MY PLANNER

sample

hello + thank you

Thank you so much for downloading the SAMPLE/PREVIEW of our mid-year planner - THISS Everyday 21/22 Planner!

Created with busy, ambitious individuals in mind, this dated planner has you covered from July 1st, 2021 to June 30th, 2022. Inside you'll find yearly, monthly, weekly and daily templates (plus everything In between) to help you meet deadlines, accomplish goals, stay organised on a day-to-day basis - all without sacrificing your wellbeing!

Please note that since this is just a SAMPLE/PREVIEW PLANNER, you will NOT be able to access all the links/pages available in the actual planner. Rather, this sample allows you to have a look into one of our digital planners and get a feel for our simplistic yet practical style/aesthetics to see if it suits you and your device.

ONLY THE MONTH OF JULY HAS ALL THE WORKING LINKS & PAGES.

Our 2021 digital planner was already a hit, but since we like to constantly improve ourselves around here, the mid-year planner has stepped up a level (or two). There are many more hyperlinks you need to be aware of in order to fully utilize the planner so make sure you check out the flip-through video on YouTube or refer back to the listing images on Etsy so you are aware of all the features!

I hope you find this useful!
Aileen x

YouTube

Instagram

Website

Shop

things to test in the sample

If you are new to digital planning, you may not know what to look out for when on the search. So I'm gonna help you out!

Here is a quick list of things to test and play around when there is a sample planner available:

1. Do you have a note-taking app which you can import the planner into?
2. Try writing/typing into the planner. Do you like how the lines are spaced out? Is there enough space for you in the sections you find important?
3. Are the hyperlinks where you would like them? Are there enough hyperlinks so you can jump from page to page without any hassle? Is there any lag (since there is significantly less pages in sample planners, lag when using hyperlinks in the actual planner may be difficult to gauge – watch flip through videos instead to get a better idea)?
4. Do you like the design & style of the planner? Is the page size ideal for you? Do you prefer the planner in portrait/vertical orientation or landscape/horizontal?
5. How is the quality of the planner? Is there any pixelation (blurriness/graininess) when zooming into the planner page?
6. What are past customers saying? Are the reviews good?
7. Does the planner purchase come with any extras? Monday & Sunday week starts? Stickers? Covers?
8. Can you see yourself using this planning method as part of your organisation system?

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Productivity

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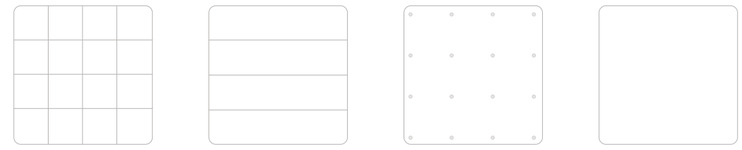

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2021

JULY

	M	T	W	T	F	S	S
26				1	2	3	4
27	5	6	7	8	9	10	11
28	12	13	14	15	16	17	18
29	19	20	21	22	23	24	25
30	26	27	28	29	30	31	

AUGUST

	M	T	W	T	F	S	S
30							1
31	2	3	4	5	6	7	8
32	9	10	11	12	13	14	15
33	16	17	18	19	20	21	22
34	23	24	25	26	27	28	29
35	30	31					

