

iReflect

*on my awesome  
month*

*by  
Sameera Baba*





# *how I do show love?*

Keep life simple!

TO MYSELF

TO MY FAMILY

TO THE HUMANITY



# LET'S GET THINGS DONE TODAY!

DATE

MEALS:

BREAKFAST

LUNCH

DINNER

WORDS TO LIVE BY

NOTES

PRIORITIES

APPOINTMENTS

TO DO

WATER

TODAY I'M GRATEFUL FOR

THINGS TO BUY



*things I need to focus more on*

1

2

3

4

5

6

7

# LET'S GET THINGS DONE TODAY!

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TODAY I'M GRATEFUL FOR

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# VACATION PLANS

PHISICALLY OR MENTALLY

PLACES TO VISIT

FOOD TO TRY

SOUVENIRS TO BUY

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# WHAT MY BODY NEEDS

REFLECTION

iReflect

WHAT DO I NEED TO FIX IN MY EATING HABITS?

PHISICAL ACTIVITIES

LIFESTYLE AND HABITS



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# MY BIGGEST CURRENT PROJECTS

reflection

PROJECT 1

PROJECT 2

WHY THESE ARE IMPORTANT NOW?

# LET'S GET THINGS DONE TODAY!

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# *my relationships*

## REFLECTION

**IMPORTANT RELATIONS**

**WHAT DO I NEED TO DO?**

**WHAT THEY CAN DO?**

# LET'S GET THINGS DONE TODAY!

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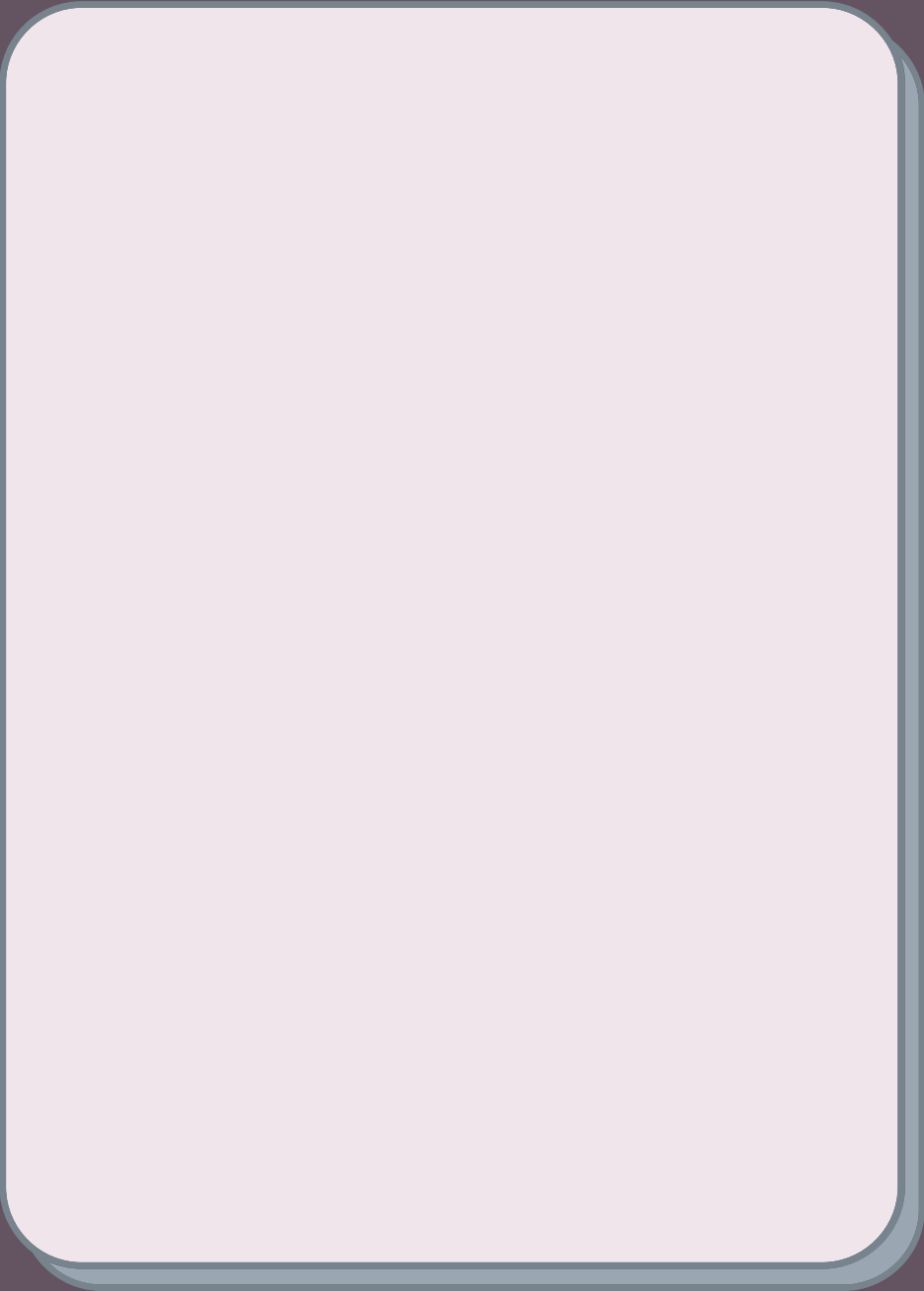
WATER

