

A gentle journey of self-empowerment, one month at a time.



A calendar of healing words for every season.

2026

/ 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

march

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				

april

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		

may

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						

june

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				

july

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	

august

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					

september

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			

october

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

november

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					

december

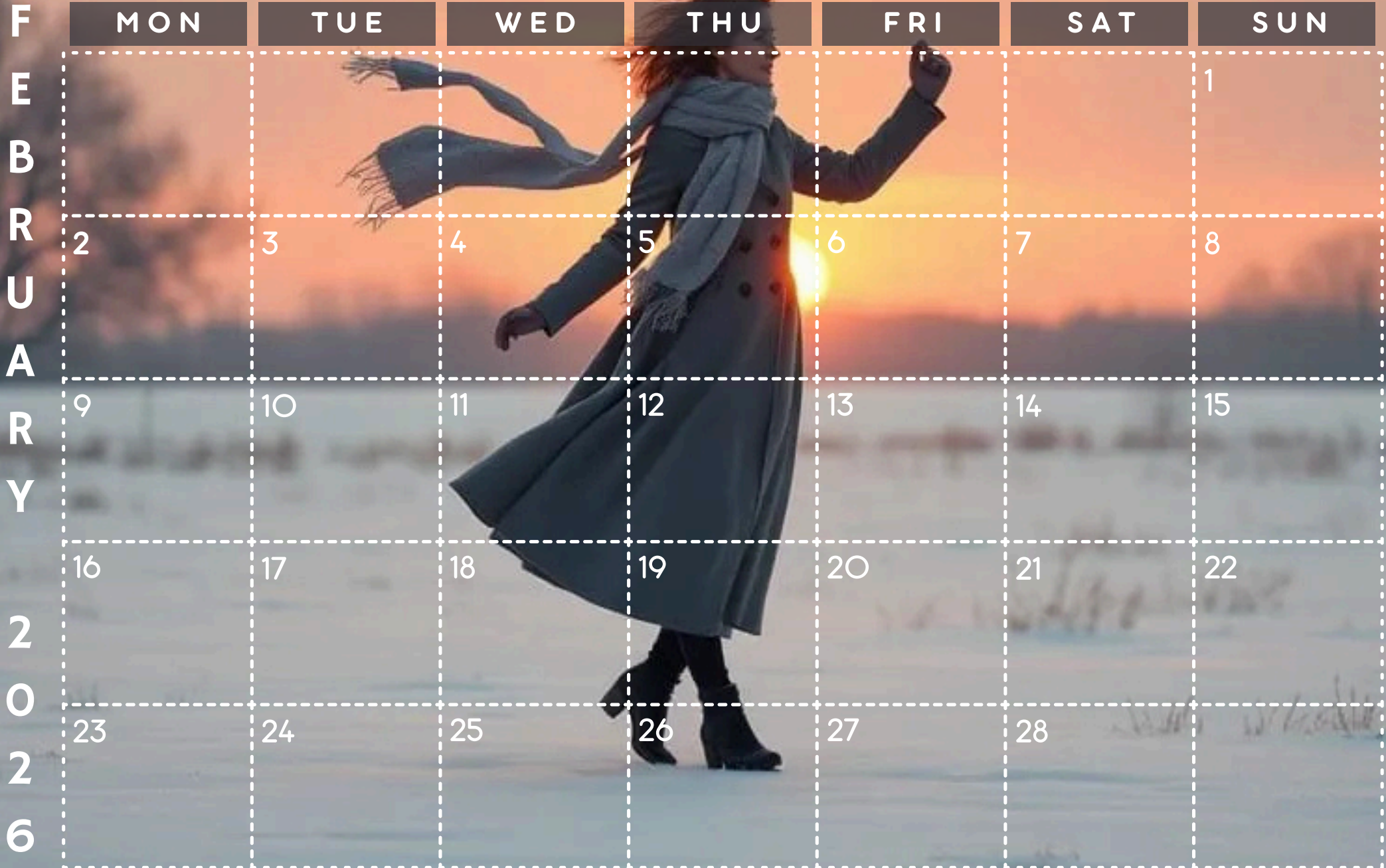
s	m	t	w	t	f	s
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MY PRESENCE MAKES A DIFFERENCE, EVEN ON QUIET DAYS.