SEPTEMBER

	M	T	W	T	F	S	S
35			1	2	3	4	5
36	6	7	8	9	10	11	12
37	13	14	15	16	17	18	19
38	20	21	22	23	24	25	26
39	27	28	29	30			

OCTOBER

	M	T	W	T	F	S	S
39					1	2	3
40	4	5	6	7	8	9	10
41	11	12	13	14	15	16	17
42	18	19	20	21	22	23	24
43	25	26	27	28	29	30	31

NOVEMBER

	M	T	W	T	F	S	S
44	1	2	3	4	5	6	7
45	8	9	10	11	12	13	14
46	15	16	17	18	19	20	21
47	22	23	24	25	26	27	28
48	29	30					

DECEMBER

	M	T	W	T	F	S	S
48			1	2	3	4	5
49	6	7	8	9	10	11	12
50	13	14	15	16	17	18	19
51	20	21	22	23	24	25	26
52	27	28	29	30	31		

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2022

JANUARY

	M	T	W	T	F	S	S
52						1	2
01	3	4	5	6	7	8	9
02	10	11	12	13	14	15	16
03	17	18	19	20	21	22	23
04	24	25	26	27	28	29	30
05	31						

FEBRUARY

	M	T	W	T	F	S	S
05		1	2	3	4	5	6
06	7	8	9	10	11	12	13
07	14	15	16	17	18	19	20
08	21	22	23	24	25	26	27
09	28						

MARCH

	M	T	W	T	F	S	S
09		1	2	3	4	5	6
10	7	8	9	10	11	12	13
11	14	15	16	17	18	19	20
12	21	22	23	24	25	26	27
13	28	29	30	31			

APRIL

	M	T	W	T	F	S	S
13					1	2	3
14	4	5	6	7	8	9	10
15	11	12	13	14	15	16	17
16	18	19	20	21	22	23	24
17	25	26	27	28	29	30	

JUNE

	M	T	W	T	F	S	S
22			1	2	3	4	5
23	6	7	8	9	10	11	12
24	13	14	15	16	17	18	19
25	20	21	22	23	24	25	26
26	27	28	29	30			

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July, 2021

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 26				1	2	3	4	
WEEK 27	5	6	7	8	9	10	11	
WEEK 28	12	13	14	15	16	17	18	
WEEK 29	19	20	21	22	23	24	25	
WEEK 30	26	27	28	29	30	31		

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August, 2021

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 30							1	
WEEK 31	2	3	4	5	6	7	8	
WEEK 32	9	10						
WEEK 33	16	17						
WEEK 34	23	24	25	26	27	28	29	
WEEK 35	30	31						

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September, 2021

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 35			1	2	3	4	5	
WEEK 36	6	7	8	9	10	11	12	
WEEK 37	13	14						
WEEK 38	20	21	22	23	24	25	26	
WEEK 39	27	28	29	30				

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October, 2021

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 39					1	2	3	
WEEK 40	4	5	6	7	8	9	10	
WEEK 41	11	12						
WEEK 42	18	19	20	21	22	23	24	
WEEK 43	25	26	27	28	29	30	31	

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November, 2021

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 44	1	2	3	4	5	6	7	
WEEK 45	8	9	10	11	12	13	14	
WEEK 46	15	16						
WEEK 47	22	23	24	25	26	27	28	
WEEK 48	29	30						

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December, 2021

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 48			1	2	3	4	5	
WEEK 49	6	7	8	9	10	11	12	
WEEK 50	13	14						
WEEK 51	20	21	22	23	24	25	26	
WEEK 52	27	28	29	30	31			

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January, 2022

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 52						1	2	
WEEK 01	3	4	5	6	7	8	9	
WEEK 02	10	11						
WEEK 03	17	18						
WEEK 04	24	25	26	27	28	29	30	
WEEK 05	31							

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February, 2022

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 05		1	2	3	4	5	6	
WEEK 06	7	8	9	10	11	12	13	
WEEK 07	14	15						
WEEK 08	21	22	23	24	25	26	27	
WEEK 09	28							

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March, 2022

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 09		1	2	3	4	5	6	
WEEK 10	7	8	9	10	11	12	13	
WEEK 11	14	15						
WEEK 12	21	22	23	24	25	26	27	
WEEK 13	28	29	30	31				

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April, 2022

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 13					1	2	3	
WEEK 14	4	5	6	7	8	9	10	
WEEK 15	11	12						
WEEK 16	18	19	20	21	22	23	24	
WEEK 17	25	26	27	28	29	30		

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May, 2022

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 17							1	
WEEK 18	2	3	4	5	6	7	8	
WEEK 19	9	10						
WEEK 20	16	17						
WEEK 21	23	24	25	26	27	28	29	
WEEK 22	30	31						

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June, 2022

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 22			1	2	3	4	5	
WEEK 23	6	7	8	9	10	11	12	
WEEK 24	13	14						
WEEK 25	20	21	22	23	24	25	26	
WEEK 26	27	28	29	30				

