado com as categorias que você definiu no início do planner e pinte com as cores correspondentes. Calcule e preencha com os valores que foram gastos em cada categoria.



# 1

quinta

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---

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# 2

sexta

✓ paixão de cristo

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# 3

sábado


# 4

domingo


controle de hábitos

s t q q s s d

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○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○



8

quinta

9

sexta

10

sábado

Handwriting practice area for Friday (8) with 7 rows of lines and a small orange square marker at the start of each line.

Handwriting practice area for Saturday (9) with 7 rows of lines and a small orange square marker at the start of each line.

Large grid area for Saturday (10) with 10 columns and 10 rows.

Grid area for Friday (8) with 10 columns and 10 rows.

Grid area for Saturday (9) with 10 columns and 10 rows.

11

domingo

Large grid area for Sunday (11) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section with 4 rows of lines and a series of circles for tracking progress:
 

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

**12**

segunda

**13**

terça

**14**

quarta

Handwriting practice area for Monday (12). It consists of six horizontal lines, each starting with a small orange square marker on the left.

Handwriting practice area for Tuesday (13). It consists of six horizontal lines, each starting with a small orange square marker on the left.

Handwriting practice area for Wednesday (14). It consists of six horizontal lines, each starting with a small orange square marker on the left.

Grid area for Monday (12). A 10x10 grid for notes or calculations.

Grid area for Tuesday (13). A 10x10 grid for notes or calculations.

Grid area for Wednesday (14). A 10x10 grid for notes or calculations.

notas

gratidão

Gratitude journal area for Wednesday (14). A dotted grid for writing.



**19**

segunda

**20**

terça

**21**

quarta

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notas

gratidão

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**22**

quinta

**23**

sexta

**24**

sábado

Handwriting practice area for Friday (22) with 7 rows of lines and a small orange square marker at the start of each row.

Handwriting practice area for Saturday (23) with 7 rows of lines and a small orange square marker at the start of each row.

Large grid area for Saturday (24) with 10 columns and 10 rows.

Grid area for Friday (22) with 10 columns and 10 rows.

Grid area for Saturday (23) with 10 columns and 10 rows.

**25**

domingo

Large grid area for Sunday (25) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section with 4 rows of lines and a row of 7 circles for tracking progress.

**26**

segunda

**27**

terça

**28**

quarta

Six horizontal lines for writing, each preceded by a small orange square bullet point.

Six horizontal lines for writing, each preceded by a small orange square bullet point.

Six horizontal lines for writing, each preceded by a small orange square bullet point.




notas

gratidão

Six rows of dotted lines for writing.

29

quinta

30

sexta

1

sábado

dia do trabalho

Handwriting practice area for the 29th of the month, featuring a vertical orange bar on the left and seven horizontal lines for writing.

Handwriting practice area for the 30th of the month, featuring a vertical orange bar on the left and seven horizontal lines for writing.

Large grid area for the 1st of the month, consisting of a 10x10 grid.

Grid area for the 29th of the month, consisting of a 10x10 grid.

Grid area for the 30th of the month, consisting of a 10x10 grid.

2

domingo

Large grid area for the 2nd of the month, consisting of a 10x10 grid.

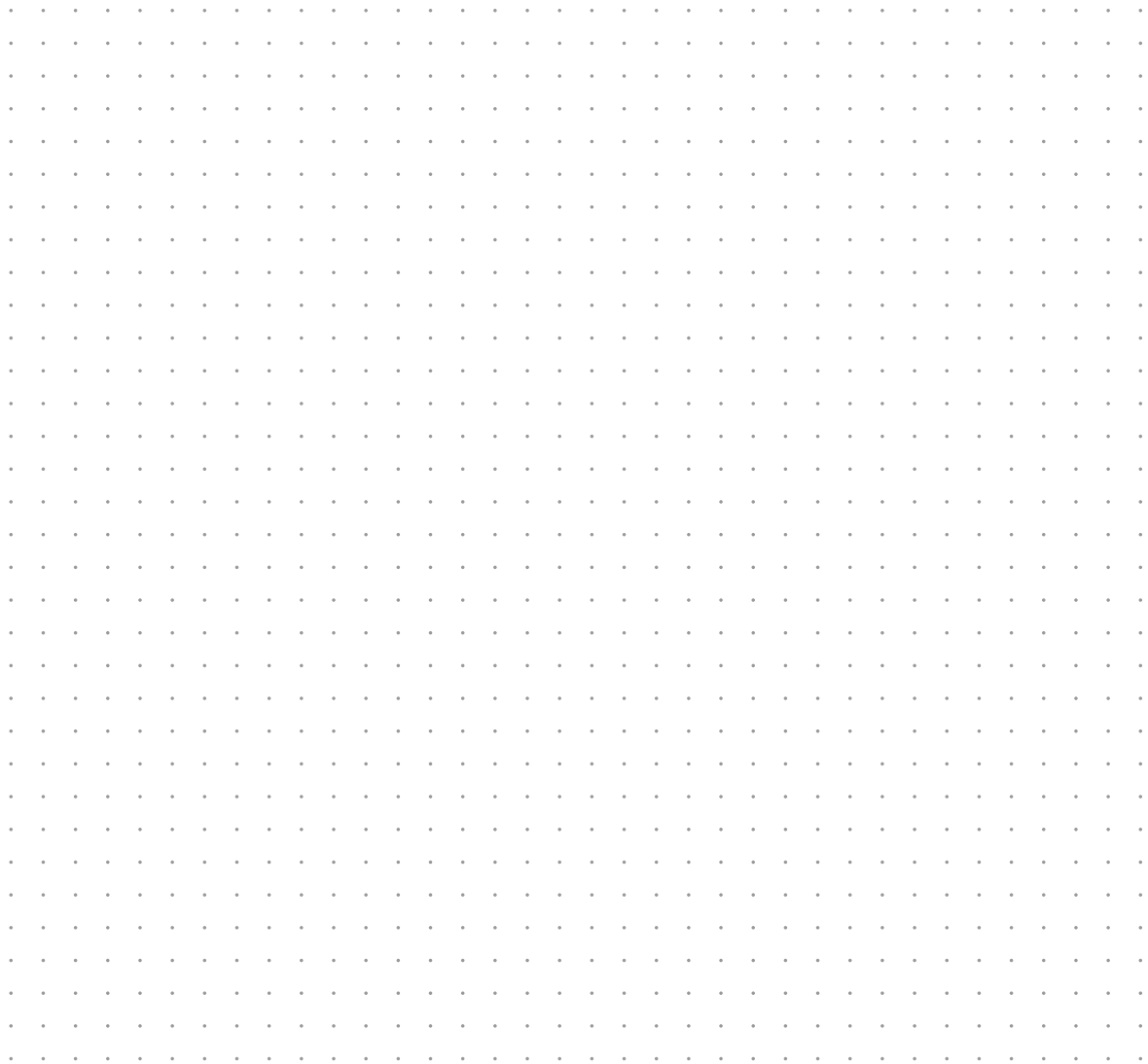
controle de hábitos

s t q q s s d

Habit control section with four horizontal lines and a series of seven circles for tracking progress.

# lições que aprendi

é de degrau em degrau



maio

# planejamento mensal

dom	seg	ter	qua
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		



# metas de maio

## pessoais

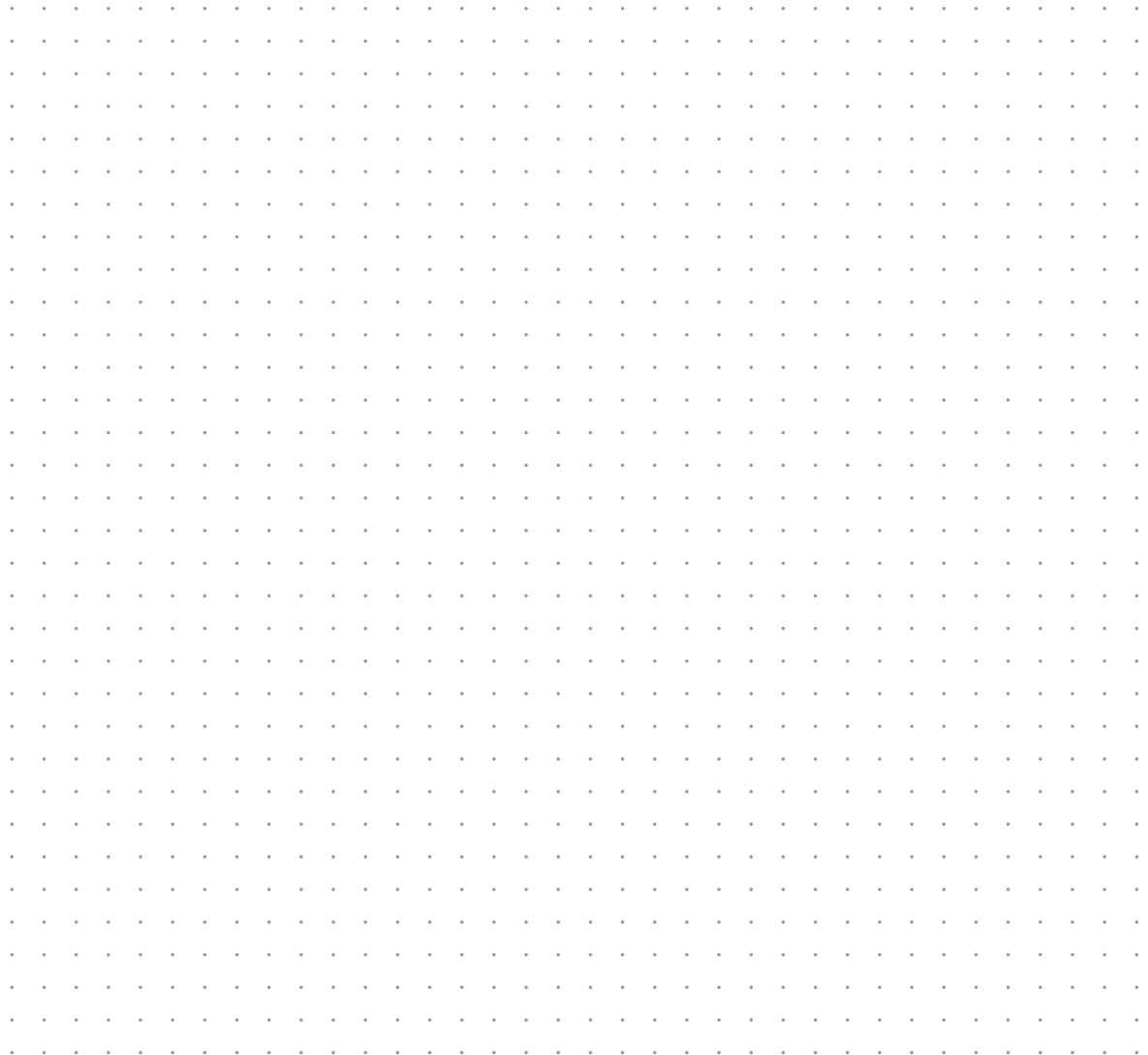
- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

## profissionais

- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

# inspire-se para começar bem

libere a criatividade









# balanço financeiro

para onde foi o dinheiro

	descrição	valor
<input type="radio"/>	_____	_____
<input type="radio"/>	_____	_____
<input type="radio"/>	_____	_____
<input type="radio"/>	_____	_____
<input type="radio"/>	_____	_____
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<input type="radio"/>	_____	_____
<input type="radio"/>	_____	_____
<input type="radio"/>	_____	_____

sai

entrou

poupei

saldo conta corrente

saldo poupança

Preencha as colunas ao lado com as categorias que você definiu no início do planner e pinte com as cores correspondentes.

Calcule e preencha com os valores que foram gastos em cada categoria.



6

quinta

7

sexta

8

sábado

Handwriting practice lines for Friday (quinta). Each line starts with a small orange square marker.

Handwriting practice lines for Saturday (sexta). Each line starts with a small orange square marker.

Grid for Saturday (sábado).

Grid for Friday (quinta).

Grid for Saturday (sexta).

9

domingo

Grid for Sunday (domingo).

controle de hábitos

s t q q s s d

Handwriting practice lines for habit control, each with a row of seven circles for tracking.

**10**

segunda

**11**

terça

**12**

quarta

Handwriting practice area for Monday (10/01) featuring six rows of horizontal lines, each starting with a small pink square marker.

Handwriting practice area for Tuesday (11/01) featuring six rows of horizontal lines, each starting with a small pink square marker.

Handwriting practice area for Wednesday (12/01) featuring six rows of horizontal lines, each starting with a small pink square marker.

