

2024 growth planner

ZEEANAT MERCHANT SYAL

2024

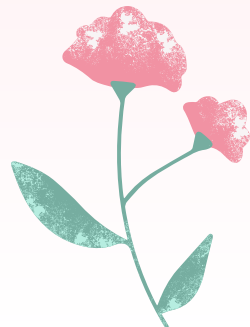
BLOOM AND GROW WHERE YOU ARE PLANTED.



**begin,
blossom,
become.**

NOTE TO SELF

bloom and
grow where
you are planted.



2024 CALENDAR

JANUARY

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	31			

FEBRUARY

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		

MARCH

S	M	T	W	T	F	S
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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

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

MAY

S	M	T	W	T	F	S
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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
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
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JULY

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST

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

SEPTEMBER

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OCTOBER

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NOVEMBER

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24	25	26	27	28	29	30

DECEMBER

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



jan.

01

You have the power to protect your peace.

MON	TUE	WED	THU	FRI	SAT	SUN
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				

PRIORITIES

01. _____

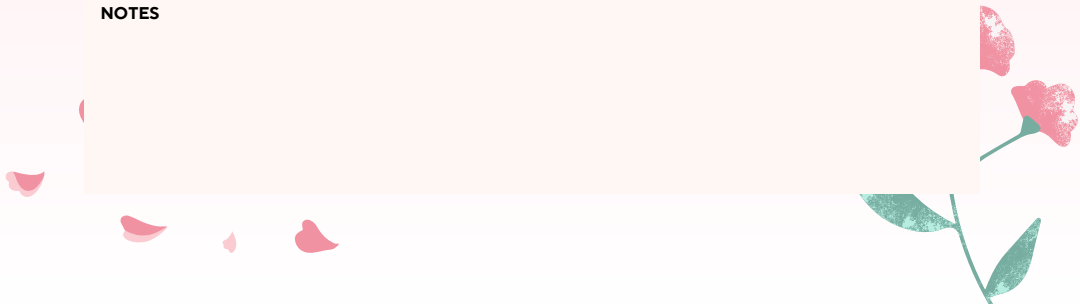
02. _____

03. _____

GOALS

NOTES

Blank area for notes.



weekly plan.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S FOCUS

PRIORITIES

- 01. _____
- 02. _____
- 03. _____

TO-DO LIST

- _____
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HABIT TRACKER

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weekly plan.

MONDAY

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SUNDAY

THIS WEEK'S FOCUS

PRIORITIES

01. _____

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weekly plan.

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THIS WEEK'S FOCUS

PRIORITIES

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TO-DO LIST

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feb.

02

One step at a time and you'll get there.

MON	TUE	WED	THU	FRI	SAT	SUN
			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			

PRIORITIES

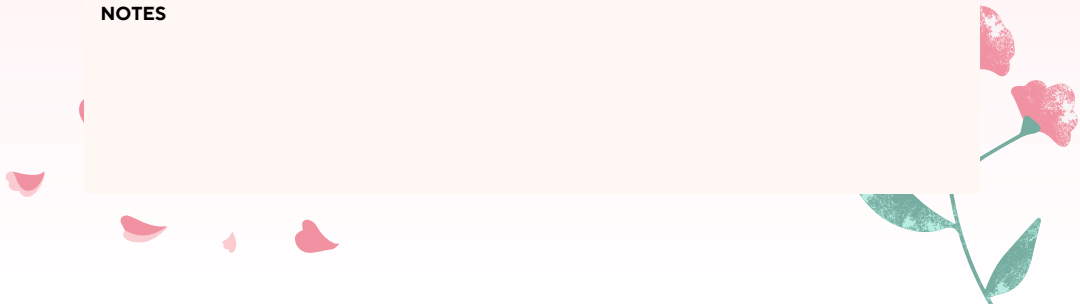
01. _____

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GOALS

NOTES



weekly plan.

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PRIORITIES

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weekly plan.

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weekly plan.

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monthly review.

TOP ACCOMPLISHMENTS

LESSONS LEARNED

GRATITUDE LIST

DO MORE OF

01. _____
02. _____
03. _____
04. _____
05. _____

DO LESS OF

HOW WAS THIS MONTH?

mar.

03

Anything worth having takes time.