TODAY I'M GRATEFUL FOR

THINGS TO BUY

REFLECTIONS

*books I need to  
read*

A large, empty, rounded rectangle with a light blue border, intended for writing reflections.

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TODAY I'M GRATEFUL FOR

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# Gratitude

# reflection

## Ways i can show more gratitude

[illegible]

## Notes to Self

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## I'm grateful for...

# LET'S GET THINGS DONE TODAY!

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# the big idea

**my biggest creative  
idea**

**What do i need to do  
about it?**



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REFLECTION

# HAPPINESS SCALE

LIFE ELEMENT

0 1 2 3 4 5 6

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WHAT AM I LEARNING?

iReflect

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# BRINGING PLAYFULNESS

## REFLECTION

WHAT DO I NEED TO DO  
MORE OF?

WHAT DO I NEED TO DO  
LESS OF?

WHAT ELSE I NEED TO TRY?

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# BEING FIT

WORKOUT & MEAL PLANNER

DAY	WORKOUT	MEALS
S		
M		
T		
W		
T		
F		
S		

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*the gifts I  
want*

REFLECTION

A large white rectangular area with a diagonal cut-off at the bottom left corner, intended for writing reflections.

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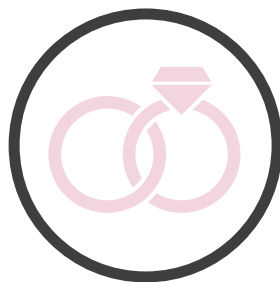
WATER

TODAY I'M GRATEFUL FOR

THINGS TO BUY

# HOW IS EVERYTHING ELSE?

REFECTION



.....

.....



.....

.....

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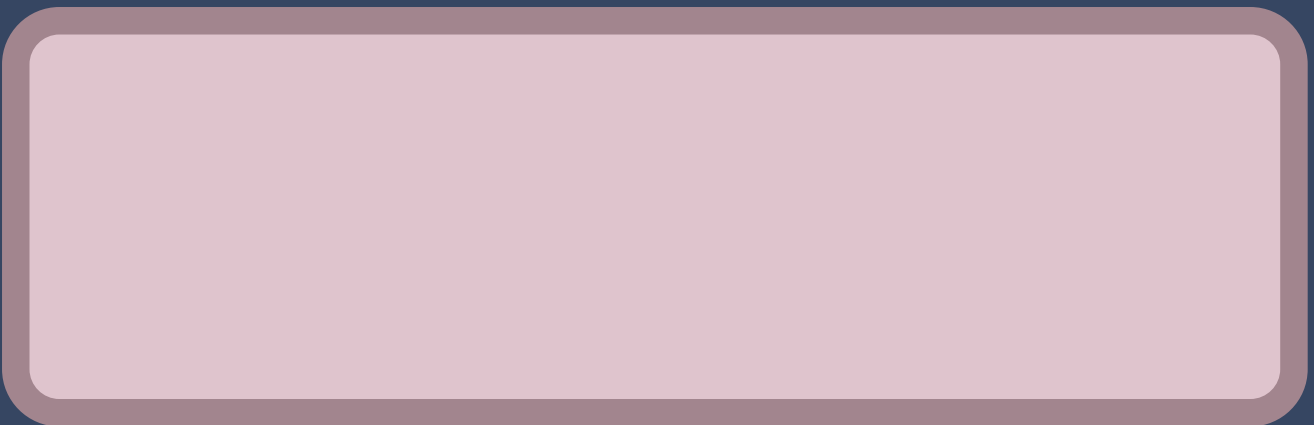
# *mind consumption*

## REFLECTION

*what is consuming my mind?*



*what i can do about it?*



iReflect



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# *my time*

## REFLECTION

*Important Things*

*Important Times*

*Important Notes*

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# being human

REFLECTION

What cause I would love to  
support, why? and how?