Grid area for Monday (10/01) consisting of a 10x6 grid of small squares.

Grid area for Tuesday (11/01) consisting of a 10x6 grid of small squares.

Grid area for Wednesday (12/01) consisting of a 10x6 grid of small squares.

notas

gratidão

Gratitude journal area featuring a dotted grid for writing.

**13**

quinta

**14**

sexta

**15**

sábado

Handwriting practice lines for Friday (13). Each line starts with a small orange square.

Handwriting practice lines for Saturday (14). Each line starts with a small orange square.

Grid for Saturday (15).

**16**

domingo

Grid for Friday (13).

Grid for Saturday (14).

Grid for Sunday (16).

controle de hábitos

s t q q s s d

Tracking circles for habit control, corresponding to the days of the week: s, t, q, q, s, s, d.

**17**

segunda

**18**

terça

**19**

quarta

Vertical list of lines for notes on Monday, with small orange square markers at the start of each line.

Vertical list of lines for notes on Tuesday, with small orange square markers at the start of each line.

Vertical list of lines for notes on Wednesday, with small orange square markers at the start of each line.




notas

gratidão

Grid of dots for writing gratitude notes.



# 24

segunda

# 25

terça

# 26

quarta



Handwriting practice area for Monday (24) featuring seven horizontal lines, each preceded by a small orange square. Below the lines is a 10x10 grid for notes.



Handwriting practice area for Tuesday (25) featuring seven horizontal lines, each preceded by a small orange square. Below the lines is a 10x10 grid for notes.



Handwriting practice area for Wednesday (26) featuring seven horizontal lines, each preceded by a small orange square. Below the lines is a 10x10 grid for notes.

notas

gratidão

Dotted grid for the gratitude section, consisting of 10 rows and 10 columns of dots.

**27**

quinta

Handwriting practice for the 27th (Friday). It consists of 7 rows. Each row has a small square on the left side. The first 6 rows are for tracing, and the 7th row is for independent practice.

**28**

sexta

Handwriting practice for the 28th (Saturday). It consists of 7 rows. Each row has a small square on the left side. The first 6 rows are for tracing, and the 7th row is for independent practice.

**29**

sábado

Grid for the 29th (Saturday), consisting of 10 rows and 10 columns.

Grid for the 27th (Friday), consisting of 10 rows and 10 columns.

Grid for the 28th (Saturday), consisting of 10 rows and 10 columns.

**30**

domingo

Grid for the 30th (Sunday), consisting of 10 rows and 10 columns.

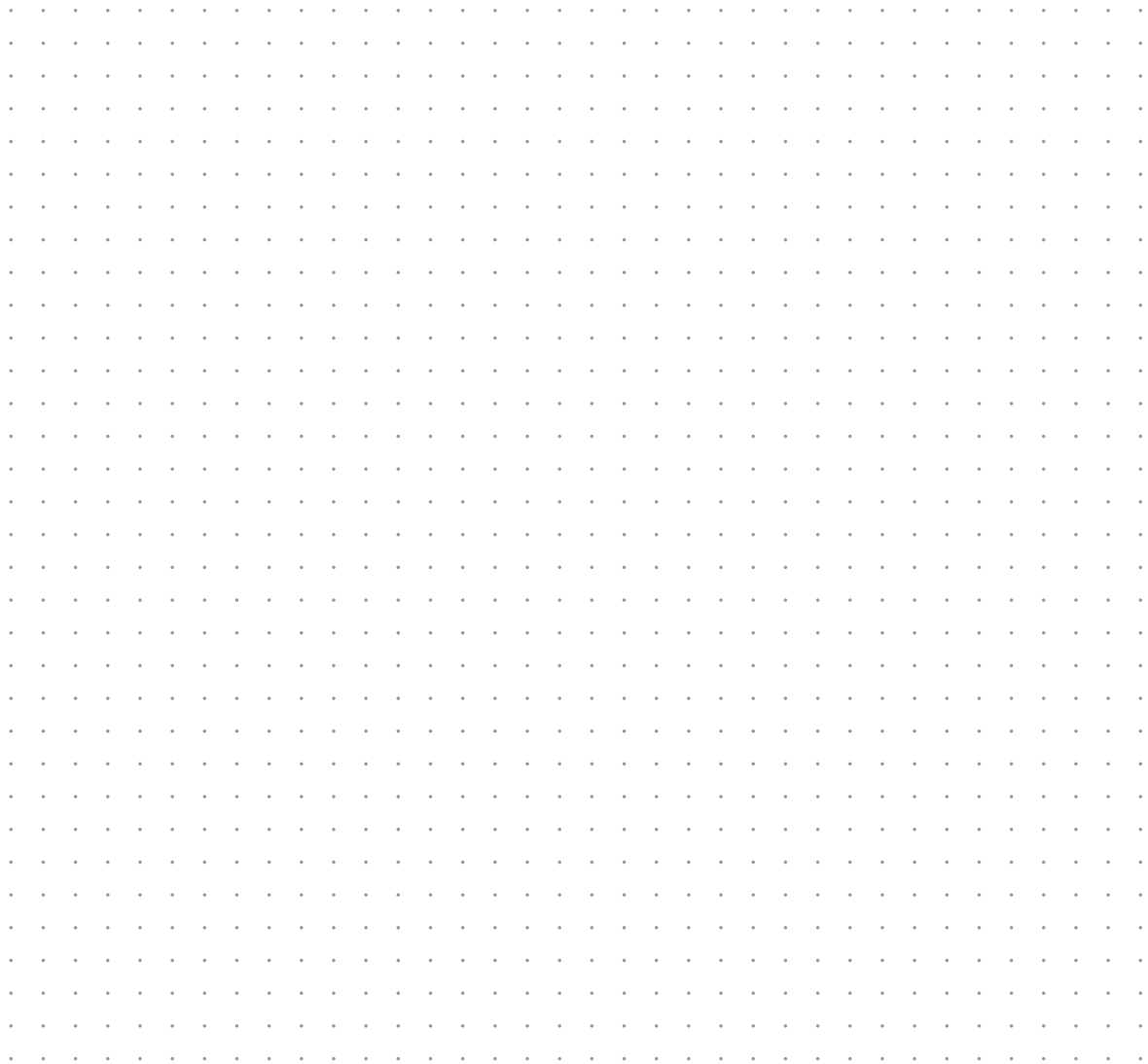
controle de hábitos

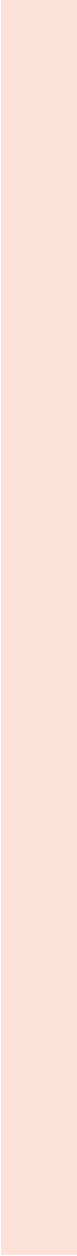
s t q q s s d

Habit control section for the 27th (Friday). It contains 4 horizontal lines for writing habit names, and a vertical column of 16 small circles for marking progress.

# lições que aprendi

é de degrau em degrau





junho

# planejamento mensal

dom	seg	ter	qua
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30



# metas de junho

## pessoais

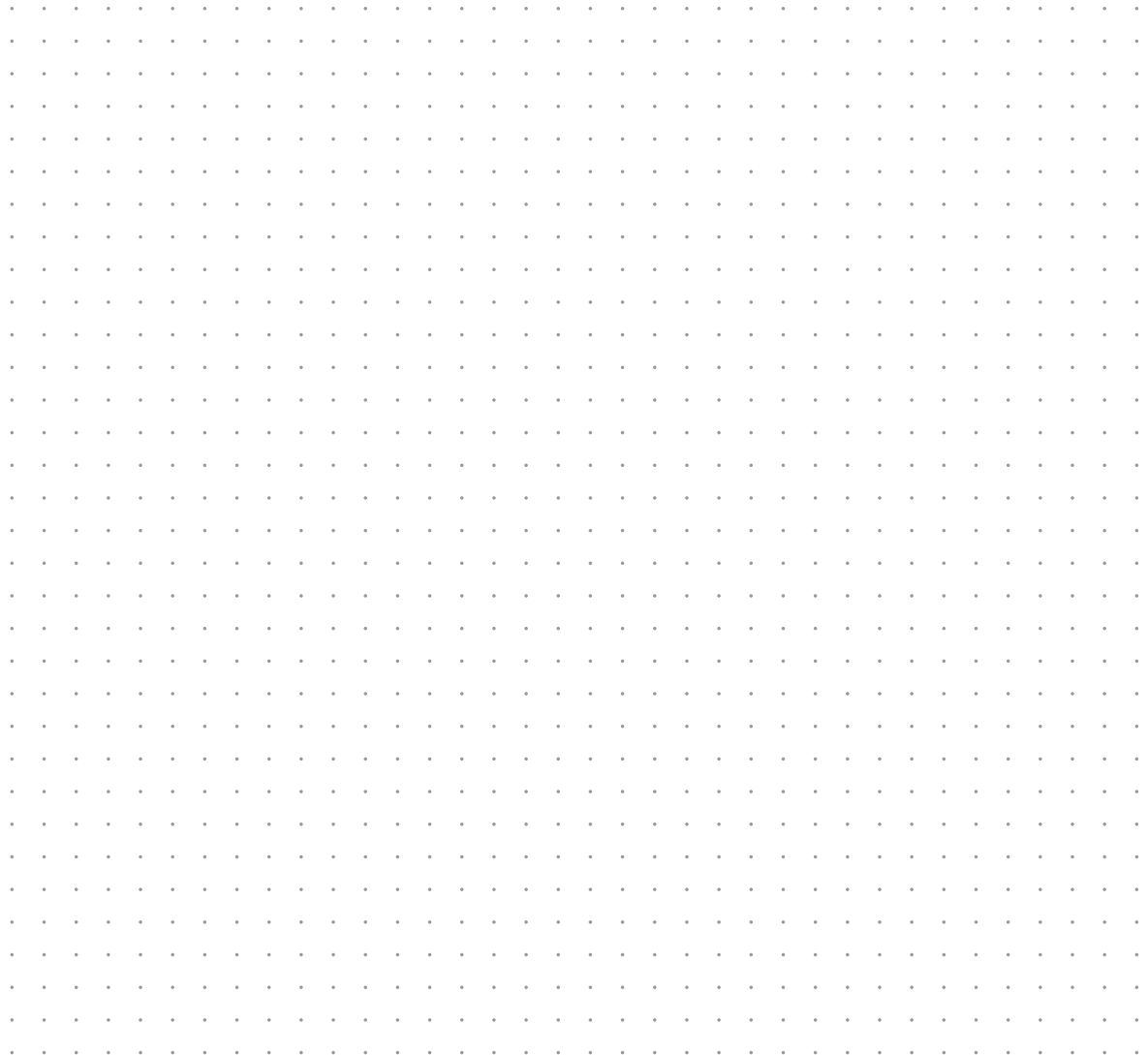
- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

## profissionais

- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

# inspire-se para começar bem

libere a criatividade



# controle de cartão de crédito

descrição	parcela x de x	valor	descrição	parcela x de x	valor
	/			/	
	/			/	
	/			/	
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	/			/	
			Total: _____		

Registre aqui todas as compras feitas no cartão de crédito. Quando fizer uma compra parcelada, anote mês a mês as parcelas, assim, quando entrar no mês seguinte, você saberá quanto já tem gasto no seu cartão de crédito.





# balanço financeiro

para onde foi o dinheiro

	descrição	valor
<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"/>	_____	_____

saiu

entrou

poupei

saldo conta corrente

saldo poupança

Preencha as colunas ao lado com as categorias que você definiu no início do planner e pinte com as cores correspondentes. Calcule e preencha com os valores que foram gastos em cada categoria.





7

segunda

8

terça

9

quarta

Handwriting practice area for Monday (7) featuring six rows of horizontal lines, each starting with a small orange square marker.

Handwriting practice area for Tuesday (8) featuring six rows of horizontal lines, each starting with a small orange square marker.

Handwriting practice area for Wednesday (9) featuring six rows of horizontal lines, each starting with a small orange square marker.




notas

gratidão

Gratitude journal area consisting of a grid of 10 rows and 10 columns of small dots.

**10**

quinta

**11**

sexta

**12**

sábado

Handwriting practice area for Friday (10) with 7 rows of lines and a small orange square marker at the start of each row.

Handwriting practice area for Saturday (11) with 7 rows of lines and a small orange square marker at the start of each row.

Large grid area for Saturday (12) with 10 columns and 10 rows.

Grid area for Friday (10) with 10 columns and 10 rows.

Grid area for Saturday (11) with 10 columns and 10 rows.

