
THRIVE &
TWIRL



2025

COMMITMENT MANIFESTO



I, _____,

hereby commit to achieving my goals and fulfilling my potential. I understand the importance of dedication, perseverance, and accountability in the pursuit of my dreams. By signing this contract, I make a solemn promise to myself to give my best effort and stay focused

To fulfill this commitment, I pledge to:

- Set clear and measurable objectives for each goal.
- Create a realistic and actionable plan to achieve these objectives.
- Prioritize my time effectively and eliminate distractions that hinder my progress.
- Continuously assess my performance and adjust my strategies as needed.
- Seek support and guidance when faced with challenges.
- Celebrate small victories and milestones along the way.
- Reflect on my progress regularly and make necessary adjustments to my plan.

I understand that achieving my goals requires consistent effort, resilience, and a positive mindset. By signing below, I acknowledge the importance of staying true to this commitment and holding myself accountable for my success.

Signature: _____

Date: _____

CALENDAR 2025

Quarter 1

JANUARY

S	M	T	W	T	F	S
29	30	31	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	1

FEBRUARY

S	M	T	W	T	F	S
26	27	28	29	30	31	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	1

MARCH

S	M	T	W	T	F	S
23	24	25	26	27	28	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	1	2	3	4	5

Quarter 2

APRIL

S	M	T	W	T	F	S
30	31	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	1	2	3

MAY

S	M	T	W	T	F	S
27	28	29	30	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

S	M	T	W	T	F	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	1	2	3	4	5

Quarter 3

JULY

S	M	T	W	T	F	S
29	30	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	1	2

AUGUST

S	M	T	W	T	F	S
27	28	29	30	31	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	1	2	3	4	5	6

SEPTEMBER

S	M	T	W	T	F	S
31	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	1	2	3	4

Quarter 4

OCTOBER

S	M	T	W	T	F	S
28	29	30	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	1

NOVEMBER

S	M	T	W	T	F	S
26	27	28	29	30	31	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	1	2	3	4	5	6

DECEMBER

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

QUARTER 1

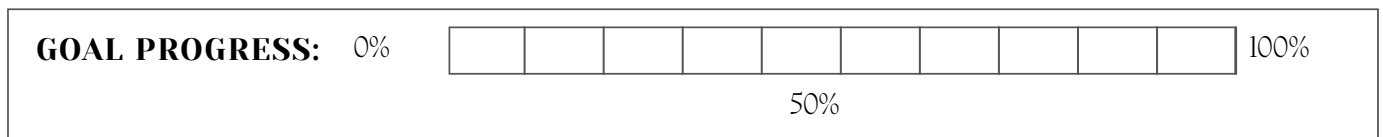
What is the theme of this quarter?

What does it represent?

How will you succeed?

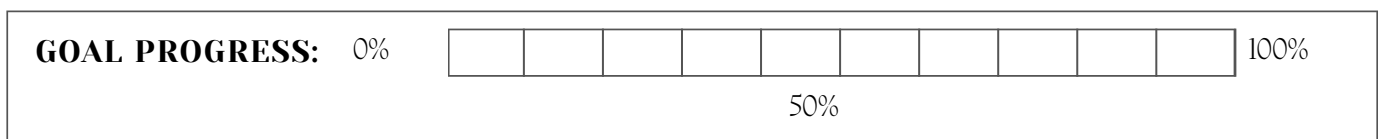
January

GOAL :



February

GOAL :



March

GOAL :



JANUARY

IN THIS COLD WEATHER, PRIORITIZE SELF-CARE ACTIVITIES THAT BRING WARMTH AND COMFORT. START THE YEAR WITH A FRESH PERSPECTIVE. CONSIDER ACTIVITIES LIKE COZING UP WITH A BOOK, TAKING WARM BATHS, AND EMBRACE THE OPPORTUNITY FOR NEW BEGINNINGS.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

1.

2.

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WHICH HABIT ARE YOU TRACKING ?

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FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

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TAKE A MOMENT TO CELEBRATE YOUR PROGRESSES AND ACKNOWLEDGE EFFORTS.



WHAT IS YOUR VISION THIS MONTH ?

JAN

JAN



FEBRUARY

NURTURE MEANINGFUL CONNECTIONS WITH LOVED ONES. WHETHER IT'S A ROMANTIC RELATIONSHIP, FAMILY, OR FRIENDS, PRIORITIZE QUALITY TIME AND OPEN COMMUNICATION.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

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TAKE A MOMENT TO CELEBRATE YOUR PROGRESSES AND ACKNOWLEDGE EFFORTS.



