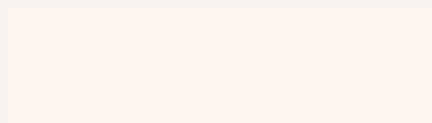


**THE WOMAN OF VALOR  
(CHAYIL)**

**2024  
JOURNAL**

**"Write the vision, and make it plain upon tables,  
that he may run that readeth it."  
Habakkuk 2:2**



# **INTRODUCTION**

**This journal is designed to address the challenges of accountability and journaling. It provides a structured approach for tracking spiritual, financial, emotional, and physical well-being. By offering dedicated sessions for personal growth reflection, it aims to support your journey in faith and overall life development.**

**In using this journal, my hope and prayer are for you to witness substantial improvements and growth.**

**I pray it inspire a transformative journey, birthing a new you and, more than ever, propelling you towards fulfilling God's ordained purpose for your life.**

**IG: officialaskwunmi  
askwunmiblog.com**

# 2024

## January

M	T	W	T	F	S	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

M	T	W	T	F	S	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

M	T	W	T	F	S	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

## April

M	T	W	T	F	S	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					

## May

M	T	W	T	F	S	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		

## June

M	T	W	T	F	S	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

## July

M	T	W	T	F	S	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				

## August

M	T	W	T	F	S	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	

## September

M	T	W	T	F	S	S
						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

## October

M	T	W	T	F	S	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			

## November

M	T	W	T	F	S	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	

## December

M	T	W	T	F	S	S
						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/ 31	25	26	27	28	29

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# MY GOALS FOR 2024

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# VISION BOARD

SPIRITUAL GOALS

PERSONAL GOALS

HEALTH GOALS

FINANCIAL GOALS

RELATIONSHIP GOALS

PROFESSIONAL GOALS

HOBBIES

NOTES

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(Daily)  
SELF-CARE

DATE \_\_\_ / \_\_\_ / \_\_\_

S M T W T F S

C H E C K L I S T

- PRAY, WORSHIP AND MEDITATE
- STUDY THE BIBLE
- SKINCARE ROUTINE
- HEALTHY MEALS
- GO FOR A WALK
- CLEANING HOUSE
- WASHING CLOTHES
- LISTEN TO MUSIC
- HAVE A POWER NAP
- SOCIAL MEDIA BREAK
- TAKE A LONG BATH
- DO A FACE MASK
- CALL A FRIEND OR FAMILY
- MEDITATION
- WATCH A MOVIE
- INTERCEDE FOR SOMEONE
- TRY A NEW RESTAURANT
- MAKE TIME TO READ
- TRY A NEW RECIPE
- NO PHONE 30 MINS BEFORE BED

WORKOUT

- CARDIO
- WEIGHT
- YOGA
- STRETCH
- REST DAY
- OTHER

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



THINGS THAT  
MAKE ME  
HAPPY TODAY



MOOD



# MONTHLY FINANCIAL BUDGET PLANNER

Budget Goal: \_\_\_\_\_

Month: \_\_\_\_\_

## Income

Date	Description	Amount
Total		

## Fixed Expenses

Date	Description	Amount
Total		

## Other Expenses

Date	Description	Amount
Total		

## Bills

Date	Description	Amount
Total		

## Recap

	Goal	Actual	Difference
Earned			
Spent			
Debt			
Saved			

# WEEKLY REFLECTION

What did I achieve this week?

What did I learn this week?

What made me happy this week?

What was challenging this week?

Best moment of the week:

Intentions for next week:

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# DAILY GRATITUDE

DATE: \_\_\_\_\_ S M T W T F S

## TODAY I'M GRATEFUL FOR

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WATER INTAKE

    
1L                      2L                      3L

## WEATHER

## TODAY'S AFFIRMATION

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## NOTES / REMINDERS

## SOMETHING I'M PROUD OF

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## TOMORROW I LOOK FORWARD TO

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

01 |

January

MONTHLY BIBLE  
STUDY REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

BOOKS AND CHAPTERS STUDIED

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BIBLE CHARACTERS STUDIED

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LESSONS

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PLANS TO IMPLEMENT LESSONS LEARNT

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02 |

February

MONTHLY BIBLE  
STUDY REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

BOOKS AND CHAPTERS STUDIED

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BIBLE CHARACTERS STUDIED

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LESSONS

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PLANS TO IMPLEMENT LESSONS LEARNT

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03 |

March

MONTHLY BIBLE  
STUDY REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

BOOKS AND CHAPTERS STUDIED

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BIBLE CHARACTERS STUDIED

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LESSONS

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PLANS TO IMPLEMENT LESSONS LEARNT

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04 |

*April*

MONTHLY BIBLE  
STUDY REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

BOOKS AND CHAPTERS STUDIED

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BIBLE CHARACTERS STUDIED

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LESSONS

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PLANS TO IMPLEMENT LESSONS LEARNT

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05 |

May

MONTHLY BIBLE  
STUDY REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

BOOKS AND CHAPTERS STUDIED

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BIBLE CHARACTERS STUDIED

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LESSONS

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PLANS TO IMPLEMENT LESSONS LEARNT

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06 |

June

MONTHLY BIBLE  
STUDY REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

BOOKS AND CHAPTERS STUDIED

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BIBLE CHARACTERS STUDIED

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LESSONS

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PLANS TO IMPLEMENT LESSONS LEARNT

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07 |

July

MONTHLY BIBLE  
STUDY REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

BOOKS AND CHAPTERS STUDIED

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BIBLE CHARACTERS STUDIED

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LESSONS

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PLANS TO IMPLEMENT THE LESSONS LEARNT

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08 |

August

MONTHLY BIBLE  
STUDY REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

BOOKS AND CHAPTERS STUDIED

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BIBLE CHARACTERS STUDIED

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LESSONS

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PLANS TO IMPLEMENT LESSONS LEARNT

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09 |

September

MONTHLY BIBLE  
STUDY REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

BOOKS AND CHAPTERS STUDIED

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BIBLE CHARACTERS STUDIED

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LESSONS

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PLANS TO IMPLEMENT LESSONS LEARNT

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10 |

October

MONTHLY BIBLE  
STUDY REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

BOOKS AND CHAPTERS STUDIED

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BIBLE CHARACTERS STUDIED

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LESSONS

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PLANS TO IMPLEMENT LESSONS LEARNT

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11 |

November

MONTHLY BIBLE  
STUDY REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

BOOKS AND CHAPTERS STUDIED

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BIBLE CHARACTERS STUDIED

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LESSONS

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PLANS TO IMPLEMENT LESSONS LEARNT

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11 |

December

MONTHLY BIBLE  
STUDY REVIEW

PRODUCTIVITY ★★★★★

MOOD ★★★★★

BOOKS AND CHAPTERS STUDIED

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BIBLE CHARACTERS STUDIED

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LESSONS

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PLANS TO IMPLEMENT LESSONS LEARNT

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# My Notes



A series of horizontal dotted lines for writing notes, spanning most of the page width.



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## “About this journal”

This journal is dedicated to supporting the growth of women in “the Woman of Valor (Chayil)” community by offering guidance in journaling and progress tracking.

“The Woman of Valor (Chayil)” is an online podcast sponsored by askwunmiblog page on relationships, marriages and parenting.

You can click or visit our website:

[askwunmiblog.com](http://askwunmiblog.com)

on IG: [officialaskwunmi](https://www.instagram.com/officialaskwunmi)

The founder and author: Omowumi Ehiwe