	MON	TUE	WED	THU	FRI	SAT	SUN
J	Notes			1	2	3	4
A							
N							
U		5	6	7	8	9	10
A							
R	12	13	14	15	16	17	18
Y							
2	19	20	21	22	23	24	25
0							
2	26	27	28	29	30	31	
6							

A serene winter scene at night. A log cabin with a snow-covered roof and a chimney is illuminated from within. A person is sitting on the porch, tending to a potted plant. The background shows a snowy landscape under a starry night sky.

I TRUST THE RHYTHM OF MY HEART
MORE THAN THE PRESSURE OF THE WORLD.



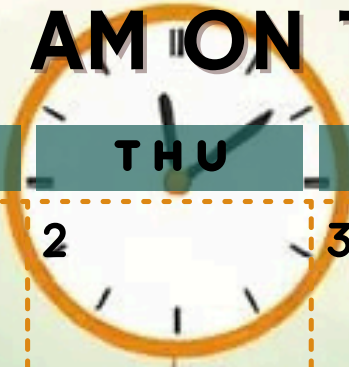
A woman in a long grey coat and scarf is walking in a snowy field at sunset. The image is overlaid with a calendar grid for February 2022. The grid is a 6x7 table with days of the week as columns and dates as rows. The woman is positioned in the center, walking from left to right, with the sun setting behind her.

	MON	TUE	WED	THU	FRI	SAT	SUN
F							1
E							
B							
R	2	3	4	5	6	7	8
U							
A	9	10	11	12	13	14	15
R							
Y							
2	16	17	18	19	20	21	22
0							
2	23	24	25	26	27	28	
6							

I DESERVE TO FEEL GOOD IN MY BODY AND IN MY LIFE.

	MON	TUE	WED	THU	FRI	SAT	SUN
M	30	31					1
A							
R	2	3	4	5	6	7	8
C							
H	9	10	11	12	13	14	15
2	16	17	18	19	20	21	22
0							
2	23	24	25	26	27	28	29
6							

I AM NOT BEHIND, I AM ON TIME FOR MY SOUL.



	MON	TUE	WED	THU	FRI	SAT	SUN
A			1	2	3	4	5
P							
R	6	7	8	9	10	11	12
I							
L	13	14	15	16	17	18	19
2	20	21	22	23	24	25	26
0							
2	27	28	29	30	Notes		
6							

I DON'T NEED TO FORCE. I CAN ALLOW.