WHAT IS YOUR VISION THIS MONTH ?

FEB

FEB



MARCH

DECLUTTER YOUR MENTAL SPACE. IDENTIFY NEGATIVE THOUGHTS, PRACTICE MINDFULNESS, AND FOCUS ON POSITIVE AFFIRMATIONS TO CREATE MENTAL CLARITY.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

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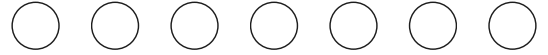
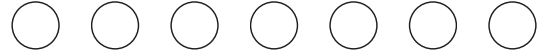
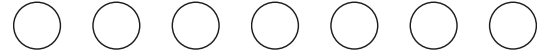
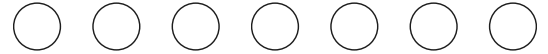
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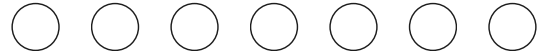
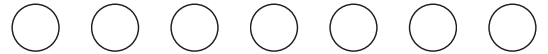
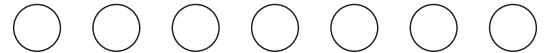
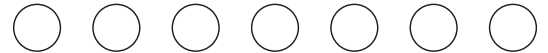
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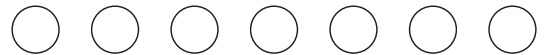
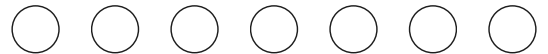
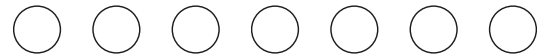
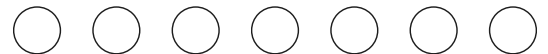
S M T W T F S



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S M T W T F S



TAKE A MOMENT TO CELEBRATE YOUR PROGRESSES AND ACKNOWLEDGE EFFORTS.



WHAT IS YOUR VISION THIS MONTH

MAR

MAR



QUARTER 2

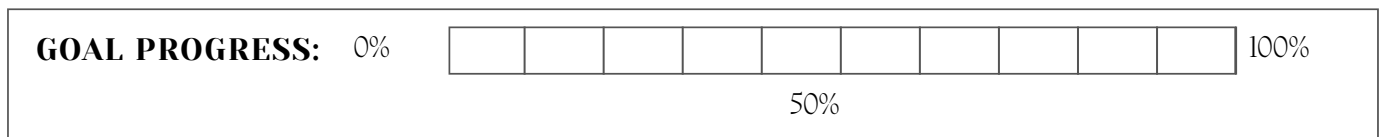
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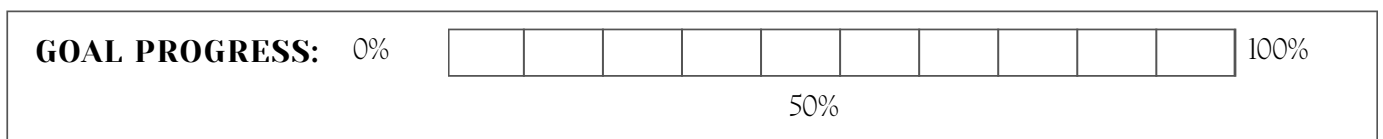
April

GOAL :



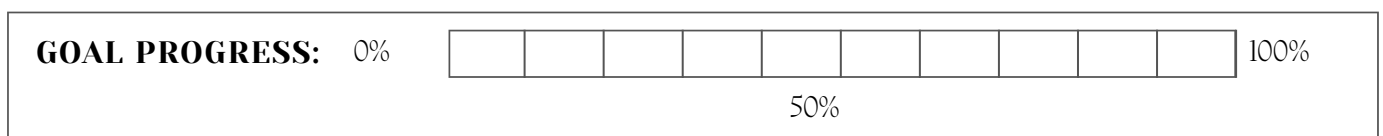
May

GOAL :



June

GOAL :



APRIL

AS SPRING UNFOLDS, SPEND TIME OUTDOORS. WHETHER IT'S A NATURE WALK, GARDENING, OR SIMPLY ENJOYING FRESH AIR, CONNECT WITH THE REJUVENATING POWER OF NATURE.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

1.

2.

3.

WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

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WHAT IS YOUR VISION THIS MONTH ?

APR

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MAY

AS SPRING UNFOLDS, SPEND TIME OUTDOORS. WHETHER IT'S A NATURE WALK, GARDENING, OR SIMPLY ENJOYING FRESH AIR, CONNECT WITH THE REJUVENATING POWER OF NATURE.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

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WHICH HABIT ARE YOU TRACKING ?

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S	M	T	W	T	F	S
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<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 checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

S	M	T	W	T	F	S
<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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WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

S	M	T	W	T	F	S
<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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WHAT IS YOUR VISION THIS MONTH ?

JUN

JUN



QUARTER 3

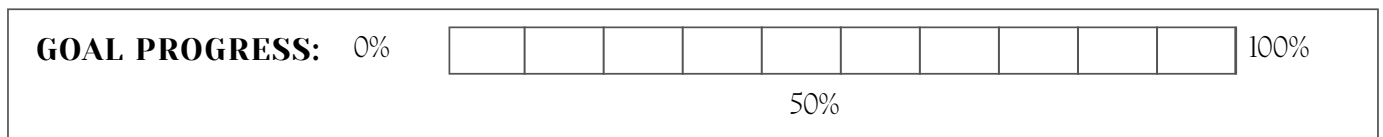
What is the theme of this quarter?

What does it represent?

How will you succeed?

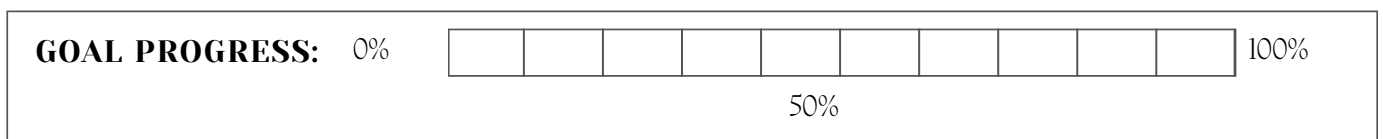
July

GOAL :



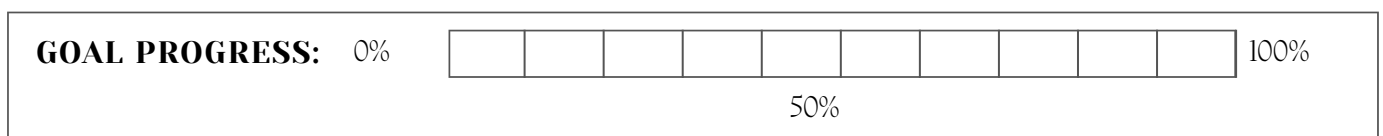
August

GOAL :



September

GOAL :



JULY

AS SPRING UNFOLDS, SPEND TIME OUTDOORS. WHETHER IT'S A NATURE WALK, GARDENING, OR SIMPLY ENJOYING FRESH AIR, CONNECT WITH THE REJUVENATING POWER OF NATURE.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

1.

2.

3.

WHICH HABIT ARE YOU TRACKING ?

S	M	T	W	T	F	S
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FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

WHICH HABIT ARE YOU TRACKING ?

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WHAT RESULT TO DO WHISH FOR ?

WHICH HABIT ARE YOU TRACKING ?

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FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

TAKE A MOMENT TO CELEBRATE YOUR PROGRESSES AND ACKNOWLEDGE EFFORTS.



WHAT IS YOUR VISION THIS MONTH ?

JUL

JUL



AUGUST

DECLUTTER YOUR MENTAL SPACE. IDENTIFY NEGATIVE THOUGHTS, PRACTICE MINDFULNESS, AND FOCUS ON POSITIVE AFFIRMATIONS TO CREATE MENTAL CLARITY.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

1.

2.

3.

WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

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TAKE A MOMENT TO CELEBRATE YOUR PROGRESSES AND ACKNOWLEDGE EFFORTS.



WHAT IS YOUR VISION THIS MONTH ?

AUG

AUG



SEPTEMBRE

AS SPRING UNFOLDS, SPEND TIME OUTDOORS. WHETHER IT'S A NATURE WALK, GARDENING, OR SIMPLY ENJOYING FRESH AIR, CONNECT WITH THE REJUVENATING POWER OF NATURE.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

1.

2.

3.

WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

S	M	T	W	T	F	S
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

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WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

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TAKE A MOMENT TO CELEBRATE YOUR PROGRESSES AND ACKNOWLEDGE EFFORTS.