**13**

domingo

Large grid area for Sunday (13) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section with 4 rows of lines and a row of 7 circles for tracking progress.



**17**

quinta

**18**

sexta

**19**

sábado

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**20**

domingo


controle de hábitos

s t q q s s d

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

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**24**

quinta

**25**

sexta

**26**

sábado

Handwriting practice area for Friday (24) with 7 rows of lines and a small orange square marker at the start of each row.

Grid area for Friday (24) with 10 columns and 10 rows.

Handwriting practice area for Saturday (25) with 7 rows of lines and a small orange square marker at the start of each row.

Grid area for Saturday (25) with 10 columns and 10 rows.

Large grid area for Saturday (26) with 10 columns and 10 rows.

**27**

domingo

Large grid area for Sunday (27) with 10 columns and 10 rows.

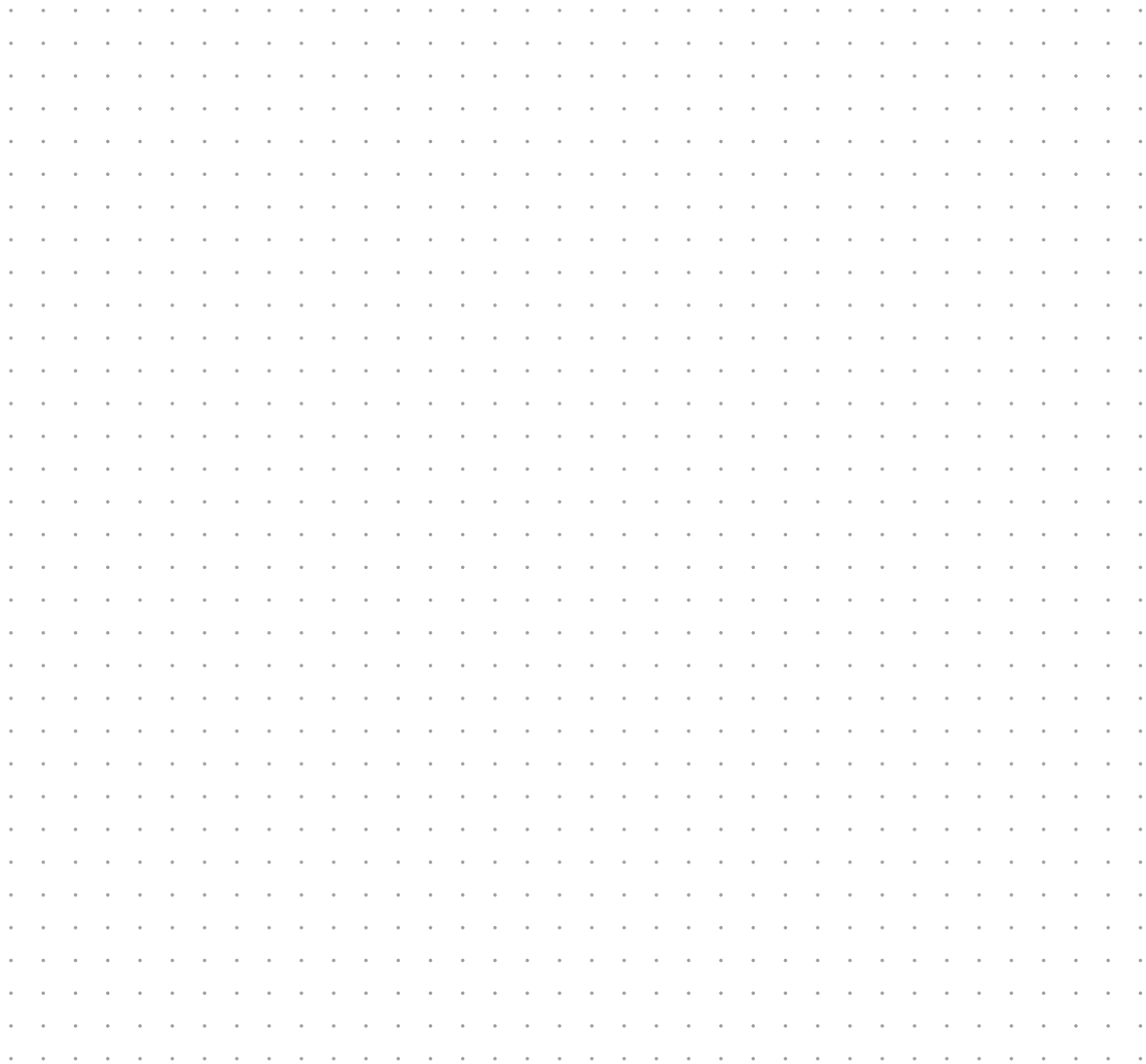
controle de hábitos

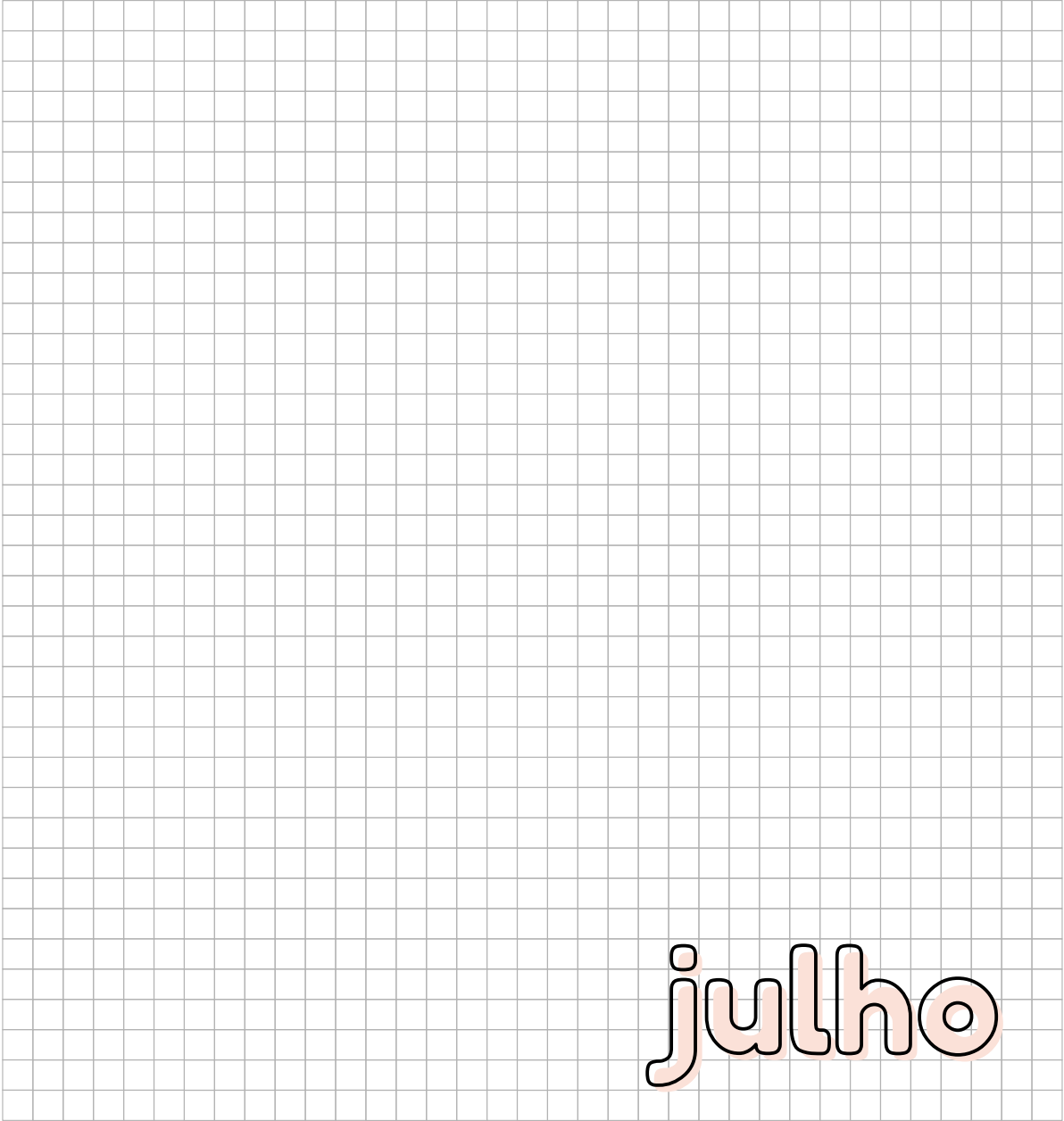
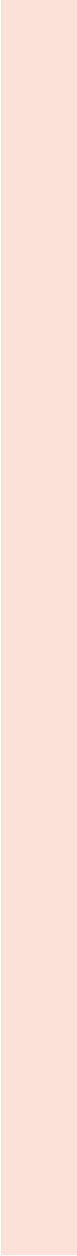
s t q q s s d

Habit control section with 4 rows of lines and a grid of 4 rows by 7 columns of circles for tracking progress.

# lições que aprendi

é de degrau em degrau





julho

# planejamento mensal

dom	seg	ter	qua
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28



# metas de julho

## pessoais

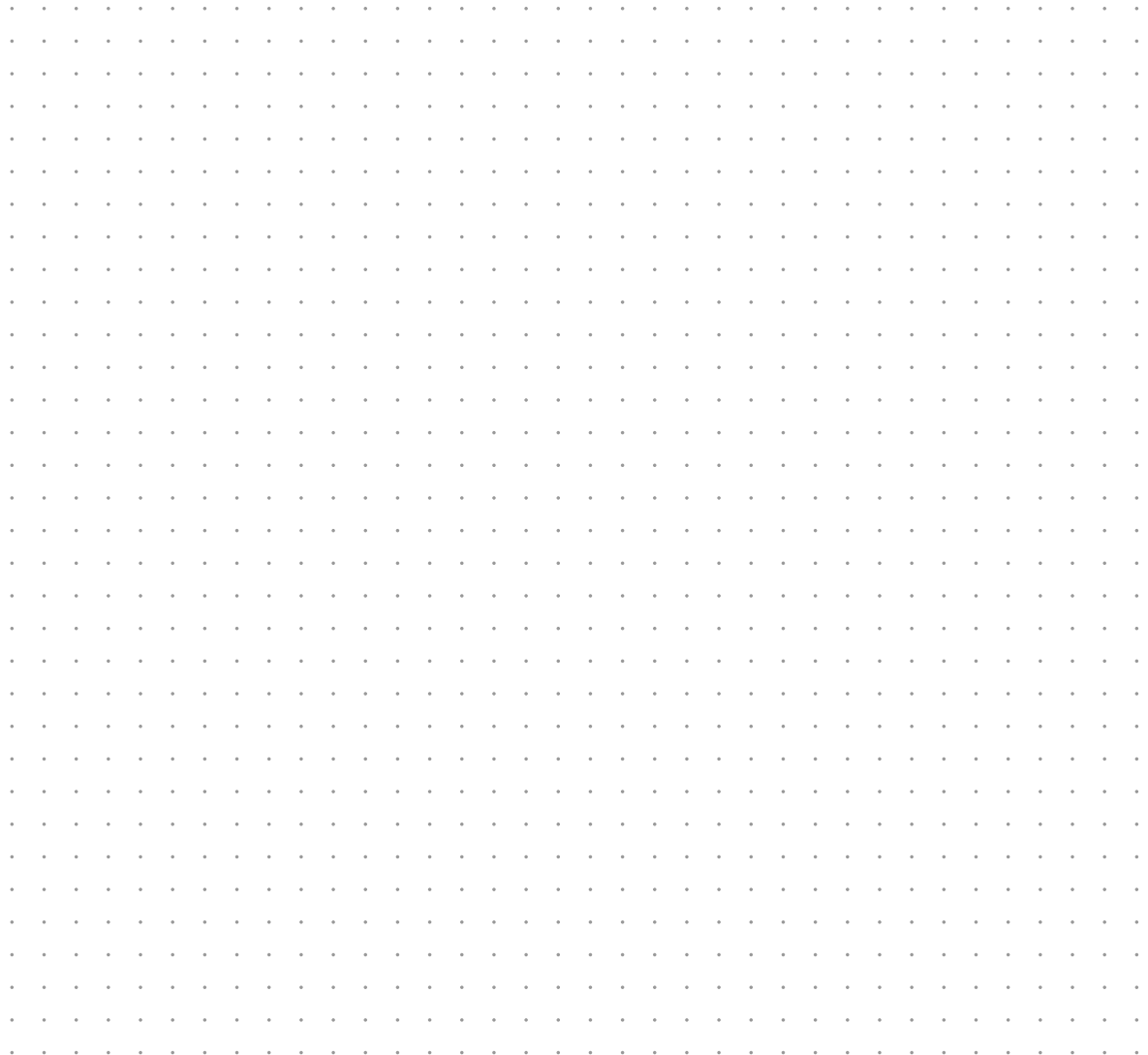
- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

## profissionais

- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

# inspire-se para começar bem

libere a criatividade



# controle de cartão de crédito

descrição	parcela x de x	valor
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____

Registre aqui todas as compras feitas no cartão de crédito. Quando fizer uma compra parcelada, anote mês a mês as parcelas, assim, quando entrar no mês seguinte, você saberá quanto já tem gasto no seu cartão de crédito.

descrição	parcela x de x	valor
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
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_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____
_____	/	_____

Total: \_\_\_\_\_





# balanço financeiro

para onde foi o dinheiro

	descrição	valor
<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"/>	_____	_____

saiu

entrou

poupei

saldo conta corrente

saldo poupança

Preencha as colunas ao lado com as categorias que você definiu no início do planner e pinte com as cores correspondentes. Calcule e preencha com os valores que foram gastos em cada categoria.