MON	TUE	WED	THU	FRI	SAT	SUN
				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

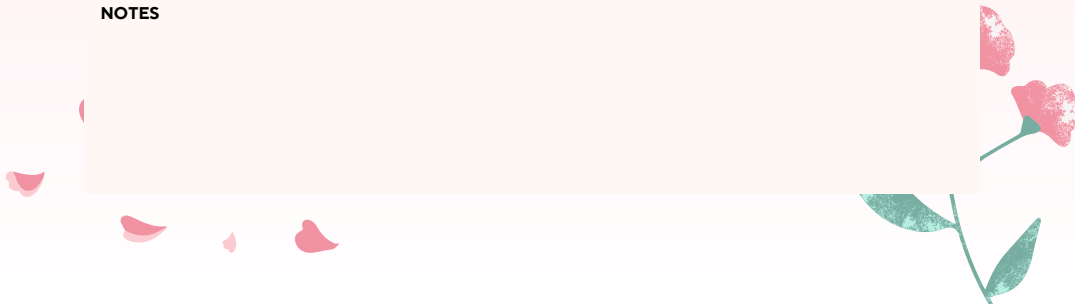
PRIORITIES

- 01. _____
- 02. _____
- 03. _____

GOALS

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NOTES



weekly plan.

MONDAY

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THIS WEEK'S FOCUS

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weekly plan.

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weekly plan.

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monthly review.

TOP ACCOMPLISHMENTS

LESSONS LEARNED

GRATITUDE LIST

01.

02.

03.

04.

05.

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

apr.

04

Believe.
You're halfway there.

MON	TUE	WED	THU	FRI	SAT	SUN
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

PRIORITIES

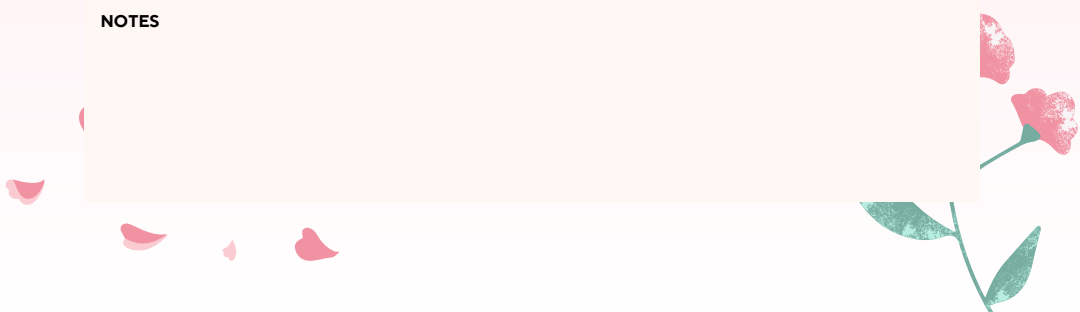
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GOALS

NOTES



weekly plan.

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THIS WEEK'S FOCUS

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weekly plan.

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weekly plan.

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may.

05

You have the courage to begin again.

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		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		

PRIORITIES

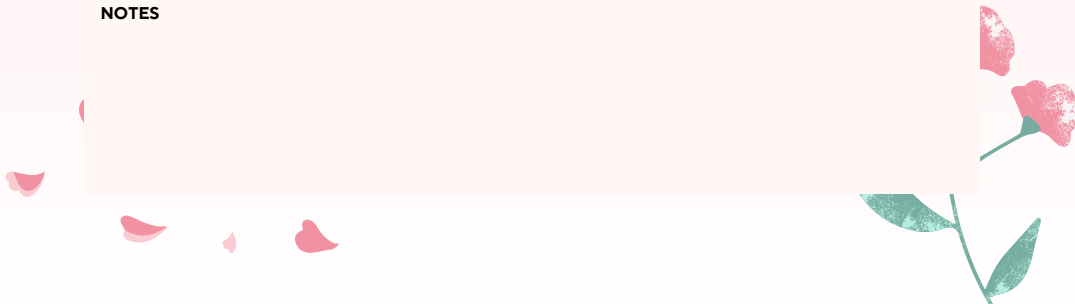
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GOALS

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NOTES

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weekly plan.

MONDAY

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THIS WEEK'S FOCUS

PRIORITIES

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weekly plan.