M

MON

TUE

WED

THU

FRI

SAT

SUN

Notes

A

Y

4

5

6

7

8

9

10

2

11

12

13

14

15

16

17

0

18

19

20

21

22

23

24

2

25

26

27

28

29

30

31

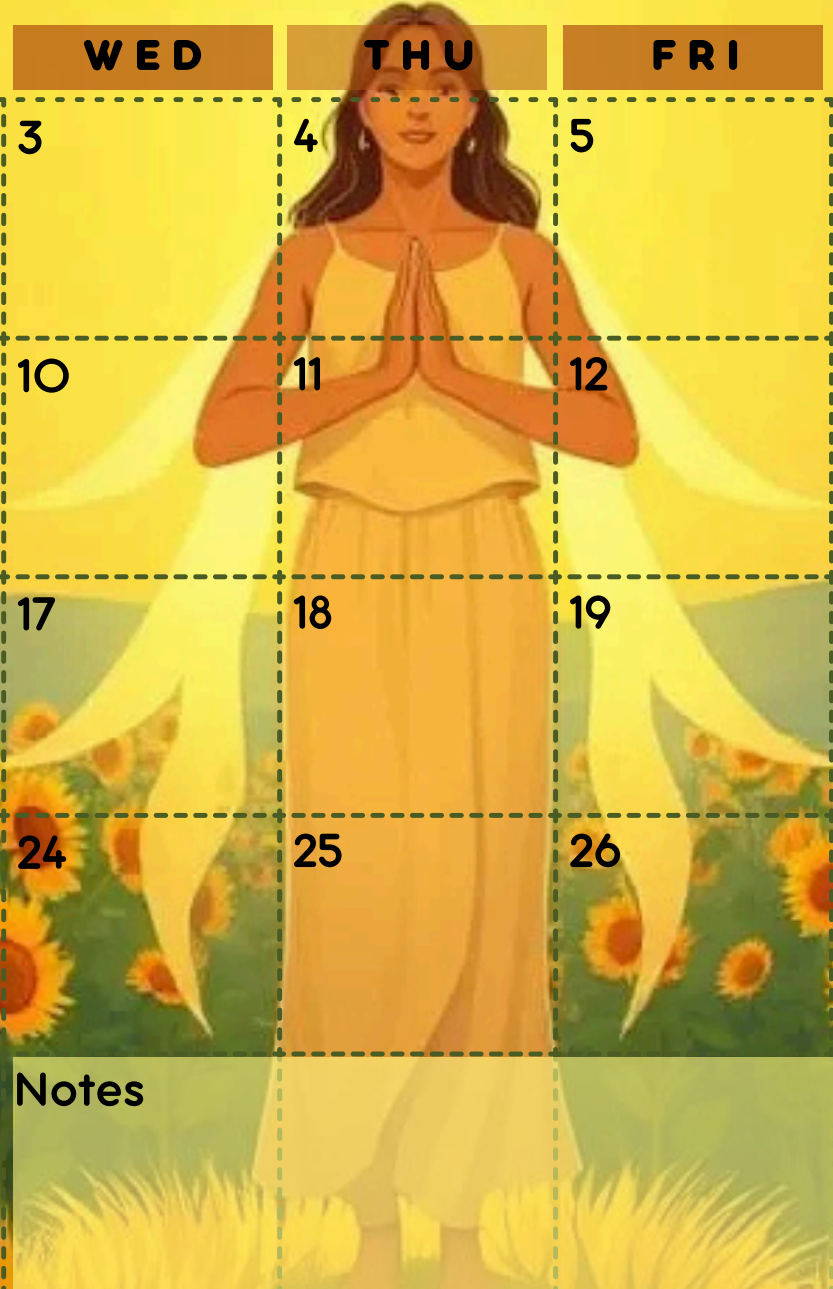
6