28

segunda

29

terça

30

quarta

Handwriting practice for Monday. It consists of six horizontal lines, each starting with a small square marker on the left. Below the lines is a 7x4 grid.

Handwriting practice for Tuesday. It consists of six horizontal lines, each starting with a small square marker on the left. Below the lines is a 7x4 grid.

Handwriting practice for Wednesday. It consists of six horizontal lines, each starting with a small square marker on the left. Below the lines is a 7x4 grid.

notas

gratidão

A dotted grid for writing a gratitude note, consisting of 10 columns and 7 rows of dots.

1

quinta

2

sexta

3

sábado

Handwriting practice area for Friday (quinta) with 7 rows of lines and a small orange square marker at the start of each row.

Grid area for Friday (quinta) with 10 columns and 10 rows.

Handwriting practice area for Saturday (sexta) with 7 rows of lines and a small orange square marker at the start of each row.

Grid area for Saturday (sexta) with 10 columns and 10 rows.

Large grid area for Saturday (sábado) with 10 columns and 10 rows.

4

domingo

Large grid area for Sunday (domingo) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section with 4 rows of lines and a series of circles for tracking progress:
 

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○



8

quinta

9

sexta

10

sábado

Handwriting practice area for Friday (8) with 7 rows of lines and a small orange square marker at the start of each line.

Handwriting practice area for Saturday (9) with 7 rows of lines and a small orange square marker at the start of each line.

Large grid area for Saturday (10) with 10 columns and 10 rows.

Grid area for Friday (8) with 10 columns and 10 rows.

Grid area for Saturday (9) with 10 columns and 10 rows.

11

domingo

Large grid area for Sunday (11) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section with 4 rows of lines and a series of circles for tracking progress:
 

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

**12**

segunda

**13**

terça

**14**

quarta

Handwriting practice area for Monday (12). It consists of six horizontal lines, each starting with a small orange square on the left margin. Below the lines is a grid of 10 columns and 5 rows.

Handwriting practice area for Tuesday (13). It consists of six horizontal lines, each starting with a small orange square on the left margin. Below the lines is a grid of 10 columns and 5 rows.

Handwriting practice area for Wednesday (14). It consists of six horizontal lines, each starting with a small orange square on the left margin. Below the lines is a grid of 10 columns and 5 rows.

notas

gratidão

Gratitude journal area with a dotted grid pattern for writing.



**19**

segunda

**20**

terça

**21**

quarta

Handwriting practice area for Monday (19) with six rows of lines and small square markers at the beginning of each line.

Handwriting practice area for Tuesday (20) with six rows of lines and small square markers at the beginning of each line.

Handwriting practice area for Wednesday (21) with six rows of lines and small square markers at the beginning of each line.




notas

gratidão

Gratitude journal section with a grid of dots for writing.



**26**

segunda

**27**

terça

**28**

quarta

Handwriting practice area for Monday (26). It consists of 12 horizontal lines, each starting with a small orange square on the left side.

Handwriting practice area for Tuesday (27). It consists of 12 horizontal lines, each starting with a small orange square on the left side.

Handwriting practice area for Wednesday (28). It consists of 12 horizontal lines, each starting with a small orange square on the left side.




notas

gratidão

Gratitude journal area with a dotted grid for writing.

**29**

quinta

**30**

sexta

**31**

sábado

Handwriting practice area for the 29th, consisting of seven horizontal lines, each starting with a small orange square marker.

Handwriting practice area for the 30th, consisting of seven horizontal lines, each starting with a small orange square marker.

Large grid area for the 31st, consisting of 10 columns and 10 rows.

Small grid area for the 29th, consisting of 10 columns and 5 rows.

Small grid area for the 30th, consisting of 10 columns and 5 rows.

**1**

domingo

Large grid area for the 1st, consisting of 10 columns and 10 rows.

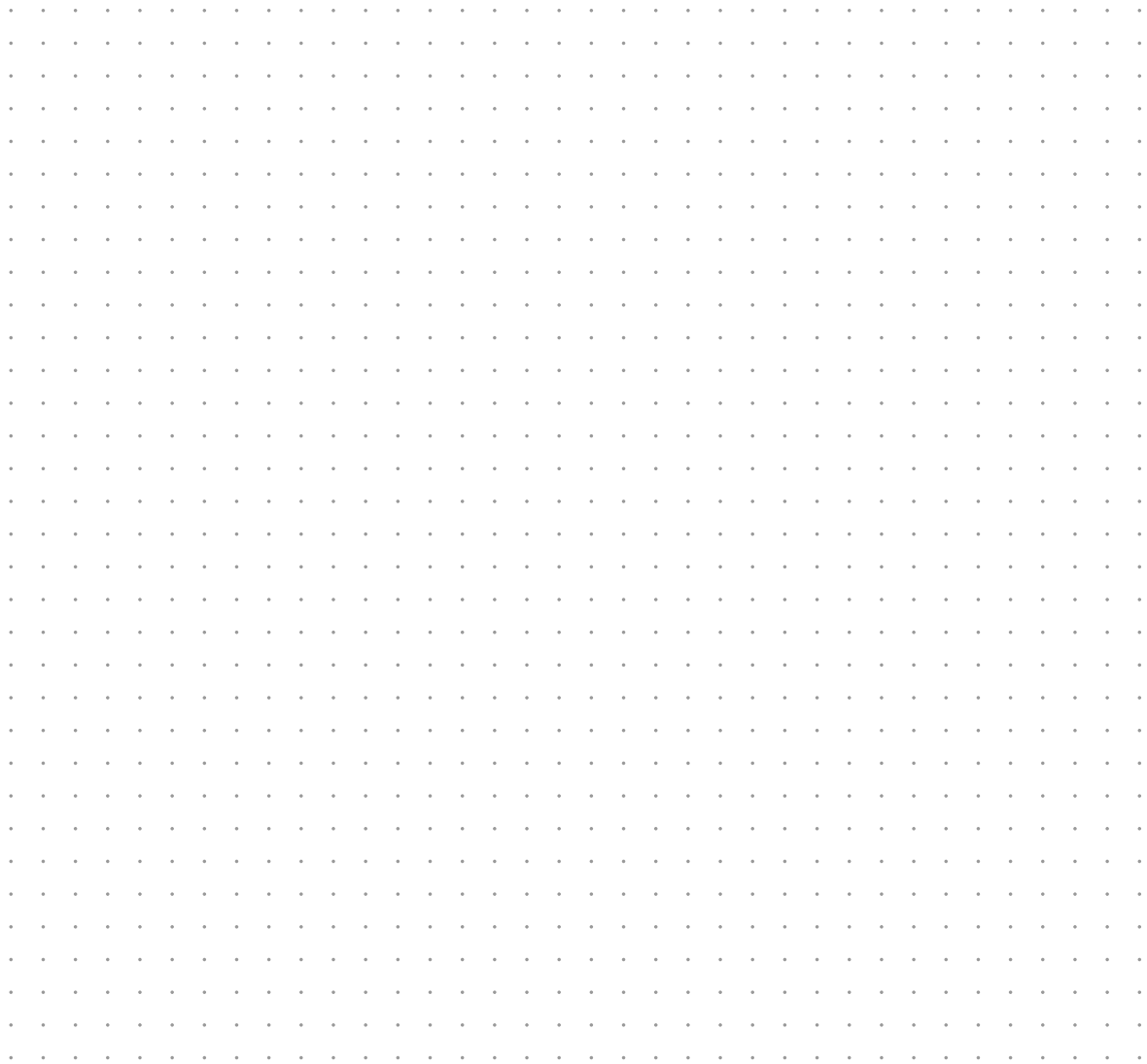
controle de hábitos

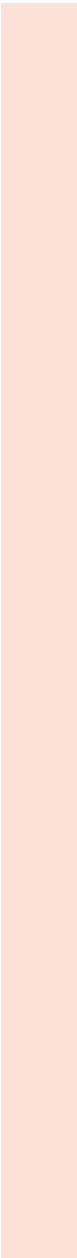
s t q q s s d

Habit control section with four horizontal lines and a series of seven circles under each line, corresponding to the days of the week (s, t, q, q, s, s, d).

# lições que aprendi

é de degrau em degrau





agosto

# planejamento mensal

dom	seg	ter	qua
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	



# metas de agosto

## peessoais

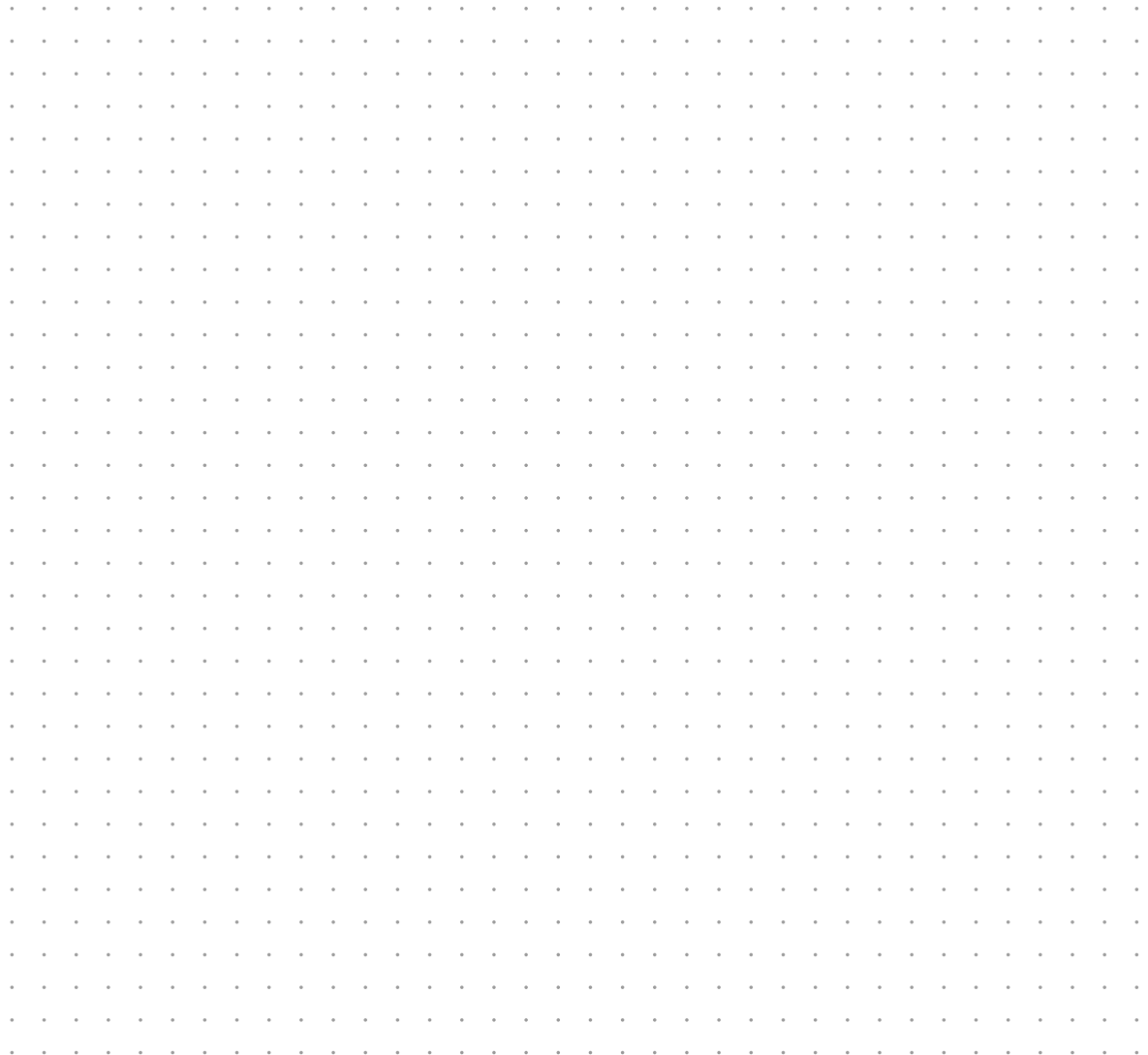
- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

## profissionais

- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

# inspire-se para começar bem

libere a criatividade



# controle de cartão de crédito

descrição	parcela x de x	valor
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descrição	parcela x de x	valor
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Total: \_\_\_\_\_

Registre aqui todas as compras feitas no cartão de crédito. Quando fizer uma compra parcelada, anote mês a mês as parcelas, assim, quando entrar no mês seguinte, você saberá quanto já tem gasto no seu cartão de crédito.