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JUNE/JULY 2021 | week 26

28 MON

29 TUE

30 WED

01 THU

02 FRI

03 SAT

04 SUN

TOP PRIORITIES

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TASKS

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NOTES

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JULY 2021 | week 27

WEEKLY CHECK-IN | MEAL PLANNER | WEEKLY SCHEDULE

05 MON

06 TUE

07 WED

08 THU

09 FRI

10 SAT

11 SUN

TOP PRIORITIES

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TASKS

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NOTES

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JULY 2021 | week 28

WEEKLY CHECK-IN | MEAL PLANNER | WEEKLY SCHEDULE

12 MON

13 TUE

14 WED

15 THU

16 FRI

17 SAT

18 SUN

TOP PRIORITIES

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TASKS

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NOTES

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JULY 2021 | week 29

WEEKLY CHECK-IN | MEAL PLANNER | WEEKLY SCHEDULE

19 MON

20 TUE

21 WED

22 THU

23 FRI

24 SAT

25 SUN

TOP PRIORITIES

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TASKS

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NOTES

2021 2022 JUL AUG SEP OCT NOV DEC JAN FEB MAR APR MAY JUN

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JULY/AUGUST 2021 | week 30

WEEKLY CHECK-IN | MEAL PLANNER | WEEKLY SCHEDULE

26 MON

27 TUE

28 WED

29 THU

30 FRI

31 SAT

01 SUN

TOP PRIORITIES

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TASKS

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NOTES

2021 2022 JUL AUG SEP OCT NOV DEC JAN FEB MAR APR MAY JUN

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MONDAY

June 28, 2021

PRIORITIES

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TASKS

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TUESDAY

June 29, 2021

PRIORITIES

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TASKS

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WEDNESDAY

June 30, 2021

PRIORITIES

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TASKS

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THURSDAY

July 01, 2021

PRIORITIES

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TASKS

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FRIDAY

July 02, 2021

PRIORITIES

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TASKS

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SATURDAY

July 03, 2021

PRIORITIES

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TASKS

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SUNDAY

July 04, 2021

PRIORITIES

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TASKS

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MONDAY

July 05, 2021

PRIORITIES

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TASKS

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TUESDAY

July 06, 2021

PRIORITIES

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TASKS

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WEDNESDAY

July 07, 2021

PRIORITIES

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TASKS

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THURSDAY

July 08, 2021

PRIORITIES

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TASKS

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FRIDAY

July 09, 2021

PRIORITIES

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TASKS

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SATURDAY

July 10, 2021

PRIORITIES

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TASKS

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SUNDAY

July 11, 2021

PRIORITIES

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TASKS

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MONDAY

July 12, 2021

PRIORITIES

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TASKS

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TUESDAY

July 13, 2021

PRIORITIES

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TASKS

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WEDNESDAY

July 14, 2021

PRIORITIES

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TASKS

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THURSDAY

July 15, 2021

PRIORITIES

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TASKS

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FRIDAY

July 16, 2021

PRIORITIES

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TASKS

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SATURDAY

July 17, 2021

PRIORITIES

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TASKS

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SUNDAY

July 18, 2021

PRIORITIES

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TASKS

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MONDAY

July 19, 2021

PRIORITIES

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TASKS

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TUESDAY

July 20, 2021

PRIORITIES

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TASKS

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WEDNESDAY

July 21, 2021

PRIORITIES

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TASKS

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THURSDAY

July 22, 2021

PRIORITIES

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TASKS

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FRIDAY

July 23, 2021

PRIORITIES

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TASKS

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SATURDAY

July 24, 2021

PRIORITIES

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TASKS

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SUNDAY

July 25, 2021

PRIORITIES

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TASKS

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MONDAY

July 26, 2021

PRIORITIES

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TASKS

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TUESDAY

July 27, 2021

PRIORITIES

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TASKS

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WEDNESDAY

July 28, 2021

PRIORITIES

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TASKS

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THURSDAY

July 29, 2021

PRIORITIES

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TASKS

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FRIDAY

July 30, 2021

PRIORITIES

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TASKS

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SATURDAY

July 31, 2021

PRIORITIES

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TASKS

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SUNDAY

August 01, 2021

PRIORITIES

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TASKS

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Monthly Reflection

HOW WAS MY MONTH?

HIGHLIGHTS & ACCOMPLISHMENTS ACHIEVED THIS MONTH

CHALLENGES I FACED THIS MONTH

RATE THE FOLLOWING AREAS OF MY LIFE

	1	2	3	4	5
PERSONAL GROWTH					
FAMILY RELATIONSHIPS					
MARRIAGE / ROMANCE					
SOCIAL RELATIONSHIPS					
HEALTH & FITNESS					
WORK / STUDIES / BUSINESS					
FINANCIAL					

PROJECTS & GOALS

COMPLETED	IN-PROGRESS	TO START

THINGS TO...

START DOING	STOP DOING	CONTINUE DOING

WHAT IS THE MOST IMPORTANT THING I LEARNT THIS MONTH?

HOW WILL I DO BETTER NEXT MONTH?