MY ENERGY IS SACRED AND I PROTECT IT WITH LOVE.

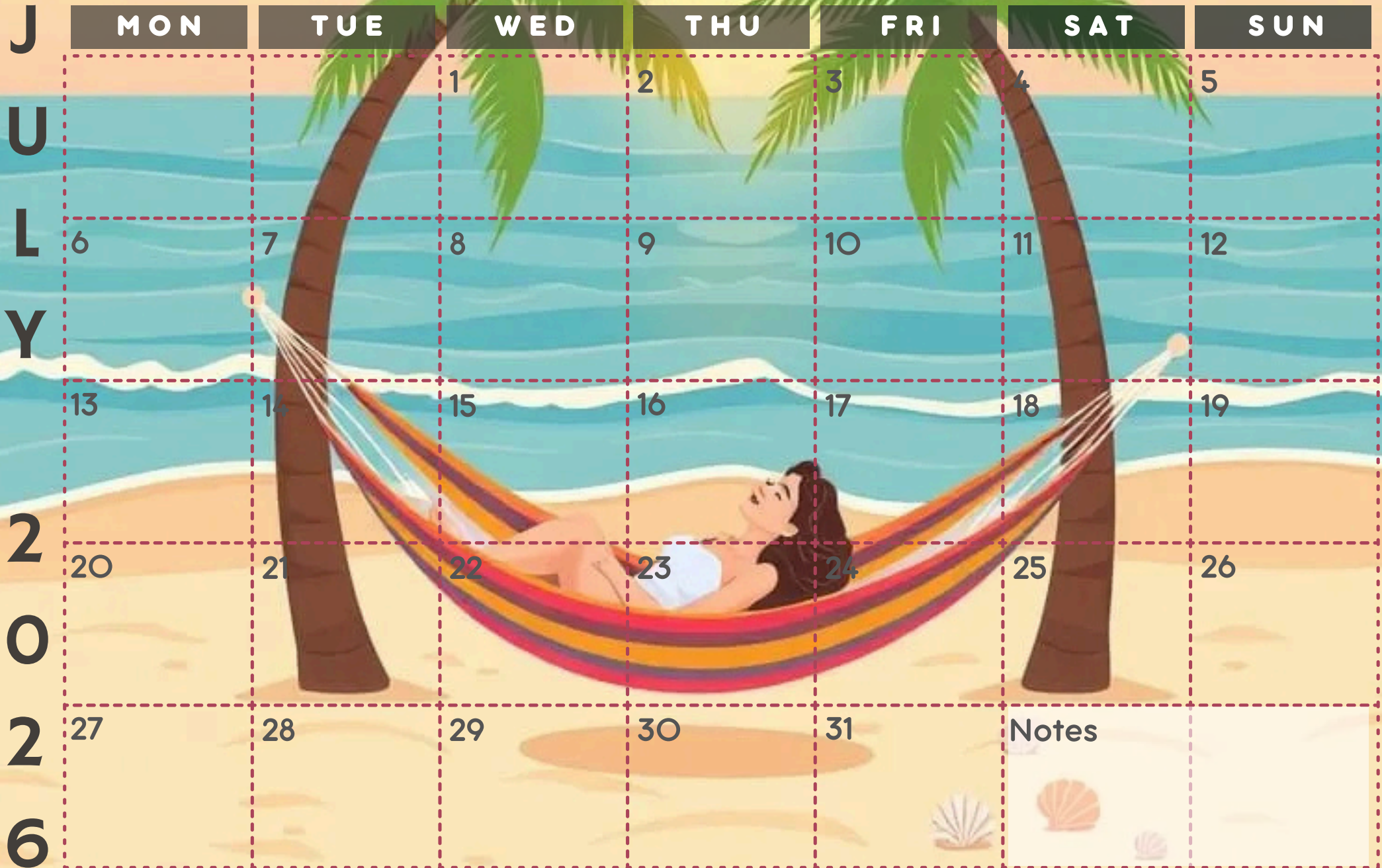
	MON	TUE	WED	THU	FRI	SAT	SUN	
J	1	2	3	4	5	6	7	
U	8	9	10	11	12	13	14	
N	15	16	17	18	19	20	21	
E	22	23	24	25	26	27	28	
2	29	30	Notes					
0								
2								
6								