# balanço financeiro

para onde foi o dinheiro

	descrição	valor
<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"/>	_____	_____

saiu

entrou

poupei

saldo conta corrente

saldo poupança

Preencha as colunas ao lado com as categorias que você definiu no início do planner e pinte com as cores correspondentes.

Calcule e preencha com os valores que foram gastos em cada categoria.

2

segunda

3

terça

4

quarta






notas

gratidão



5

quinta

6

sexta

7

sábado

Handwriting practice area for Friday (quinta) with 7 rows of lines and a small orange square marker at the start of each row.

Handwriting practice area for Saturday (sexta) with 7 rows of lines and a small orange square marker at the start of each row.

Grid area for Saturday (sábado) with 10 columns and 10 rows.

Grid area for Friday (quinta) with 10 columns and 10 rows.

Grid area for Saturday (sexta) with 10 columns and 10 rows.

8

domingo

Grid area for Sunday (domingo) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control area with 4 rows of lines and a series of circles for tracking progress:
 

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

**9**

segunda

**10**

terça

**11**

quarta

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notas

gratidão





19

quinta

20

sexta

21

sábado

Handwriting practice area for Friday (19) with 7 rows of lines and a small orange square marker at the start of each row.

Handwriting practice area for Saturday (20) with 7 rows of lines and a small orange square marker at the start of each row.

Large grid area for Saturday (21) with 10 columns and 10 rows.

Grid area for Friday (19) with 10 columns and 10 rows.

Grid area for Saturday (20) with 10 columns and 10 rows.

22

domingo

Large grid area for Sunday (22) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section with 4 rows of lines and a series of circles for tracking progress:
 

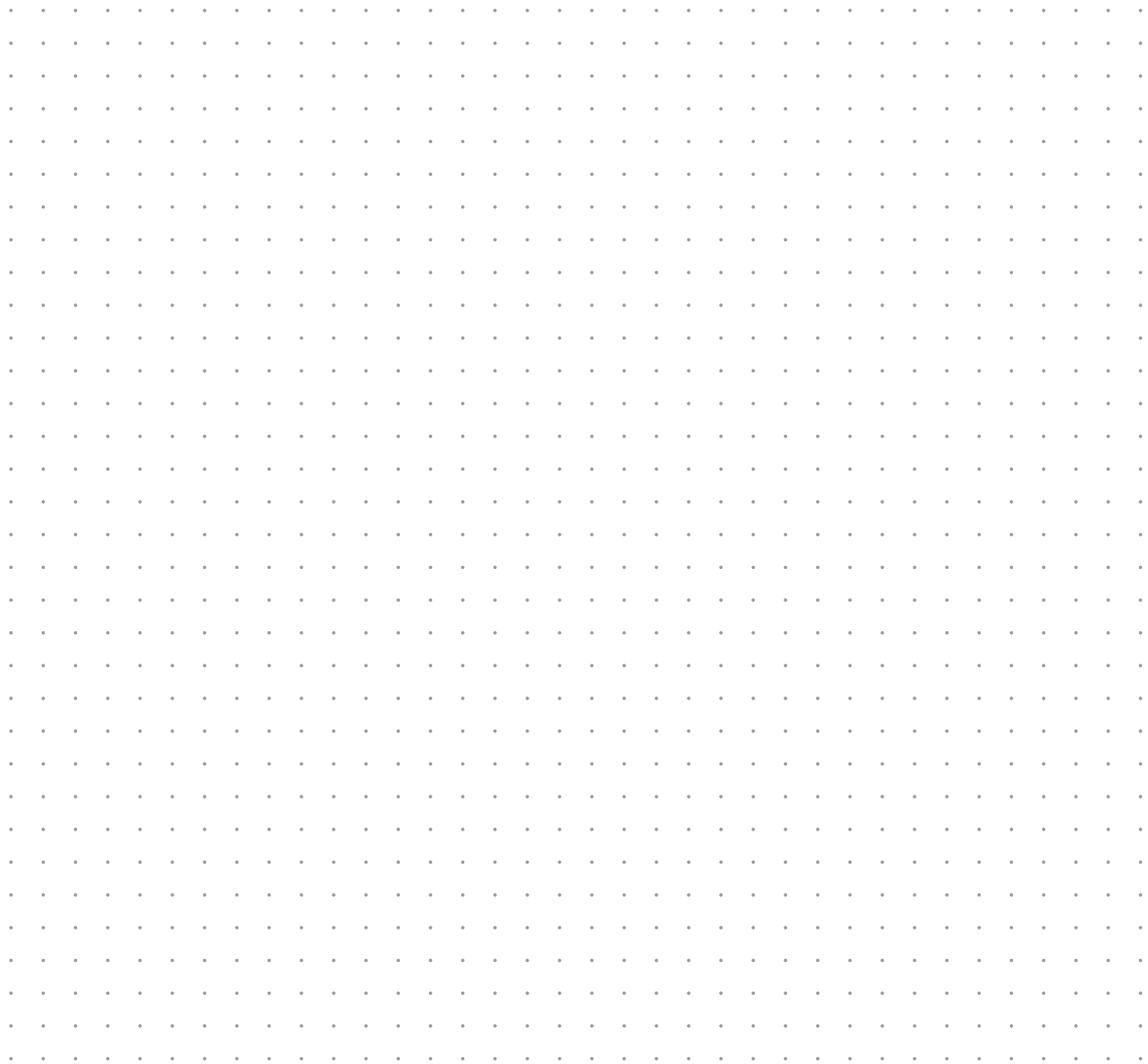
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○






# lições que aprendi

é de degrau em degrau





setembro

# planejamento mensal

dom	seg	ter	qua
			1
5	6	7 Independência do Brasil	8
12	13	14	15
19	20	21	22
26	27	28	29



# metas de setembro

## pessoais

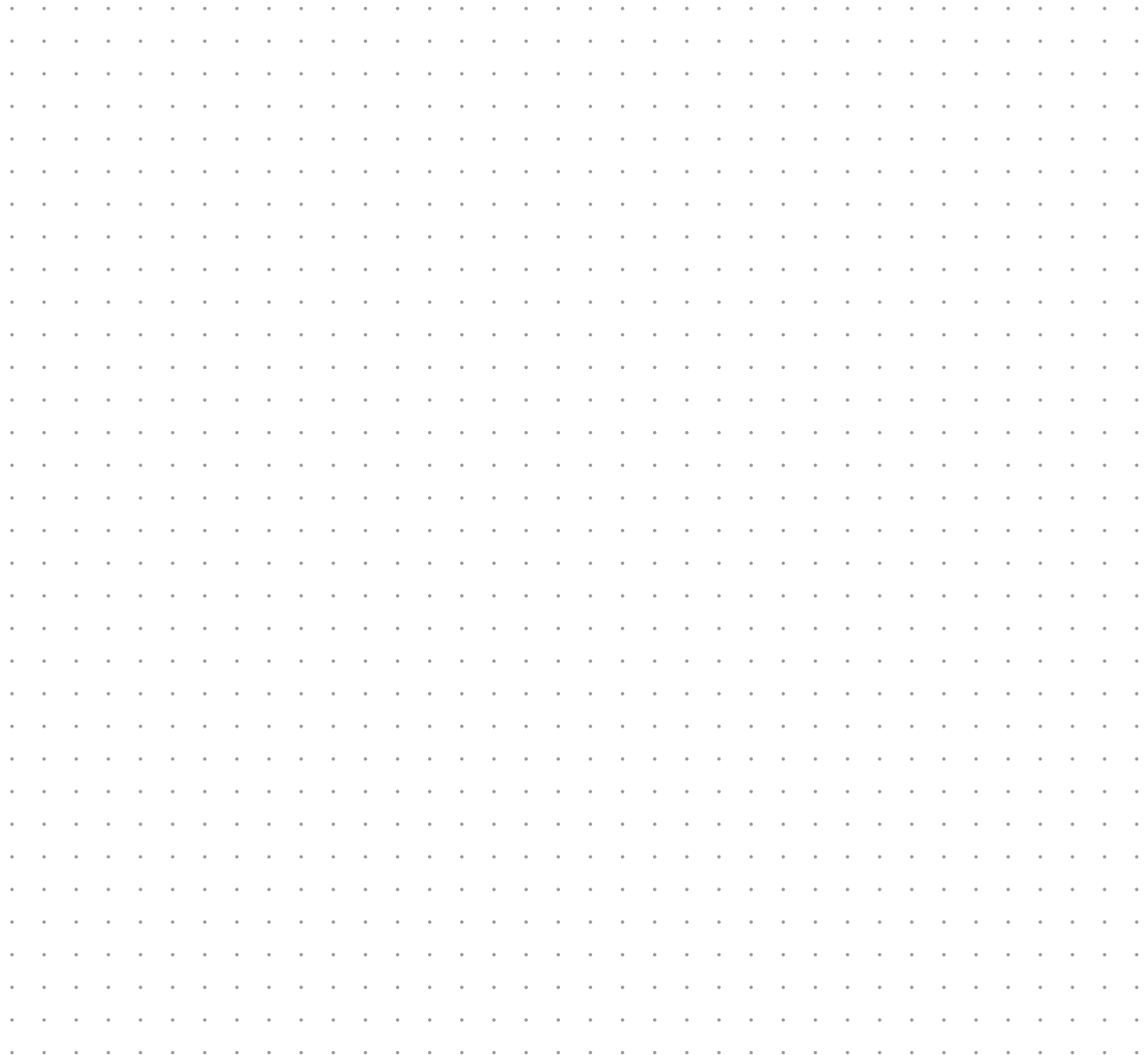
1		
	concluída?	<input type="radio"/> s <input type="radio"/> n
2		
	concluída?	<input type="radio"/> s <input type="radio"/> n
3		
	concluída?	<input type="radio"/> s <input type="radio"/> n
4		
	concluída?	<input type="radio"/> s <input type="radio"/> n
5		
	concluída?	<input type="radio"/> s <input type="radio"/> n
6		
	concluída?	<input type="radio"/> s <input type="radio"/> n
7		
	concluída?	<input type="radio"/> s <input type="radio"/> n
8		
	concluída?	<input type="radio"/> s <input type="radio"/> n
9		
	concluída?	<input type="radio"/> s <input type="radio"/> n
10		
	concluída?	<input type="radio"/> s <input type="radio"/> n
11		
	concluída?	<input type="radio"/> s <input type="radio"/> n
12		
	concluída?	<input type="radio"/> s <input type="radio"/> n

## profissionais

1		
	concluída?	<input type="radio"/> s <input type="radio"/> n
2		
	concluída?	<input type="radio"/> s <input type="radio"/> n
3		
	concluída?	<input type="radio"/> s <input type="radio"/> n
4		
	concluída?	<input type="radio"/> s <input type="radio"/> n
5		
	concluída?	<input type="radio"/> s <input type="radio"/> n
6		
	concluída?	<input type="radio"/> s <input type="radio"/> n
7		
	concluída?	<input type="radio"/> s <input type="radio"/> n
8		
	concluída?	<input type="radio"/> s <input type="radio"/> n
9		
	concluída?	<input type="radio"/> s <input type="radio"/> n
10		
	concluída?	<input type="radio"/> s <input type="radio"/> n
11		
	concluída?	<input type="radio"/> s <input type="radio"/> n
12		
	concluída?	<input type="radio"/> s <input type="radio"/> n

# inspire-se para começar bem

libere a criatividade









# balanço financeiro

para onde foi o dinheiro

	descrição	valor
<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"/>	_____	_____

saiu

entrou

poupei

saldo conta corrente

saldo poupança

Preencha as colunas ao lado com as categorias que você definiu no início do planner e pinte com as cores correspondentes. Calcule e preencha com os valores que foram gastos em cada categoria.