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Yearly Finance

JUL AUG SEP OCT NOV DEC JAN FEB MAR APR MAY JUN

STARTING SAVINGS BALANCE:

STARTING DEBT AMOUNT:

BEGINNING NET WORTH:

FINANCIAL GOALS FOR THE YEAR

INCOME:

SAVINGS:

INVESTMENTS:

DEBT PAYOFF:

GIFTS & DONATIONS:

OTHER:

THINGS I CAN DO TO ACHIEVE MY GOALS

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YEARLY SUMMARY

	INCOME	SAVINGS	INVESTMENTS	DEBT PAYOFF	GIFTS	OTHER
JUL						
AUG						
SEP						
OCT						
NOV						
DEC						
JAN						
FEB						
MAR						
APR						
MAY						
JUN						
TOTAL						

REFLECTION

WHAT TO KEEP DOING

WHAT TO STOP DOING

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Monthly Budget

YEARLY FINANCE

JUL AUG SEP OCT NOV DEC JAN FEB MAR APR MAY JUN

INCOME	DATE	AMOUNT
TOTAL:		

TRANSPORT	BUDGET	ACTUAL
TOTAL:		

PERSONAL	BUDGET	ACTUAL
TOTAL:		

HOUSING + UTILITIES	BUDGET	ACTUAL
TOTAL:		

FOOD	BUDGET	ACTUAL
TOTAL:		

MISC	BUDGET	ACTUAL
TOTAL:		

HEALTHCARE	BUDGET	ACTUAL
TOTAL:		

SAVING + INVESTING + DEBT	BUDGET	ACTUAL
TOTAL:		

MONTH SUMMARY	BUDGET	ACTUAL	VARIANCE
INCOME			
EXPENSES			

2021 2022 JUL AUG SEP OCT NOV DEC JAN FEB MAR APR MAY JUN

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JUNE/JULY 2021 | week 26

WEEKLY CHECK-IN | MEAL PLANNER | WEEKLY PLANNER

	28 MON	29 TUE	30 WED	01 THU	02 FRI	03 SAT	04 SUN
6							
7							
8							
9							
10							
11							
12							
1							
2							
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© THISS Planner

JULY 2021 | week 27

WEEKLY CHECK-IN | MEAL PLANNER | WEEKLY PLANNER

	05 MON	06 TUE	07 WED	08 THU	09 FRI	10 SAT	11 SUN
6							
7							
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JUN

© THISS Planner

JULY 2021 | week 28

WEEKLY CHECK-IN | MEAL PLANNER | WEEKLY PLANNER

	12 MON	13 TUE	14 WED	15 THU	16 FRI	17 SAT	18 SUN
6							
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JUN

© THISS Planner

JULY 2021 | week 29

WEEKLY CHECK-IN | MEAL PLANNER | WEEKLY PLANNER

	19 MON	20 TUE	21 WED	22 THU	23 FRI	24 SAT	25 SUN
6							
7							
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JUN

© THISS Planner

JULY/AUGUST 2021 | week 30

WEEKLY CHECK-IN | MEAL PLANNER | WEEKLY PLANNER

	26 MON	27 TUE	28 WED	29 THU	30 FRI	31 SAT	01 SUN
6							
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10							

© THISS Planner

W26 JUNE/JULY 2021

Weekly Check-in

WEEKLY PLANNER

WHAT WENT WELL THIS WEEK?

QUOTE OF THE WEEK

A MOMENT I WANT TO REMEMBER

TO DO NEXT WEEK

WHAT COULD I IMPROVE ON?

OTHER NOTES

© THISS Planner

W27 JULY 2021

Weekly Check-in

WEEKLY PLANNER

WHAT WENT WELL THIS WEEK?

QUOTE OF THE WEEK

TO DO NEXT WEEK

A MOMENT I WANT TO REMEMBER

WHAT COULD I IMPROVE ON?

OTHER NOTES

© THISS Planner

W28 JULY 2021

Weekly Check-in

WEEKLY PLANNER

WHAT WENT WELL THIS WEEK?

QUOTE OF THE WEEK

TO DO NEXT WEEK

A MOMENT I WANT TO REMEMBER

WHAT COULD I IMPROVE ON?

OTHER NOTES

© THISS Planner

W29 JULY 2021

Weekly Check-in

WEEKLY PLANNER

WHAT WENT WELL THIS WEEK?

QUOTE OF THE WEEK

TO DO NEXT WEEK

A MOMENT I WANT TO REMEMBER

WHAT COULD I IMPROVE ON?

OTHER NOTES

© THISS Planner

W30 JULY/AUGUST 2021

Weekly Check-in

WEEKLY PLANNER

WHAT WENT WELL THIS WEEK?

