THE COS COS PLANNER Where shit gets done and the magic happens

Kayla Rose

DAILY REMINDERS

for a successful day

I'M THE CEO!

And don't forget it.

LIGHTS, CANDLES, ACTION!

Start the day with the things I love and set the mood to conquer with calmness.

POMODOROS

One a day keeps the procrastination away.

THE MAKE IT HAPPEN LIST AKA TO DO

Remember that the crumb across the room is not an urgent task! { Lunches are.}

THE CALENDER

Scheduling my work, myself & family time gives me freedom from the crazy pants I wear when I don't make time for anything but chaos.

RELAX.

Need I say more? Chill out or you'll burn out, girl.

AN INTENTION GOOD FOR ANY DAY

"I start today knowing I'm strong, mindful and grateful. I am brimming with energy and overflowing with joy.

I have been given endless talents which I begin to utilize today."

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REMEMBER SOME IMPORTANT STUFF THIS YEAR! MY VERY VERY IMPORTANT DATES

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

A LITTLE DOSE OF INSPIRATION WORDS OF INTENTION

ACCOMPLISHED ACHIEVING ACTIVE ADMIRABLE ADORABLE ADVENTUROUS **ABUNDANT** ADMIRED AFFLUENT AGREEABLE ALERT ALIGNED ALIVE AMAZING APPEALING APPRECIATE ARTISTIC ASTOUNDING ASTUTE ATTENTIVE ATTRACTIVE AUSPICIOUS AUTHENTIC AWAKE AWARE BEAMING BEAUTIFUL BEST BLESSED BLISS BOLD BRIGHT BRILLIANT BRISK BUOYANT CALM CAPABLE CENTERED CERTAIN CHARMING CHEERFUL CLEAR CLEVER COMPETENT COMPLETE CONFIDENT CONNECTED CONSCIOUS CONSIDERATE COURAGEOUS CREATIVE DARING DAZZLING DELICIOUS DELIGHTFUL DESIRABLE DETERMINED DILIGENT DYNAMIC EFFICIENT EFFORTLESS ELEGANT ELOQUENT ENERGETIC ENDLESS ENHANCING ENGAGING ENLIGHTENED ENORMOUS ENTERPRISING ENTHUSIASTIC ENTICING EXCELLENT EXCEPTIONAL EXCITED EXPERIENCED EXQUISITE FABULOUS FASCINATING FLATTERING FLOURISHING FORTUNATE FREE FRIENDLY FULFILLED FUN GENEROUS GENUINE GIFTED GLORIOUS GLOWING GOOD GORGEOUS GRACEFUL GRACIOUS GRAND GREAT HANDSOME HAPPY HARMONIOUS HEALED HEALTHY HELPFUL HONEST HUMBLE HUMOROUS IDEAL IMAGINATIVE IMPRESSIVE INDUSTRIOUS INNOVATIVE INSPIRED INTELLIGENT INTERESTING INTUITIVE INVENTIVE INVINCIBLE INVITING IRRESISTIBLE JOYOUS JUDICIOUS KIND KNOWLEDGEABLE LIGHT LIMITLESS LIVELY LOVING LUCKY LUMINOUS MAGICAL MAGNIFICENT MARVELOUS MASTERFUL MIGHTY MIRACULOUS MOTIVATED NATURAL NEAT NICE NURTURING NOBLE OPTIMISTIC ORGANIZED OUTSTANDING PASSIONATE PEACEFUL PERSEVERING PERSISTENT PLAYFUL PLEASING PLENTIFUL POSITIVE POWERFUL PRECIOUS PREPARED PRODUCTIVE PROFOUND PROMPT PROSPEROUS PROUD QUALIFIED QUICK RADIANT REASONABLE REFINED REFRESHING RELAXING RELIABLE REMARKABLE RESOLUTE RESOURCEFUL RESPECTED REWARDING ROBUST SAFE SATISFIED SECURE SEDUCTIVE SELF-RELIANT SENSATIONAL SENSIBLE SENSITIVE SERENE SOULFUL SKILLFUL SMART SMASHING SMOOTH SPARKLING SPIRITUAL SPLENDID STRONG STUNNING SUCCESSFUL SUPERB SWIFT TALENTED TENACIOUS TERRIFIC THANKFUL THRILLING THRIVING TIMELY TRUSTING TRUTHFUL ULTIMATE UNIQUE VALIANT VALUABLE VERSATILE VIBRANT VICTORIOUS VIGOROUS VIVACIOUS VIVID WARM **WEALTHY** WHOLE WISE WONDERFUL WORTHY YOUTHFUL ZEAL ZEN ZEST WFII YOUNG