30

segunda

31

terça

1

quarta

□

□

□

□

□

□

□

□

□

□

□

□

□

□

□

□

□

□




notas

gratidão

• • • • •

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• • • • •

• • • • •

• • • • •

• • • • •

**2**

quinta

**3**

sexta

**4**

sábado

Handwriting practice lines for Friday (quinta). The page contains seven horizontal lines, each starting with a small orange square marker on the left side.

Handwriting practice lines for Saturday (sábado). The page contains seven horizontal lines, each starting with a small orange square marker on the left side.

A large grid for Friday (quinta), consisting of 10 columns and 10 rows.

A grid for Friday (quinta), consisting of 10 columns and 10 rows.

A grid for Saturday (sábado), consisting of 10 columns and 10 rows.

**5**

domingo

A large grid for Sunday (domingo), consisting of 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section for Friday (quinta). It consists of four horizontal lines, each followed by a row of seven small circles for tracking progress.

**6**

segunda

**7**

terça

**8**

quarta

Blank lined writing area for Monday (Day 6).

independência do brasil

Lined writing area for Wednesday (Day 7) with a checklist item.

Blank lined writing area for Thursday (Day 8).




Blank box for notes.

gratidão

Grid of dots for gratitude journaling.

9

quinta

10

sexta

11

sábado

Handwriting practice area for Friday (9) with 7 rows of lines and a small square marker at the start of each row.

Handwriting practice area for Saturday (10) with 7 rows of lines and a small square marker at the start of each row.

Large grid area for Saturday (11) with 10 columns and 10 rows.

Grid area for Friday (9) with 10 columns and 10 rows.

Grid area for Saturday (10) with 10 columns and 10 rows.

12

domingo

Large grid area for Sunday (12) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section with 4 rows of lines and a series of circles for tracking progress.

**13**

segunda

**14**

terça

**15**

quarta

Handwriting practice area for Monday (13). It consists of six rows of horizontal lines, each starting with a small orange square on the left margin.

Handwriting practice area for Tuesday (14). It consists of six rows of horizontal lines, each starting with a small orange square on the left margin.

Handwriting practice area for Wednesday (15). It consists of six rows of horizontal lines, each starting with a small orange square on the left margin.

Grid area for Monday (13). A 10x10 grid for notes or calculations.

Grid area for Tuesday (14). A 10x10 grid for notes or calculations.

Grid area for Wednesday (15). A 10x10 grid for notes or calculations.

notas

gratidão

Gratitude journal area for Wednesday (15). A 10x10 dotted grid for writing.

**16**

quinta

**17**

sexta

**18**

sábado

Handwriting practice area for Friday (16) with 7 rows of lines and a small orange square marker at the start of each row.

Handwriting practice area for Saturday (17) with 7 rows of lines and a small orange square marker at the start of each row.

Large grid area for Saturday (18) with 10 columns and 10 rows.

Grid area for Friday (16) with 10 columns and 10 rows.

Grid area for Saturday (17) with 10 columns and 10 rows.

**19**

domingo

Large grid area for Sunday (19) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section with 4 rows of lines and a row of 7 circles for tracking progress.



**23**

quinta

**24**

sexta

**25**

sábado

Handwriting practice area for the 23rd, consisting of seven horizontal lines, each starting with a small orange square marker.

Handwriting practice area for the 24th, consisting of seven horizontal lines, each starting with a small orange square marker.

Large grid area for the 25th, intended for drawing or coloring.

Small grid area for the 23rd, likely for a calendar or notes.

Small grid area for the 24th, likely for a calendar or notes.

**26**

domingo

Large grid area for the 26th, intended for drawing or coloring.

controle de hábitos

s t q q s s d

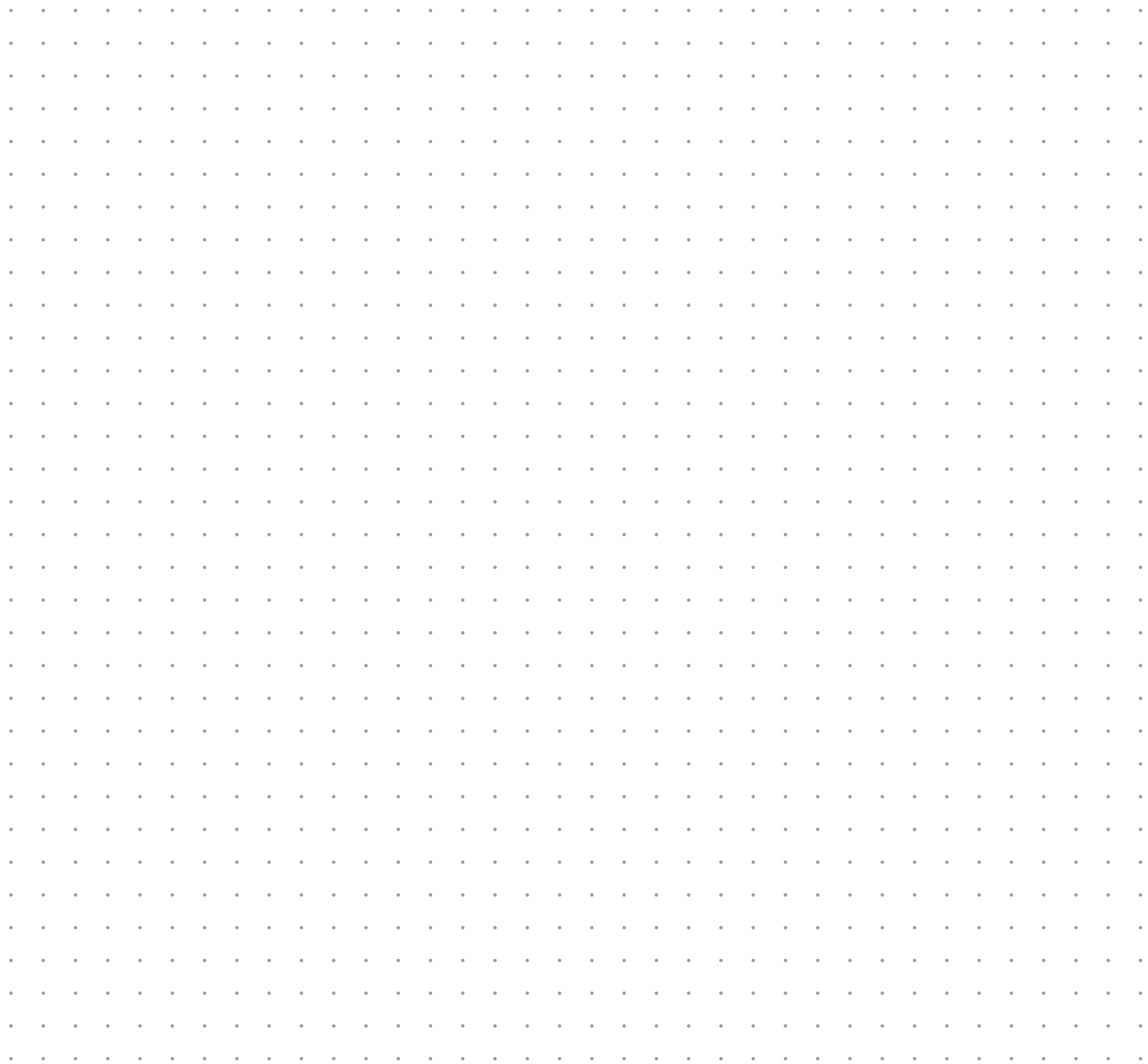
Habit control section with four horizontal lines and a grid of circles for tracking progress. The grid has 7 columns and 4 rows.

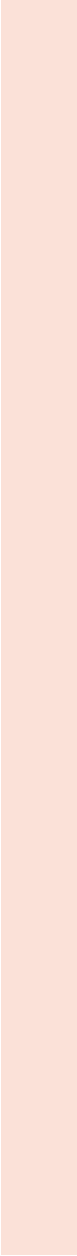




# lições que aprendi

é de degrau em degrau





outubro

# planejamento mensal

dom	seg	ter	qua
3	4	5	6
10	11	12 Nossa Sra. Aparecida Padroeira do Brasil	13
17	18	19	20
24	25	26	27
31			



# metas de outubro

## pessoais

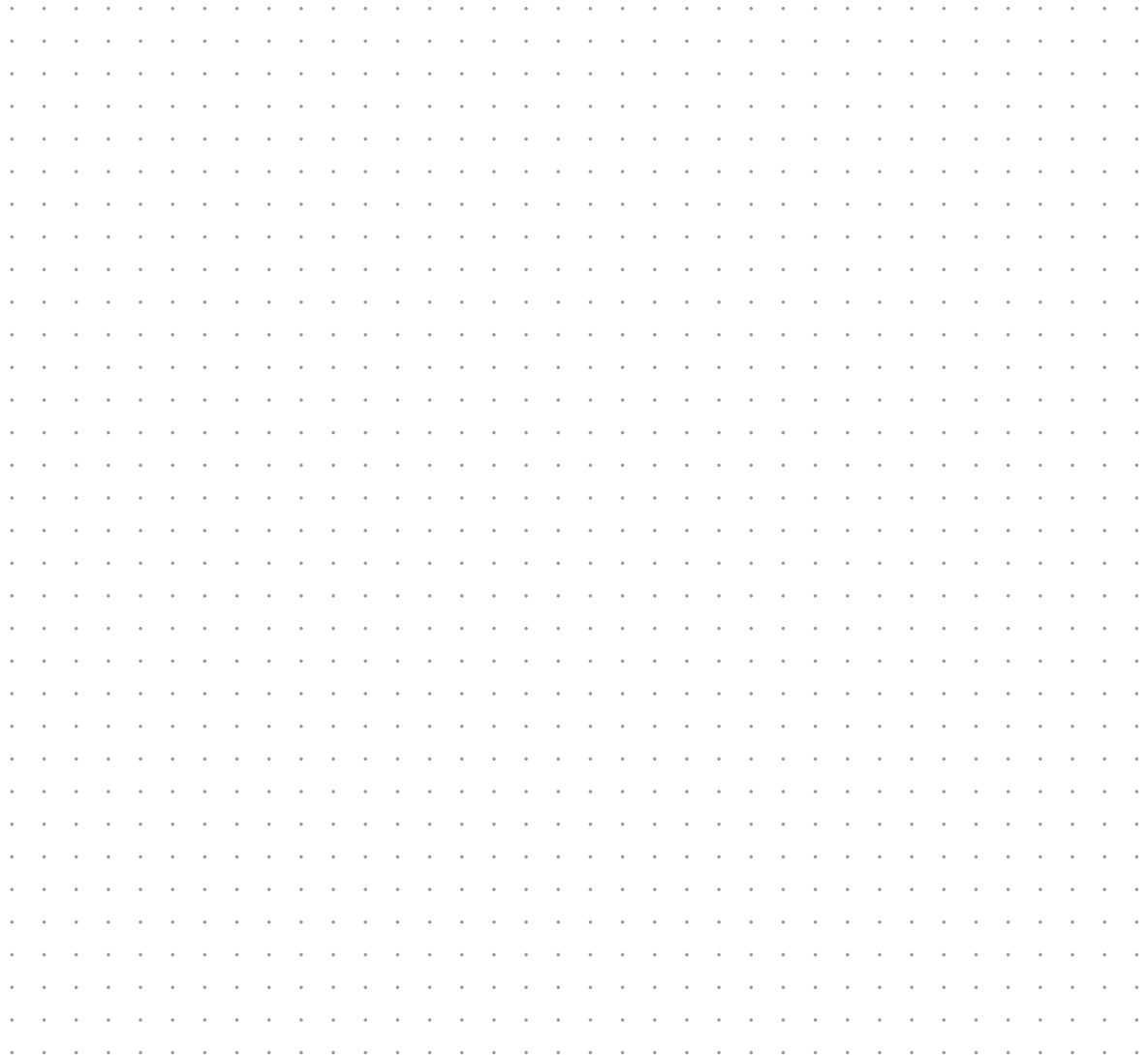
- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

## profissionais

- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

# inspire-se para começar bem

libere a criatividade









# balanço financeiro

para onde foi o dinheiro

	descrição	valor
<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"/>	_____	_____

saiu

entrou

poupei

saldo conta corrente

saldo poupança

Preencha as colunas ao lado com as categorias que você definiu no início do planner e pinte com as cores correspondentes. Calcule e preencha com os valores que foram gastos em cada categoria.