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THIS WEEK'S FOCUS

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jun.

06

Anything worth having takes time.

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

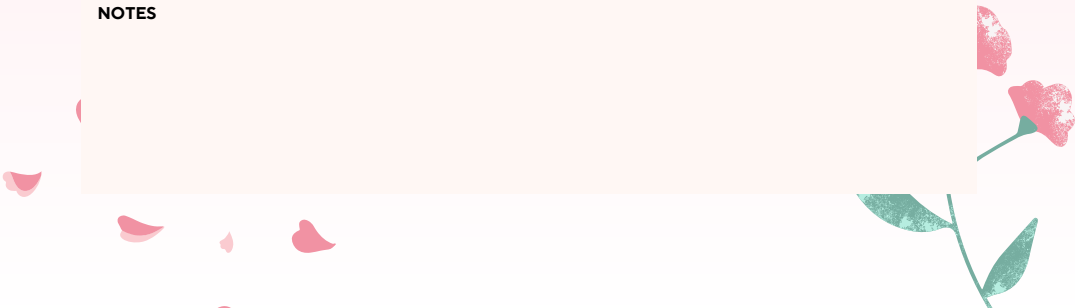
PRIORITIES

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NOTES



weekly plan.

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THIS WEEK'S FOCUS

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weekly plan.

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THIS WEEK'S FOCUS

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weekly plan.

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THIS WEEK'S FOCUS

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weekly plan.

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THIS WEEK'S FOCUS

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jul.

07

Remember this:
Be kind to your mind.

MON	TUE	WED	THU	FRI	SAT	SUN
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				

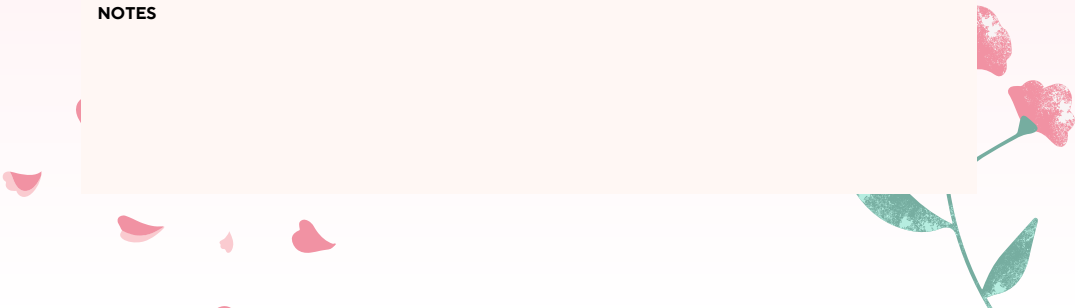
PRIORITIES

- 01. _____
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- 03. _____

GOALS

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NOTES



weekly plan.

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THIS WEEK'S FOCUS

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weekly plan.

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monthly review.

TOP ACCOMPLISHMENTS

Lined area for writing top accomplishments.

LESSONS LEARNED

Lined area for writing lessons learned.

GRATITUDE LIST

01 .
02 .
03 .
04 .
05 .

DO MORE OF

Box for writing things to do more of.

DO LESS OF

Box for writing things to do less of.

HOW WAS THIS MONTH?

Large box for reflecting on the month.

aug.

08

Live your purpose, and let your passion illuminate the path.

MON	TUE	WED	THU	FRI	SAT	SUN
			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	

PRIORITIES

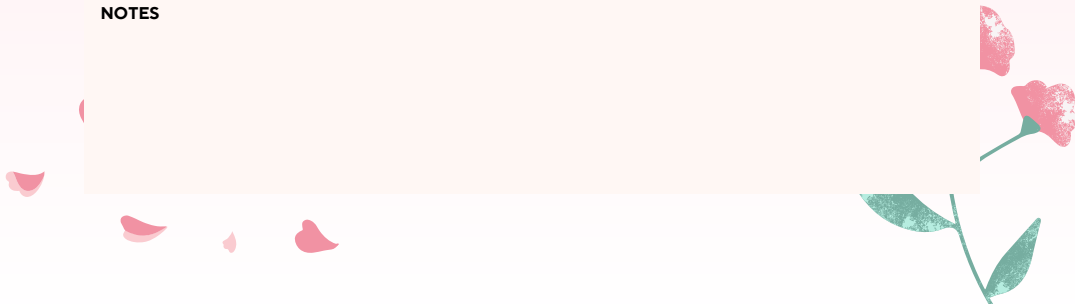
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weekly plan.