WHAT IS YOUR VISION THIS MONTH ?

SEP

SEP



QUARTER 4

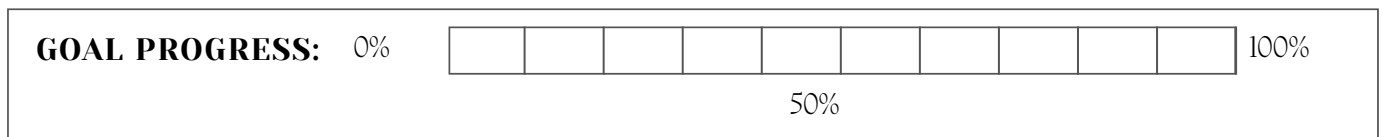
What is the theme of this quarter?

What does it represent?

How will you succeed?

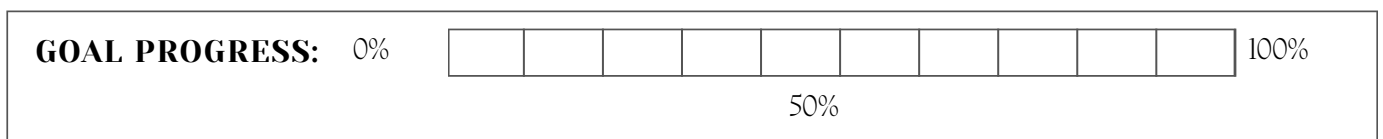
October

GOAL :



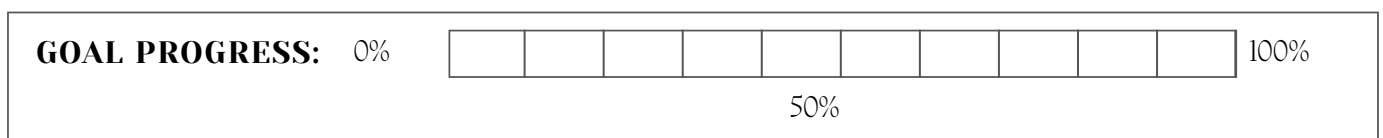
November

GOAL :



December

GOAL :



OCTOBER

CREATE A COZY AND COMFORTING ENVIRONMENT. EMBRACE THE FALL SEASON WITH WARM BLANKETS, SCENTED CANDLES, AND ACTIVITIES THAT BRING COMFORT AND JOY.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

- 1.
- 2.
- 3.

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

- 1.
- 2.
- 3.

WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

S	M	T	W	T	F	S
<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

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WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

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TAKE A MOMENT TO CELEBRATE YOUR PROGRESSES AND ACKNOWLEDGE EFFORTS.



WHAT IS YOUR VISION THIS MONTH ?

OCT

OCT



NOVEMBER

DECLUTTER YOUR MENTAL SPACE. IDENTIFY NEGATIVE THOUGHTS, PRACTICE MINDFULNESS, AND FOCUS ON POSITIVE AFFIRMATIONS TO CREATE MENTAL CLARITY.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

1.

2.

3.

WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

S M T W T F S



S M T W T F S



S M T W T F S



TAKE A MOMENT TO CELEBRATE YOUR PROGRESSES AND ACKNOWLEDGE EFFORTS.



WHAT IS YOUR VISION THIS MONTH ?

NOV

NOV



DECEMBER

AS SPRING UNFOLDS, SPEND TIME OUTDOORS. WHETHER IT'S A NATURE WALK, GARDENING, OR SIMPLY ENJOYING FRESH AIR, CONNECT WITH THE REJUVENATING POWER OF NATURE.

WHAT SPECIFIC GOALS WOULD YOU LIKE TO ACHIEVE THIS MONTH?

WHAT STEPS WILL YOU TAKE TO OVERCOME CHALLENGES THIS MONTH?

1.

2.

3.

WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

S	M	T	W	T	F	S
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WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

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WHICH HABIT ARE YOU TRACKING ?

FOR EACH GOAL ARE YOU TRACKING THIS HABIT ?

WHAT RESULT TO DO WHISH FOR ?

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TAKE A MOMENT TO CELEBRATE YOUR PROGRESSES AND ACKNOWLEDGE EFFORTS.



WHAT IS YOUR VISION THIS MONTH ?

DEC

DEC