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# SELF ENRICHMENT ACTIVITIES

## REFLECTION

TOP PRIORITIES:

---

ACTIVITIES

---

DON'T FORGET!

---

iReflect

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# MAJOR PROJECT COMPLITION MILESTONES

OBJECTIVES

0 1 2 3 4 5

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DURATION

MATERIALS

NOTES

# LET'S GET THINGS DONE TODAY!

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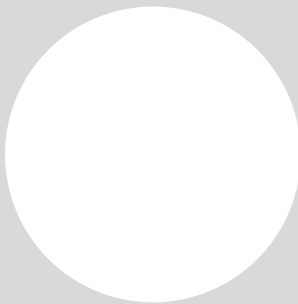
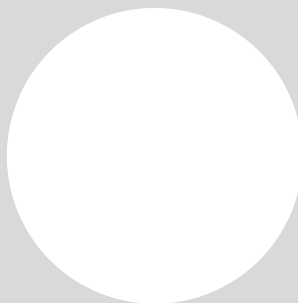
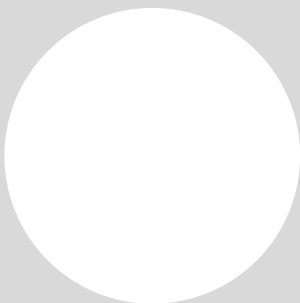
WATER