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TUESDAY

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THIS WEEK'S FOCUS

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weekly plan.

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monthly review.

TOP ACCOMPLISHMENTS

LESSONS LEARNED

GRATITUDE LIST

01. _____

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DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

sep.

09

Allow yourself joy, and embrace the beauty in every moment.

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

PRIORITIES

01. _____

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weekly plan.

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weekly plan.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S FOCUS

PRIORITIES

- 01. _____
- 02. _____
- 03. _____

TO-DO LIST

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HABIT TRACKER

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weekly plan.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S FOCUS

PRIORITIES

- 01. _____
- 02. _____
- 03. _____

TO-DO LIST

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HABIT TRACKER

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oct.

10

Stand tall in your own light, for you are wonderful.

MON	TUE	WED	THU	FRI	SAT	SUN
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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			

PRIORITIES

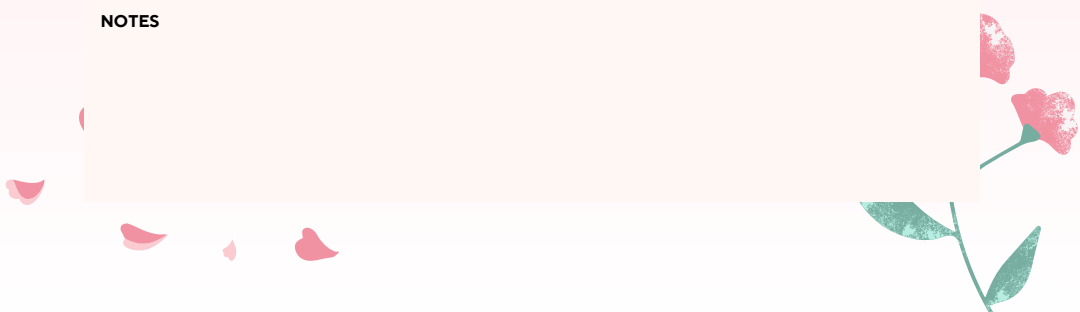
01. _____

02. _____

03. _____

GOALS

NOTES



weekly plan.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S FOCUS

PRIORITIES

- 01. _____
- 02. _____
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TO-DO LIST

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HABIT TRACKER

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weekly plan.

MONDAY

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THIS WEEK'S FOCUS

PRIORITIES

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TO-DO LIST

HABIT TRACKER

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weekly plan.

MONDAY

TUESDAY

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THURSDAY

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THIS WEEK'S FOCUS

PRIORITIES

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TO-DO LIST

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monthly review.

TOP ACCOMPLISHMENTS

LESSONS LEARNED

GRATITUDE LIST

01.

02.

03.

04.

05.

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

nov.

11

Keep it simple, and find clarity in the calm.

MON	TUE	WED	THU	FRI	SAT	SUN
				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	

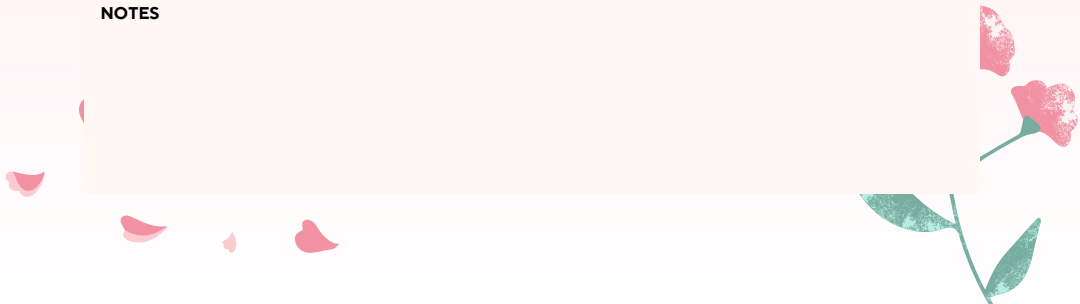
PRIORITIES

- 01. _____
- 02. _____
- 03. _____

GOALS

- _____
- _____
- _____

NOTES



weekly plan.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S FOCUS

PRIORITIES

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02. _____

03. _____

TO-DO LIST

HABIT TRACKER

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weekly plan.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S FOCUS

PRIORITIES

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HABIT TRACKER

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weekly plan.