7

quinta

8

sexta

9

sábado

Handwriting practice area for Friday (7) consisting of 10 horizontal lines. The first six lines have a small orange square at the beginning of each line.

Handwriting practice area for Saturday (8) consisting of 10 horizontal lines. The first six lines have a small orange square at the beginning of each line.

Grid area for Saturday (9) consisting of a 10x10 grid.

10

domingo

Grid area for Friday (7) consisting of a 10x10 grid.

Grid area for Saturday (8) consisting of a 10x10 grid.

Grid area for Sunday (10) consisting of a 10x10 grid.

controle de hábitos

s t q q s s d

Habit control area with four horizontal lines and a grid of 28 circles (7 columns by 4 rows) for tracking progress.





**18**

segunda

**19**

terça

**20**

quarta

Handwriting practice area for Monday (18). It consists of six rows of horizontal lines, each starting with a small orange square on the left margin.

Handwriting practice area for Tuesday (19). It consists of six rows of horizontal lines, each starting with a small orange square on the left margin.

Handwriting practice area for Wednesday (20). It consists of six rows of horizontal lines, each starting with a small orange square on the left margin.

Grid area for Monday (18), consisting of a 10x10 grid.

Grid area for Tuesday (19), consisting of a 10x10 grid.

Grid area for Wednesday (20), consisting of a 10x10 grid.

notas

gratidão

Gratitude journal area for Wednesday (20), consisting of a 10x10 dotted grid.

**21**

quinta

**22**

sexta

**23**

sábado

Handwriting practice area for Friday (21) with 7 rows of lines and a small orange square marker at the start of each row.

Handwriting practice area for Saturday (22) with 7 rows of lines and a small orange square marker at the start of each row.

Grid area for Saturday (23) with 10 columns and 10 rows.

Grid area for Friday (21) with 10 columns and 10 rows.

Grid area for Saturday (22) with 10 columns and 10 rows.

**24**

domingo

Grid area for Sunday (24) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control area with 4 rows of lines and a row of 7 circles for tracking progress.



**28**

quinta

**29**

sexta

**30**

sábado

Handwriting practice area for Friday (28) with 7 sets of horizontal lines and a small orange square marker at the start of each line.

Grid area for Friday (28) with 10 columns and 10 rows.

Handwriting practice area for Saturday (29) with 7 sets of horizontal lines and a small orange square marker at the start of each line.

Grid area for Saturday (29) with 10 columns and 10 rows.

Large grid area for Sunday (30) with 10 columns and 10 rows.

**31**

domingo

Large grid area for Sunday (31) with 10 columns and 10 rows.

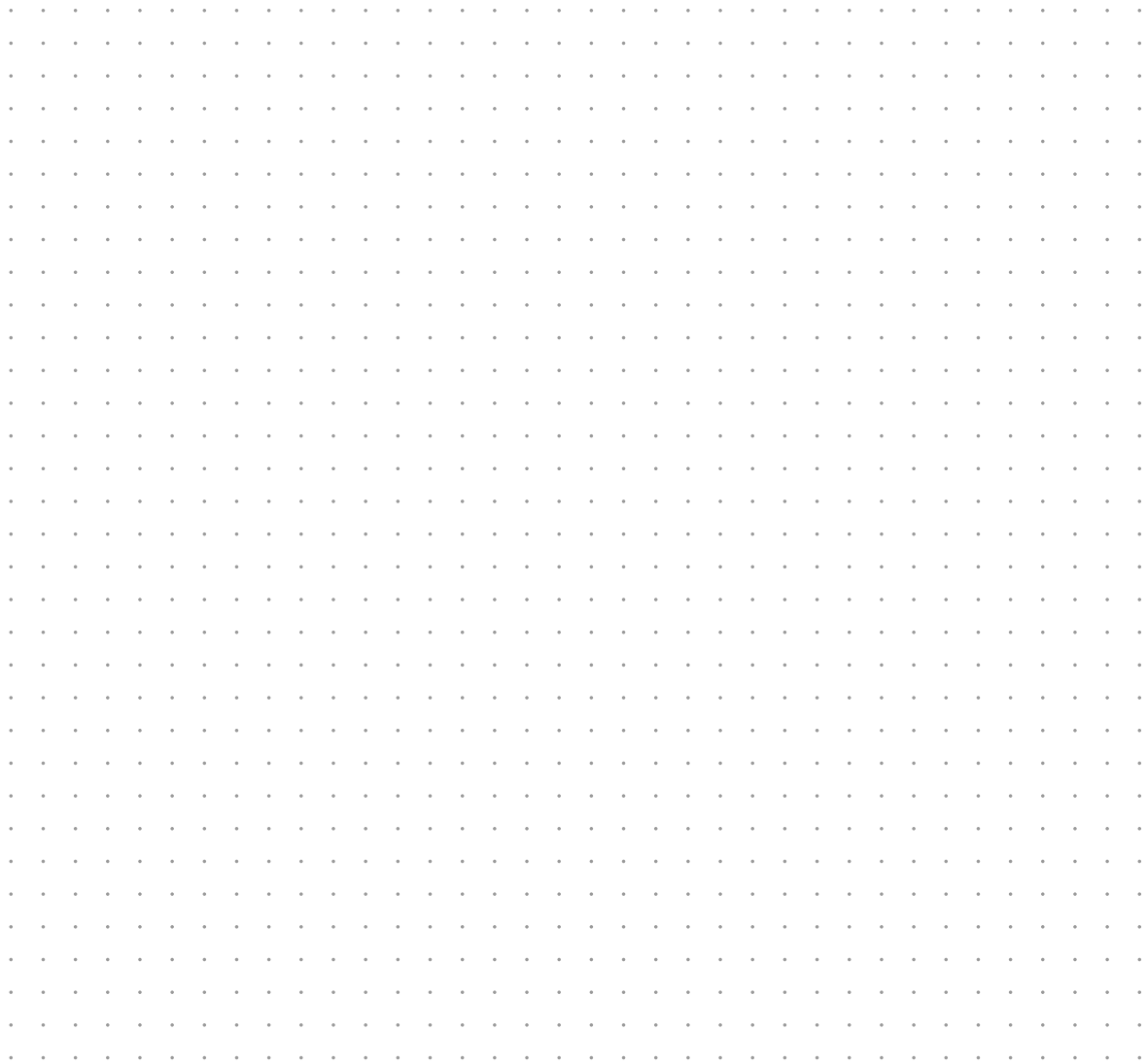
controle de hábitos

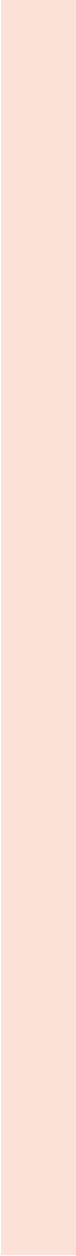
s t q q s s d

Habit control section with 4 horizontal lines and a row of 7 circles under each line, corresponding to the days of the week (s, t, q, q, s, s, d).

# lições que aprendi

é de degrau em degrau





novembro

# planejamento mensal

dom	seg	ter	qua
	1	2 Finodos	3
7	8	9	10
14	15 Proclamação da República	16	17
21	22	23	24
28	29	30	



# metas de novembro

## pessoais

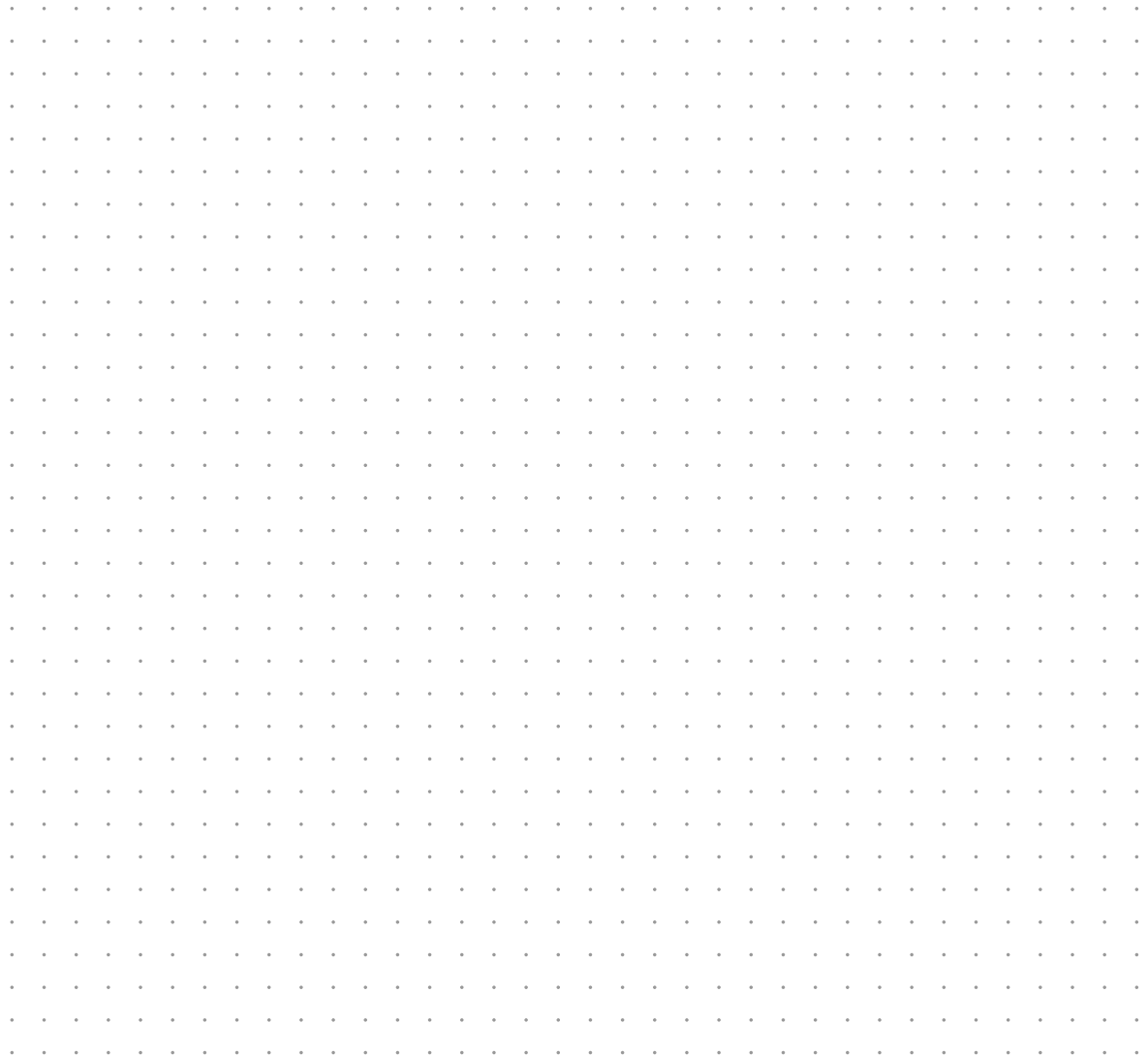
- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

## profissionais

- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

# inspire-se para começar bem

libere a criatividade













4

quinta

5

sexta

6

sábado

Handwriting practice area for Friday (quinta) with 7 rows of lines and a small orange square marker at the start of each row.

Grid area for Friday (quinta) with 10 columns and 10 rows.

Handwriting practice area for Saturday (sexta) with 7 rows of lines and a small orange square marker at the start of each row.

Grid area for Saturday (sexta) with 10 columns and 10 rows.

Large grid area for Saturday (sábado) with 10 columns and 10 rows.

7

domingo

Large grid area for Sunday (domingo) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control section with 4 rows of lines and a series of circles for tracking progress:
 

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○











**25**

quinta

**26**

sexta

**27**

sábado

Vertical writing area for Friday (25) with 7 small orange squares on the left margin and horizontal lines.

Vertical writing area for Saturday (26) with 7 small orange squares on the left margin and horizontal lines.

Large grid for Saturday (27).

Grid for Friday (25).

Grid for Saturday (26).

**28**

domingo

Large grid for Sunday (28).