TODAY I'M GRATEFUL FOR

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# *self care time*

## REFLECTION



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TODAY I'M GRATEFUL FOR

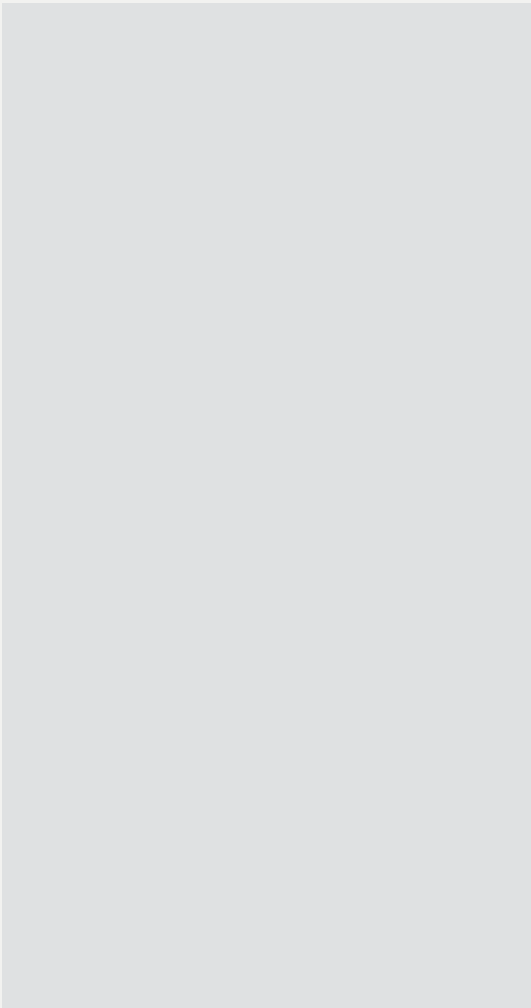
THINGS TO BUY



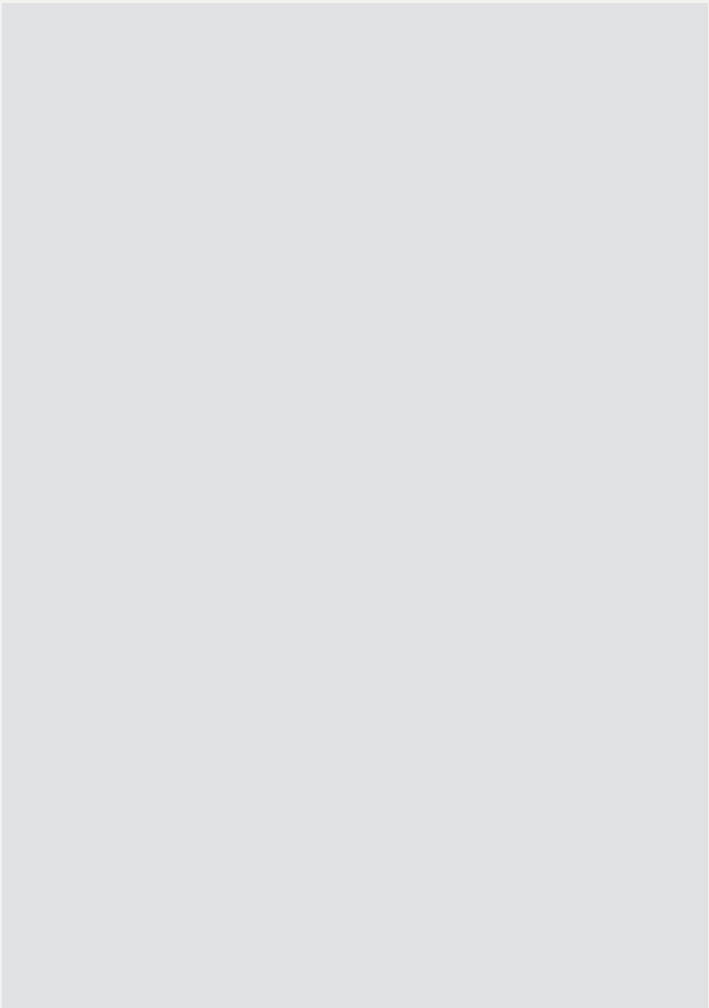
# What's pending?