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THIS WEEK'S FOCUS

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dec.

12

Believe in your strength, because you got this.

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

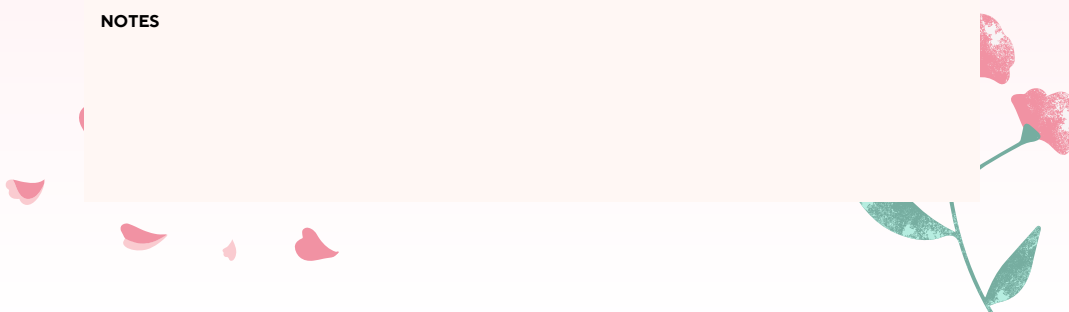
PRIORITIES

- 01. _____
- 02. _____
- 03. _____

GOALS

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- _____

NOTES



weekly plan.

MONDAY

TUESDAY

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THIS WEEK'S FOCUS

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weekly plan.

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THIS WEEK'S FOCUS

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weekly plan.

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THIS WEEK'S FOCUS

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weekly plan.

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THIS WEEK'S FOCUS

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monthly review.

TOP ACCOMPLISHMENTS

LESSONS LEARNED

GRATITUDE LIST

01.

02.

03.

04.

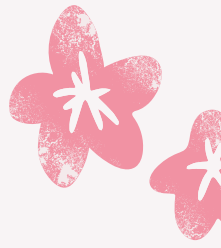
05.

DO MORE OF

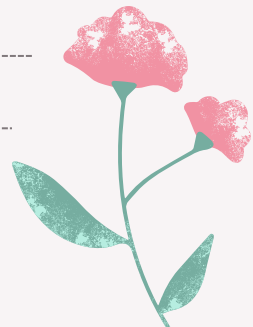
DO LESS OF

HOW WAS THIS MONTH?

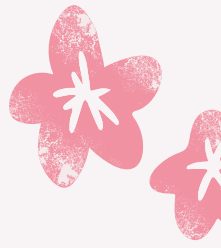
My Notes



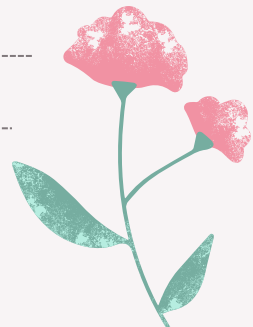
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My Notes



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Hi! I'm Zeenat

I'm a Counseling Psychologist & Spiritual Counselor.

I counsel souls to heal mentally, emotionally & spiritually (20+ years).

I offer Psychotherapy & Spiritual Counselling (worldwide) for ◦ Anxiety ◦ Trauma ◦ Depression ◦ Relationships ◦ Spiritual Growth & Guidance. On my website/blog I have been sharing all that I know for 14+ years to help YOU heal completely.

Special Training & Qualifications:

~M.A. (Psychology)

~M.Sc. (Counseling & Psychotherapy)

~Doctorate in Spiritual Counseling (Metaphysics, Theology, Spirituality, Philosophy)

~Certifications in Naturopathy and Alternative Medicine

~Master Reiki Healer

~Pranic Healer

~Angel Therapist



I'm **so thankful** you downloaded this 2024 Growth planner. May your year be full of love, growth, peace and prosperity.

And, since this is a **free planner**, please feel free to **share** it with whoever you desire.

With Love always, Zeenat~