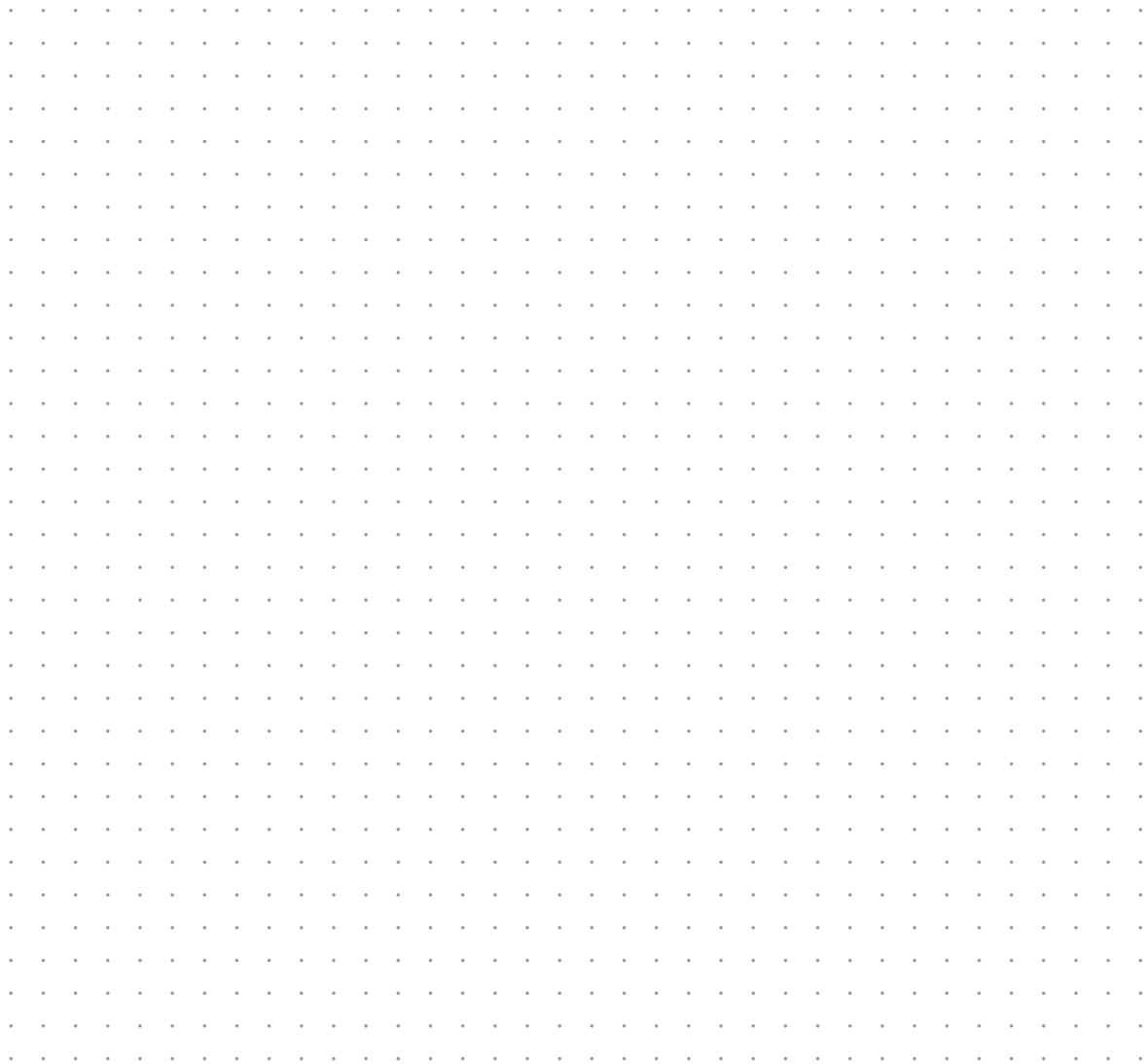
controle de hábitos

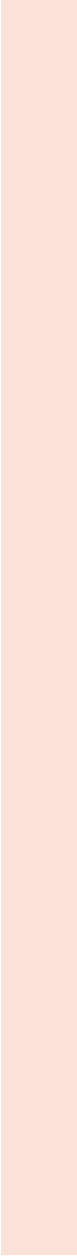
s t q q s s d

Horizontal writing area for habit control with 7 columns of circles corresponding to the days of the week.

# lições que aprendi

é de degrau em degrau





dezembro

# planejamento mensal

dom	seg	ter	qua
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29



# metas de dezembro

## pessoais

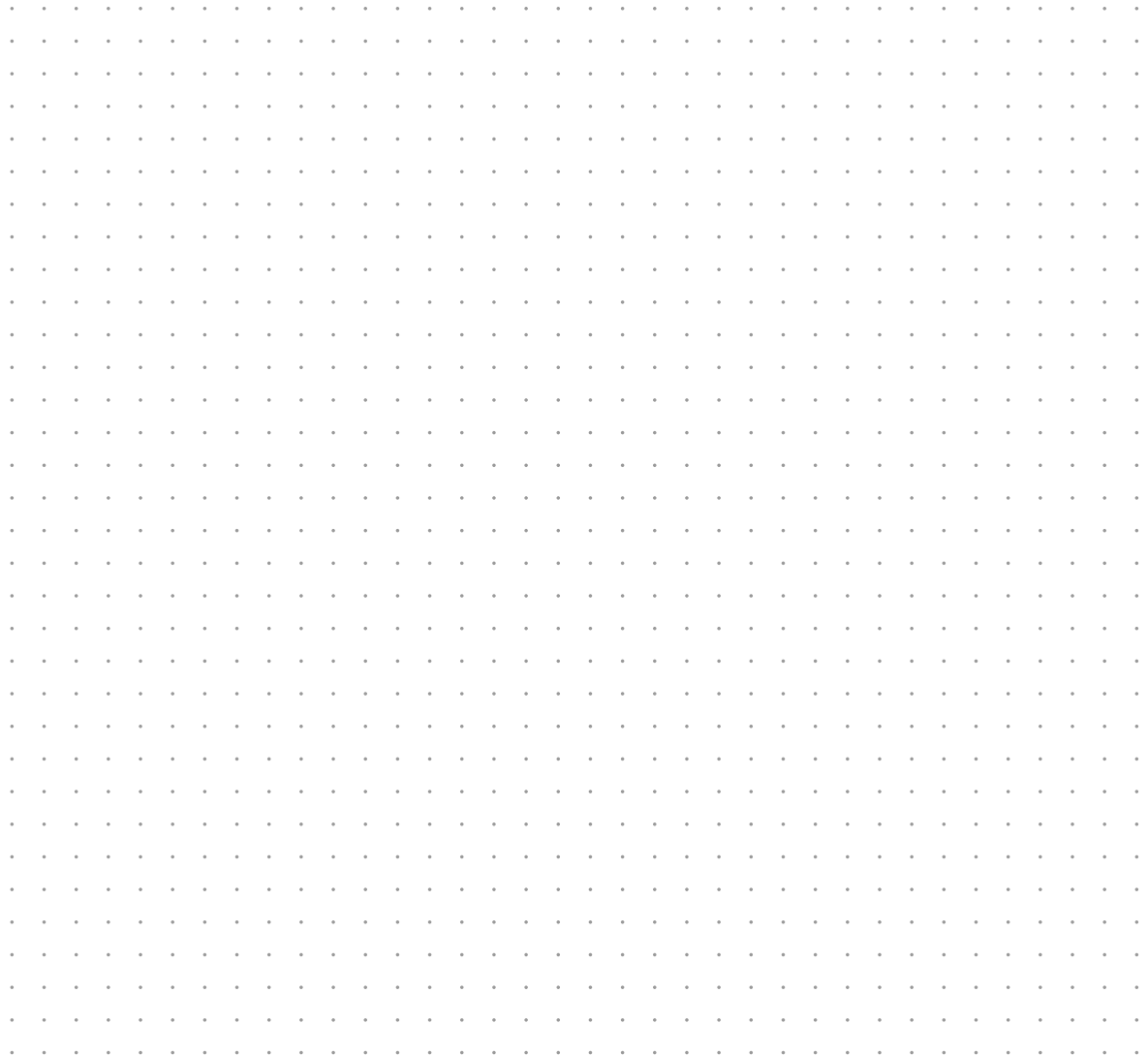
- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

## profissionais

- 1 \_\_\_\_\_  
concluída?  s  n
- 2 \_\_\_\_\_  
concluída?  s  n
- 3 \_\_\_\_\_  
concluída?  s  n
- 4 \_\_\_\_\_  
concluída?  s  n
- 5 \_\_\_\_\_  
concluída?  s  n
- 6 \_\_\_\_\_  
concluída?  s  n
- 7 \_\_\_\_\_  
concluída?  s  n
- 8 \_\_\_\_\_  
concluída?  s  n
- 9 \_\_\_\_\_  
concluída?  s  n
- 10 \_\_\_\_\_  
concluída?  s  n
- 11 \_\_\_\_\_  
concluída?  s  n
- 12 \_\_\_\_\_  
concluída?  s  n

# inspire-se para começar bem

libere a criatividade













**2**

quinta

**3**

sexta

**4**

sábado

Handwriting practice area for Friday (quinta) with 7 rows of lines and a small orange square marker at the start of each row.

Handwriting practice area for Saturday (sexta) with 7 rows of lines and a small orange square marker at the start of each row.

Large grid area for Saturday (sábado).

Grid area for Friday (quinta).

Grid area for Saturday (sexta).

**5**

domingo

Large grid area for Sunday (domingo).

controle de hábitos

s t q q s s d

Habit control section with four rows of lines and seven circles per row for tracking.





**13**

segunda

**14**

terça

**15**

quarta

Handwriting practice area for Monday (13). It consists of six rows of horizontal lines, each starting with a small orange square on the left margin.

Handwriting practice area for Tuesday (14). It consists of six rows of horizontal lines, each starting with a small orange square on the left margin.

Handwriting practice area for Wednesday (15). It consists of six rows of horizontal lines, each starting with a small orange square on the left margin.

Grid area for Monday (13). A 10x10 grid for notes or calculations.

Grid area for Tuesday (14). A 10x10 grid for notes or calculations.

Grid area for Wednesday (15). A 10x10 grid for notes or calculations.

notas

gratidão

Gratitude journal area for Wednesday (15). A 10x10 dotted grid for writing.

**16**

quinta

**17**

sexta

**18**

sábado

Handwriting practice area for Friday (16) with 7 rows of lines and a small orange square marker at the start of each row.

Handwriting practice area for Saturday (17) with 7 rows of lines and a small orange square marker at the start of each row.

Large grid area for Saturday (18) with 10 columns and 10 rows.

Grid area for Friday (16) with 10 columns and 10 rows.

Grid area for Saturday (17) with 10 columns and 10 rows.

**19**

domingo

Large grid area for Sunday (19) with 10 columns and 10 rows.

controle de hábitos

s t q q s s d

Habit control area with 4 rows of lines and a row of 7 circles for tracking progress.

**20**

segunda

**21**

terça

**22**

quarta

Handwriting practice area for Monday (20) with 10 horizontal lines and a small orange square marker at the start of each line.

Handwriting practice area for Tuesday (21) with 10 horizontal lines and a small orange square marker at the start of each line.

Handwriting practice area for Wednesday (22) with 10 horizontal lines and a small orange square marker at the start of each line.




notas

gratidão

Gratitude journal area with a grid of dots for writing.

**23**

quinta

**24**

sexta

**25**

sábado

natal

Handwriting practice lines for the 23rd. Each line starts with a small orange square marker. There are 7 lines with markers and 5 lines without.

Handwriting practice lines for the 24th. Each line starts with a small orange square marker. There are 7 lines with markers and 5 lines without.

Large grid for the 25th, suitable for drawing or coloring.

Small grid for the 23rd, suitable for drawing or coloring.

Small grid for the 24th, suitable for drawing or coloring.

**26**

domingo

Large grid for the 26th, suitable for drawing or coloring.

controle de hábitos

s t q q s s d

Habit control section with four horizontal lines and a grid of circles for tracking progress.



**30**

quinta

**31**

sexta

**1**

sábado

confraternização universal

Handwriting practice area for Friday (30) with 10 horizontal lines and a small orange square marker at the start of each line.

Handwriting practice area for Saturday (31) with 10 horizontal lines and a small orange square marker at the start of each line.

Grid area for Saturday (1) for drawing or coloring.

Grid area for Friday (30) for drawing or coloring.

Grid area for Saturday (31) for drawing or coloring.

**2**

domingo

Grid area for Sunday (2) for drawing or coloring.

controle de hábitos

s t q q s s d

Habit control section with four horizontal lines and a row of seven circles under each line, corresponding to the days of the week (s, t, q, q, s, s, d).

# lições que aprendi

é de degrau em degrau