QUOTE OF THE WEEK

A MOMENT I WANT TO REMEMBER

TO DO NEXT WEEK

WHAT COULD I IMPROVE ON?

OTHER NOTES

© THISS Planner

W26 JUNE/JULY 2021

Meal Planner + Groceries

WEEKLY PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

SHOPPING LIST

© THISS Planner

W27 JULY 2021

Meal Planner + Groceries

WEEKLY PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

SHOPPING LIST

© THISS Planner

W28 JULY 2021

Meal Planner + Groceries

WEEKLY PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

SHOPPING LIST

© THISS Planner

W29 JULY 2021

Meal Planner + Groceries

WEEKLY PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

SHOPPING LIST

© THISS Planner

W30 JULY/AUGUST 2021

Meal Planner + Groceries

WEEKLY PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

SHOPPING LIST

© THISS Planner

MONDAY June 28, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

TUESDAY June 29, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

WEDNESDAY June 30, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

THURSDAY July 01, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

FRIDAY July 02, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

SATURDAY July 03, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

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SUNDAY July 04, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

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MONDAY July 05, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

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TUESDAY July 06, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

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WEDNESDAY July 07, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

THURSDAY July 08, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

THOUGHTS & REFLECTION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WHAT CAN I DO TO MAKE TODAY GREAT?

2021
2022
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MAY
JUN

© THISS Planner

FRIDAY July 09, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

SATURDAY July 10, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

SUNDAY July 11, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

MONDAY July 12, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

TUESDAY July 13, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

WEDNESDAY July 14, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

THURSDAY July 15, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

FRIDAY July 16, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

SATURDAY July 17, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

THOUGHTS & REFLECTION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WHAT CAN I DO TO MAKE TODAY GREAT?

2021
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MAY
JUN

© THISS Planner

SUNDAY July 18, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

MONDAY July 19, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

TUESDAY July 20, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

THOUGHTS & REFLECTION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WHAT CAN I DO TO MAKE TODAY GREAT?

© THISS Planner

WEDNESDAY July 21, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

THURSDAY July 22, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

FRIDAY July 23, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

SATURDAY July 24, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

SUNDAY July 25, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

MONDAY July 26, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

TUESDAY July 27, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

WEDNESDAY July 28, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

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3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

THURSDAY July 29, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

FRIDAY July 30, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

SATURDAY July 31, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

SUNDAY August 01, 2021

Daily Check-in

DAILY PLANNER

DAILY AFFIRMATION

I AM GRATEFUL FOR:

1.

2.

3.

TODAY'S SELF-CARE

WATER

MEALS

B/FAST

LUNCH

DINNER

SNACKS

WHAT CAN I DO TO MAKE TODAY GREAT?

THOUGHTS & REFLECTION

© THISS Planner

My Goals

Here is an overview of all the goals you want to accomplish during the year. Tap the arrows to plan out each goal in detail.

GOAL:

GOAL:

GOAL:

GOAL:

GOAL:

GOAL:

GOAL:

GOAL:

GOAL:

© THISS Planner

Goal Details

GOAL

DATE STARTED:

DEADLINE:

DATE COMPLETED:

ACTIONABLE STEPS TO ACHIEVE GOAL	DUE DATE
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WHY:

REWARD FOR ACHIEVING GOAL:

NOTES

HABITS TO PICK UP TO HELP ACHIEVE GOAL	FREQUENCY

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My Habits

Habits are the repetitive actions and behaviours you perform without thinking. The person you are (and your life today) is essentially a result of your habits. A better life starts with better habits.

Here is an overview of all the habits you want to build. Tap on the arrows to go to the habit tracker to record your progress for each habit.

HABIT:

HABIT:

HABIT:

HABIT:

HABIT:

HABIT:

HABIT:

HABIT:

HABIT:

HABIT:

HABIT:

"Missing once is an accident. Missing twice is the start of a new habit." - James Clear, *Atomic Habits*

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HABIT:

Habit Tracker

JULY

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				%

AUGUST

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				%

SEPTEMBER

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					%

OCTOBER

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				%

NOVEMBER

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					%

DECEMBER

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				%

JANUARY

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				%

FEBRUARY

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
						%

MARCH

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				%

APRIL

1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					%

MAY

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				%

JUNE

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					%

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My Lists

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Chores Planner

DAILY TASKS

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MONTHLY TASKS

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ANNUAL TASKS

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WEEKLY TASKS

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NOTES

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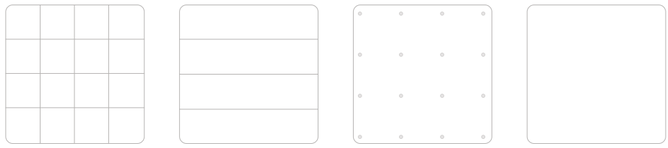
NOTE PAGES