START THE MONTH OFF RIGHT MONTHLY CALENDER

SATURDAY	CEO TASKBLOG SOCIAL MEDIA	CEO TASK BLOG SOCIAL MEDIA MEETING SELF CARE	CEO TASK BLOG SOCIAL MEDIA	CEO TASKBLOG_SOCIAL MEDIA	CEO TASK BLOG SOCIAL MEDIA MEETING SELF CARE
FRIDAY	CEO TASK BLOG SOCIAL MEDIA MEETING SELF CARE	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA
THURSDAY	CEO TASK BLOG SOCIAL MEDIA METING SELF CARE	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA	CEO TASK BLOG SOCIAL MEDIA MEETING SELF CARE
WEDNESDAY	CEO TASK BLOG SOCIAL MEDIA MEETING SELF CARE	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA
TUESDAY	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA MEETING SELF CARE	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA	CEO TASK BLOG SOCIAL MEDIA MEETING SELF CARE
MONDAY	CEO TASKBLOG SOCIAL MEDIA	CEO TASK	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA MEETING SELF CARE
SUNDAY	CEO TASK	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA	CEO TASKBLOG SOCIAL MEDIA	CEOTASK BLOG SOCIAL MEDIA MEETING SELF CARE

HEY #BOSS LET'S GET shit DONE TODAY!

AND TO FEEL Intention is defined as having in mind a feeling, purpose or plan, to direct the mind, to take aim. IS MY INTENTION	
MEETINGS	
WITH WHO MEETING GOALS	
Tip: Before your meeting think about what you want the outcome to be, your main goals. This will help you stay focused and help you achieve successful meetings by using your timely will help you stay focused and help you achieve successful meetings by using your timely will help you stay focused and help you achieve successful meetings by using your timely will help you stay focused and help you achieve successful meetings by using your timely will help you stay focused and help you achieve successful meetings by using your timely will help you stay focused and help you achieve successful meetings by using your timely will help you stay focused and help you achieve successful meetings by using your timely will help you stay focused and help you achieve successful meetings by using your timely will help you stay focused and help you achieve successful meetings by using your timely will help you stay focused and help you achieve successful meetings by using your timely will help you stay focused and help you achieve successful meetings by using your timely will help you stay focused and help you achieve successful meetings by using your timely will help you stay focused and help you achieve successful meetings to help you stay focused and help you achieve successful meetings to help you stay focused and help you achieve successful meetings to help you achieve successful meeting to help you achieve suc	ely.
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CEO TASK OF THE DAY 4 IDEAS & NOTES 🔅	
Tip: Pomodoro to get through some tasks, this will keep you on track and your amazing momentum going.	
SELF LOVE ♥	
Tip: Make sure to take 30 min to yourself a day. Remember you deserve and need this. Tip: If you have an idea jot it down, get it out and come back.	k to it.
₩ WHAT'S FOR DIN?!	

LET'S CONQUER TOMORROW, TODAY!

TO DO OR NOT TO DO THAT IS THE QUESTION

Write down all of your to do's from home to work. Big and small. Then list in order of most important consequence — what's most affected if this gets done or not.

	MY CLIENTS
list dump	
	THE MOST URGENT
	OH BOY! URGENT
	NOT SO URGENT
	MY OWN BUSSINESS
	THE OWN BOSSINESS
	OH BOY! URGENT
	NOT SO URGENT
	10441915
	MY HOME

BLOG SCHEDULE

Blogstorming
Tip: What are some ideas that you could rift on, inspiration, advice, opinions, some steps your readers might take before they hire you? Get em' out and creat some amazing helpful content!

POST DATE	POST TITLE	social descripton	\bowtie	g+	in	0	y	f	6
DAIL	1031 11112	SOCIAL DESCRIPTION							

MONTHLY WEBSITE CHECKLIST

VISIT YOUR SITE & CLICK THROUGH EVERY PAGE
CHECK FOR BROKEN IMAGE AND POST LINKS
CHECK ALL SOCIAL MEDIA LINKS
DELETE SPAM COMMENTS
CHECK FOR CONTENT ERRORS
BACK UP YOUR WEBSITE
UPDATE THEMES AND PLUG-INS (FIRST BACK UP YOUR WEBSITE)
NOTES A MEDITE TO DOS
NOTES & WEBSITE TO DOS
NOTES & MERSITE TO DOS
NOTES & MERSILE TO DOS
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