## REFLECTION

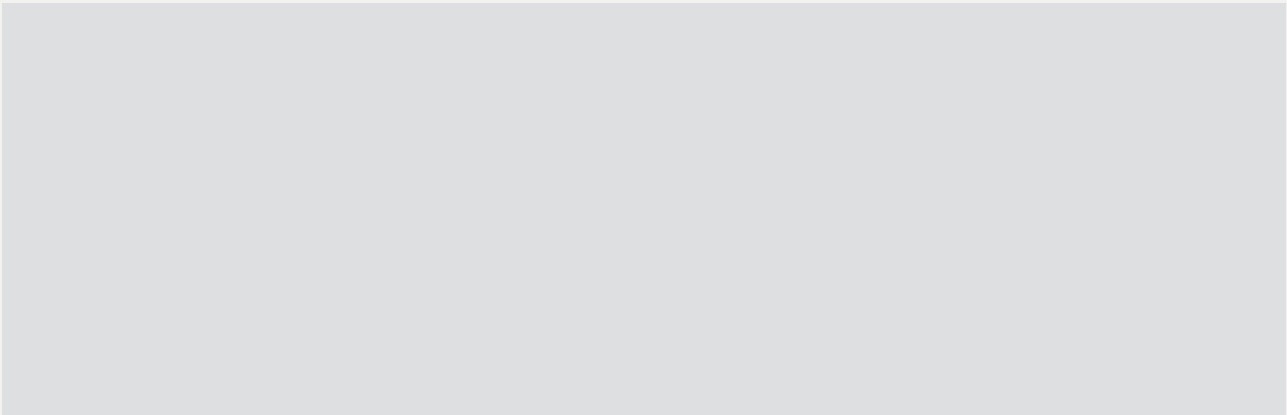
*Task to Complete*



*Time Allotted*



*Things to Remember*



# LET'S GET THINGS DONE TODAY!

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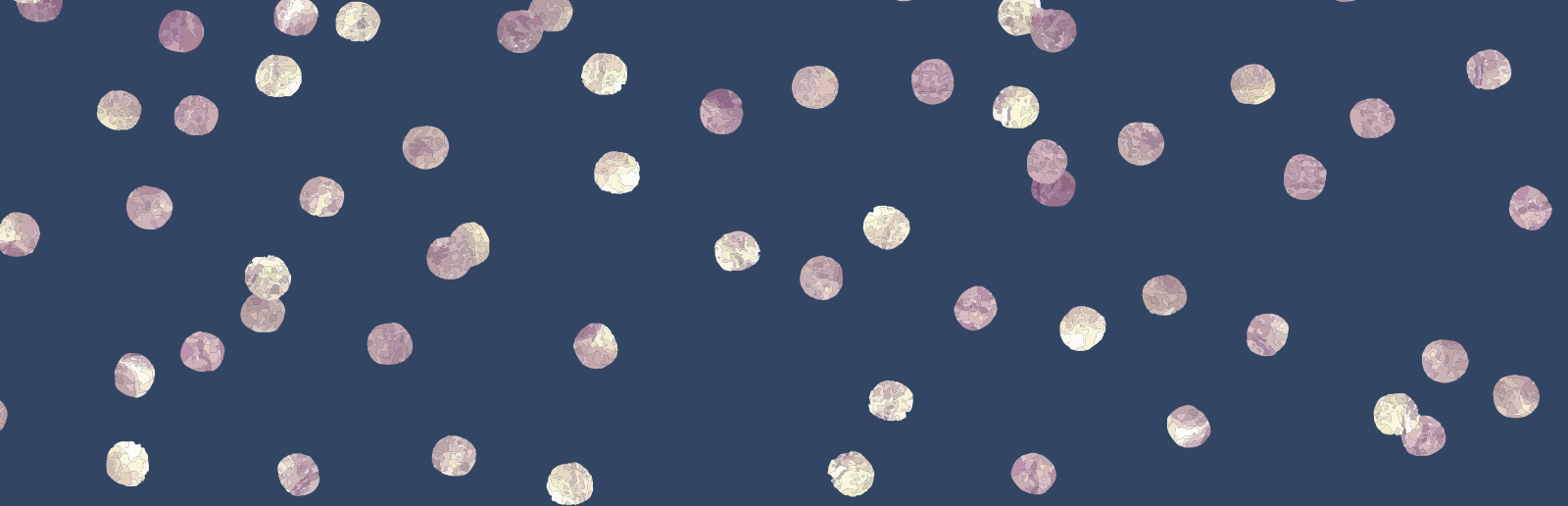
APPOINTMENTS

TO DO

WATER

TODAY I'M GRATEFUL FOR

THINGS TO BUY



# *Sparkles of joy*

REFLECTION



DRAW WHAT IS CONSIDERED A SPARKLE IN  
YOUR LIFE TODAY?

A large, empty rectangular box with a double-line border, intended for drawing or reflection.

