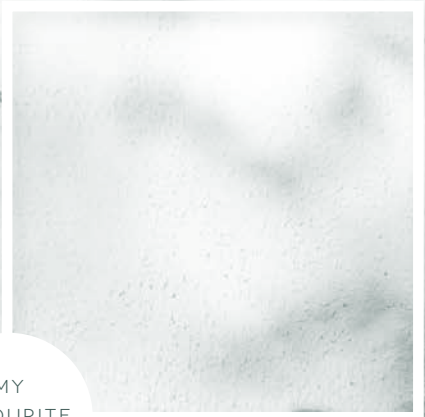


2020

essência



MY  
FAVOURITE  
MOTTO



IT'S  
NOT ABOUT  
HAVING TIME  
—  
IT'S ABOUT  
MAKING IT

PERSONAL

NAME .....

ADDRESS .....

PHONE .....

E-MAIL .....

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*Finder; please return this diary to the owner. Thank you.*



INSPIRATION · NATURE · JOY · GROWTH · MINDSTYLE

YOUR TIME

Choose to focus your time, energy and conversation around people who inspire you, support you and help you to grow you into your happiest, strongest, wisest self. – Karen Salmansohn

What if the noise that keeps you from the important things would fade away?  
What if the clutter around you would become invisible?  
What if you'd stop caring about everyone's opinion?  
Then you'd grow, into your best self.

That is what we wish for you in 2020. Live for what's important.  
Grow into your happiest, strongest and wisest self.

Margreet Kattouw  
Essencio



Lined area for writing notes, consisting of horizontal lines across the right side of the page.





MONTHLY VIEW

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MONTHLY VIEW

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MONTHLY VIEW



MONTHLY VIEW

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MONTHLY VIEW

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TO LIVE  
A CREATIVE  
LIFE, WE  
MUST LOSE  
OUR FEAR  
OF BEING  
WRONG.

*Joseph Chilton Pearce*

My focus this week

MONDAY 23

TUESDAY 24

WEDNESDAY 25

THURSDAY 26

FRIDAY 27

WK 52

Instead of worrying about what you cannot control, shift your energy to what you can create. - Roy T. Bennett

To do

To do

To do

To do

To do

Project notes

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SATURDAY 28

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Note to self

I am grateful for

Personal notes

My focus this week

MONDAY 30

TUESDAY 31

WEDNESDAY 1

THURSDAY 2

FRIDAY 3

WK 01

You have to make peace with yourself. The key is to find the harmony in what you have. - Naomi Watts

To do

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To do

To do

To do

Project notes

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NEW YEAR'S EVE

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NEW YEAR'S DAY

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SATURDAY 4

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SUNDAY 5

Note to self

I am grateful for

Personal notes