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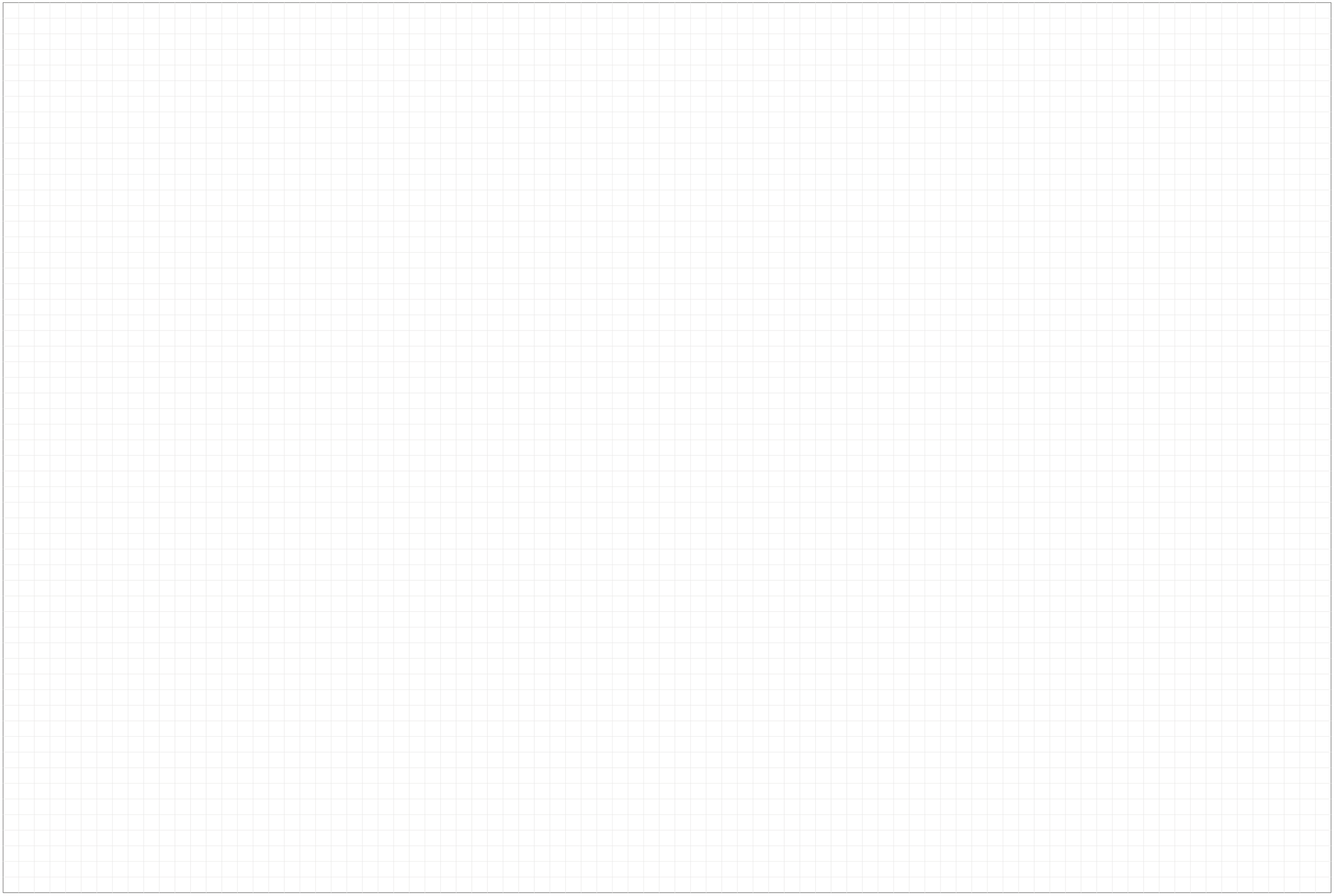

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1 2 3 4 5 6 7 8

2021

2022

JUL

AUG

SEP

OCT

NOV

DEC

JAN

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MAY

JUN

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DESCRIPTION

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