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# *A day at work*

## REFLECTION

**Due Today:**

**Other Tasks:**



**Notes & Reminders:**



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# Friendship Goals

## Reflection



**My Best Friends Are:**

# LET'S GET THINGS DONE TODAY!

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iReflect

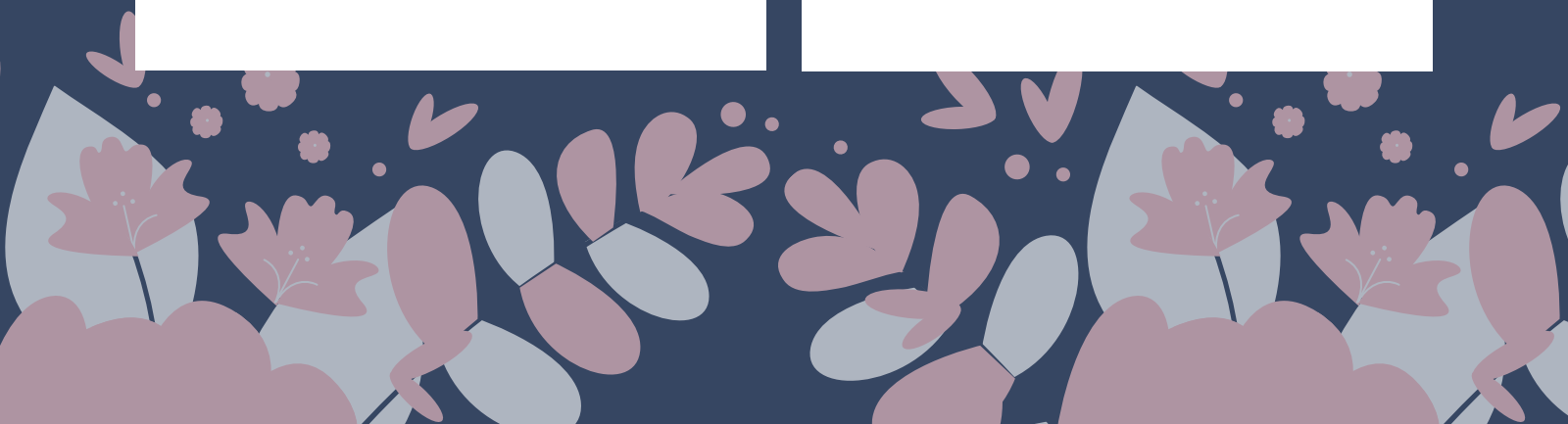
*important  
celebration  
plan*

REFLECTION

THREE MONTHS BEFORE

ONE MONTH BEFORE

ONE WEEK BEFORE



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# Things which need my attention

*now*

*now*

*now*

*now*

*later*

*later*

*later*

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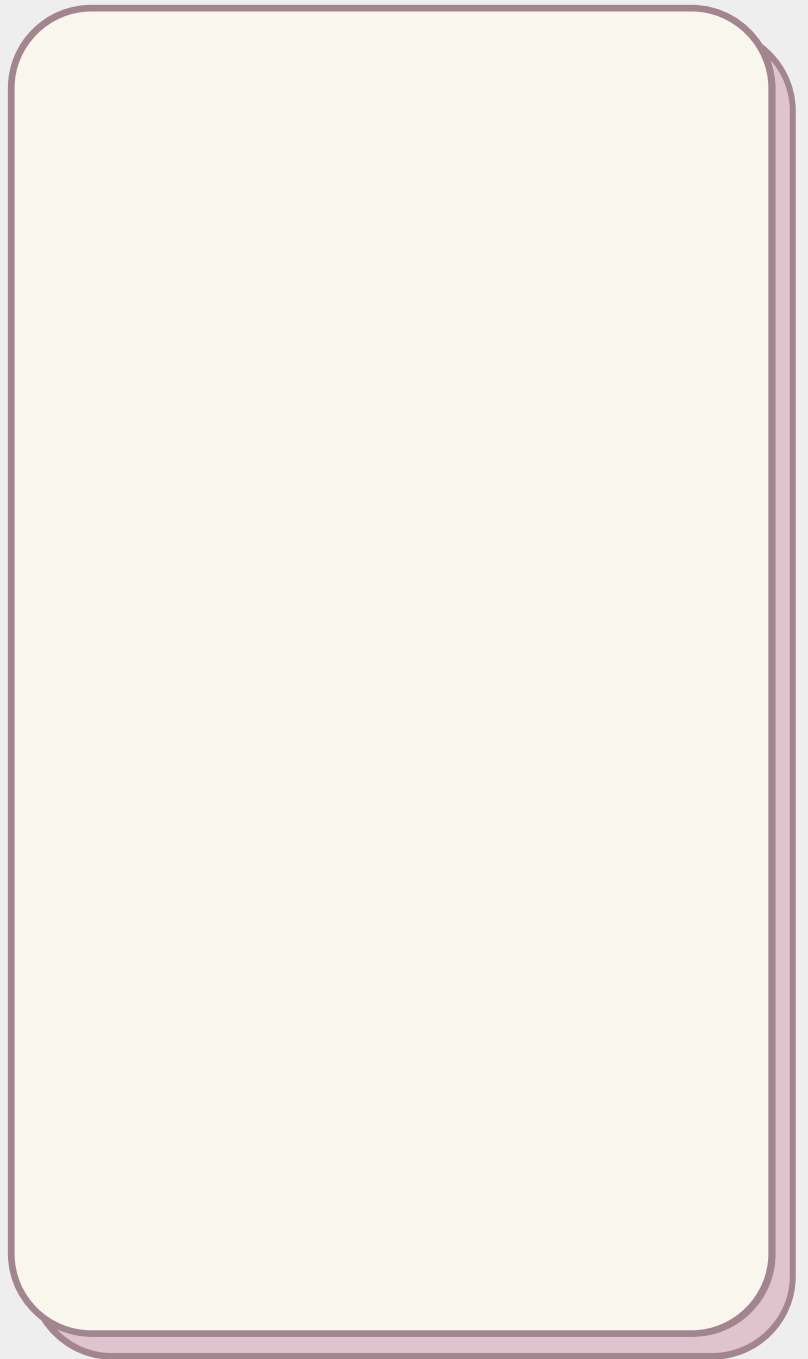
WATER

TODAY I'M GRATEFUL FOR

THINGS TO BUY

*How does my  
week look so  
far?*

Reflection



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# IMPORTANT AREAS

HEALTH



FINANCE



FRIENDSHIP




CAREER



SELF  
DEVELOPMENT



SPIRITUAL



NOTES



The objective of cleaning is not just to clean, but to feel happiness living within that environment. - Marie Kondo

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# ONE YEAR PLAN

*reflection*



*Goals*

*12 months before*

*10 months before*

*9 months before*

*8 months before*

*7 months before*

*6 months before*

*5 months before*

*4 months before*

*3 months before*

*2 months before*

*1 month before*

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# Financial Goals

## REFLECTION

PERSONAL GOALS:

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WHAT I NEED TO DO:

---

TAKE NOTE!

---

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# REFLECTION ON THIS WEEK'S MAIN GOAL

MAIN GOAL

MON

TUE

WED

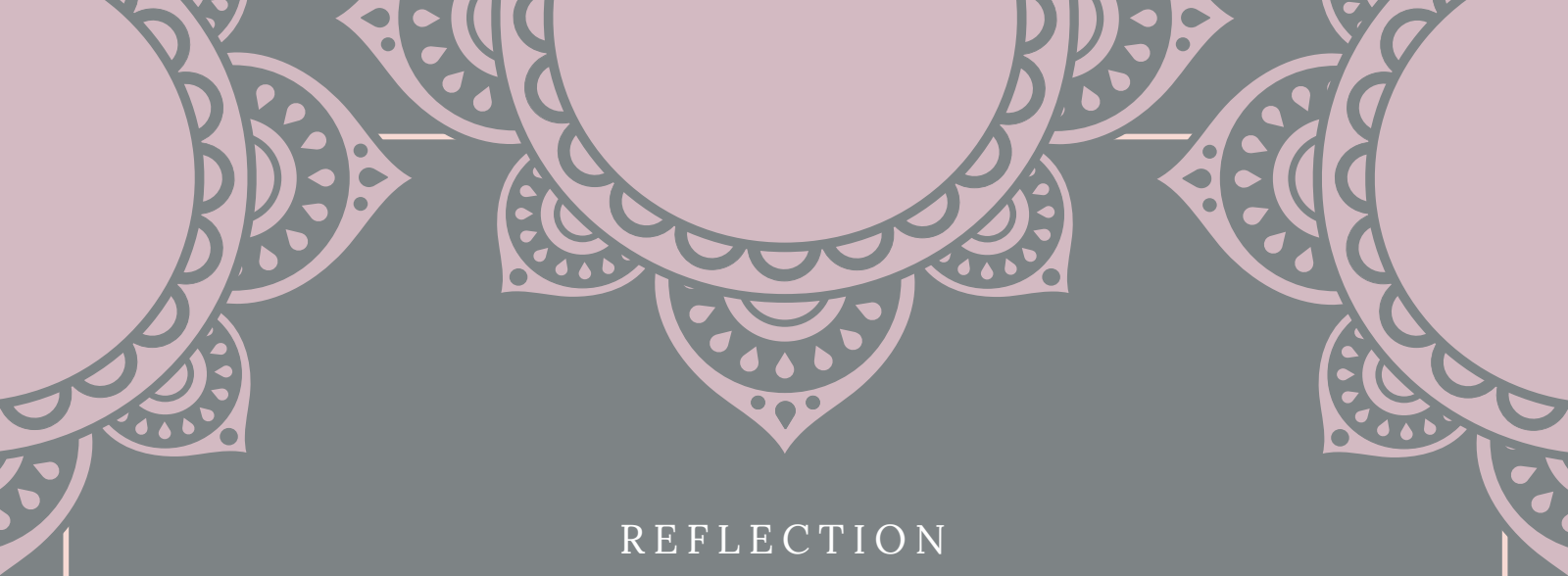
THU

FRI

SAT

SUN

iReflect



REFLECTION

*how was your month?*

A large, blank, cream-colored rectangular area with a folded corner, intended for reflection notes. It is framed by a thin pink border and a slightly offset, darker pink shadow border.



FOLLOW US

@IREFLECT

@SAMEERA\_ALIBABA