Notes



I AM WORTHY OF REST, JOY, AND SOFTNESS.

J	MON	TUE	WED	THU	FRI	SAT	SUN
U			1	2	3	4	5
L	6	7	8	9	10	11	12
Y	13	14	15	16	17	18	19
2	20	21	22	23	24	25	26
0							
2	27	28	29	30	31	Notes	
6							



**I RELEASE THE URGE TO PERFORM.
I JUST WANT TO BE.**

A	MON	TUE	WED	THU	FRI	SAT	SUN
U	31	Notes				1	2
G	3	4	5	6	7	8	9
U	10	11	12	13	14	15	16
S	17	18	19	20	21	22	23
T	24	25	26	27	28	29	30
2							
0							
2							
6							

I BELIEVE IN MY UNIQUE PATH AND
WALK IT WITH QUIET CONFIDENCE.

	MON	TUE	WED	THU	FRI	SAT	SUN
S							
E		1	2	3	4	5	6
P							
T							
E	7	8	9	10	11	12	13
M							
B	14	15	16	17	18	19	20
E							
R							
2	21	22	23	24	25	26	27
0	28	29	30	Notes			
2							
6							

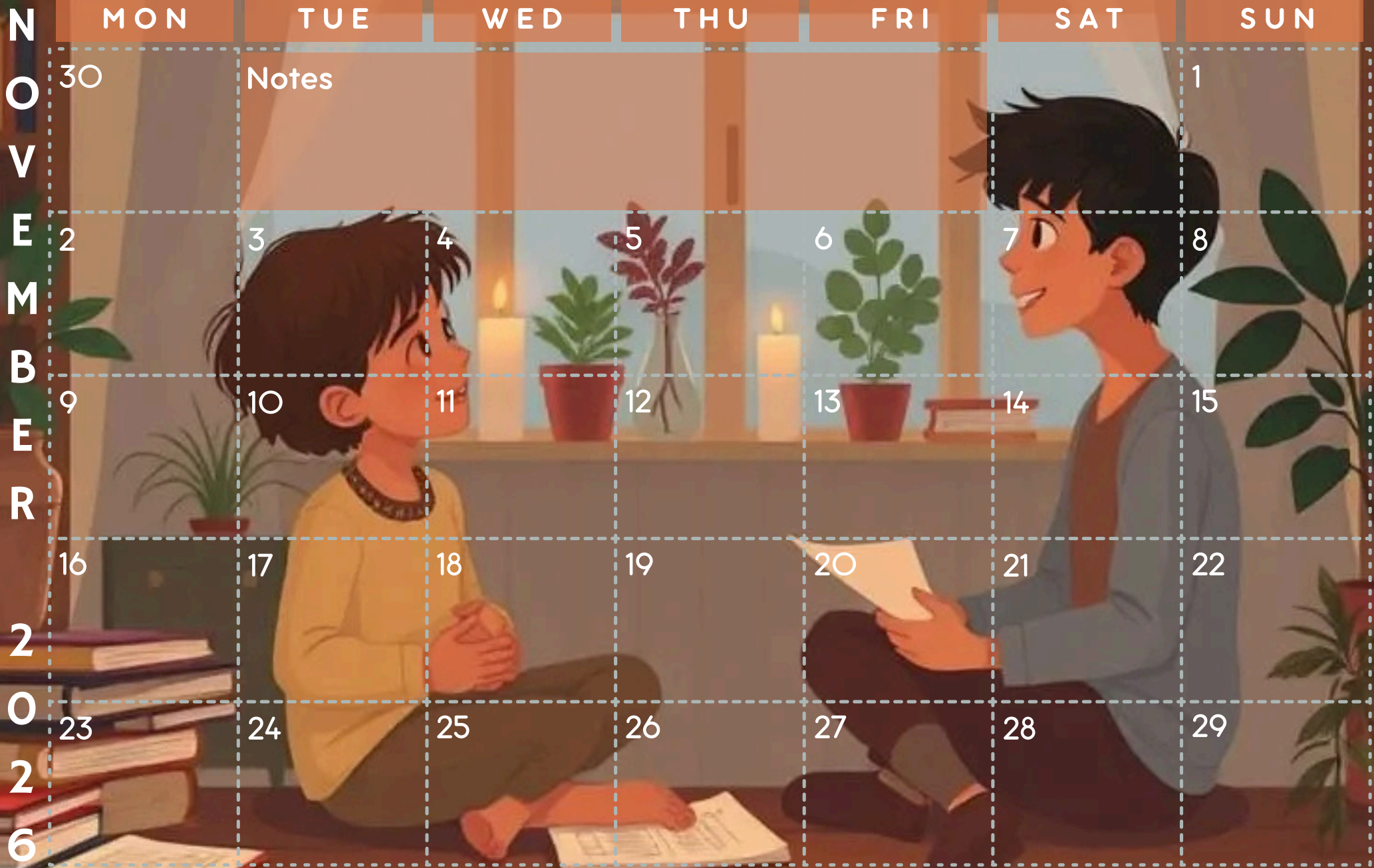
MY VOICE MATTERS, EVEN WHEN IT TREMBLES.

	MON	TUE	WED	THU	FRI	SAT	SUN
O							
C	Notes			1	2	3	4
T							
O	5	6	7	8	9	10	11
B							
E	12	13	14	15	16	17	18
R							
2	19	20	21	22	23	24	25
0							
2	26	27	28	29	30	31	
6							



I AM BECOMING THE PERSON I ONCE NEEDED.

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



I SHOW UP WITH AUTHENTICITY, AND THAT IS MORE THAN ENOUGH.

D	MON	TUE	WED	THU	FRI	SAT	SUN
E		1	2	3	4	5	6
C							
E	7	8	9	10	11	12	13
M							
B							
E	14	15	16	17	18	19	20
R							
	21	22	23	24	25	26	27
2							
O	28	29	30	31	Notes		
2							
6							

WEEKLY PLANNER

MONTH _____

PRIORITIES 1 _____

2 _____

3 _____

4 _____

5 _____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

WEEKLY PLANNER

MONTH _____

PRIORITIES 1 _____

2 _____

3 _____

4 _____

5 _____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

2

0

2

7

January 2027

S M T W T F S

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 2027

S M T W T F S

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 2027

S M T W T F S

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

October 2027

S M T W T F S

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 2027

S M T W T F S

7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28

May 2027

S M T W T F S

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 2027

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

November 2027

S M T W T F S

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

March 2027

S M T W T F S

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 2027

S M T W T F S

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

September 2027

S M T W T F S

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 2027

S M T W T F S

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

**This calendar is a companion for your inner journey.
Let each page open space for kindness, trust, and quiet power.**

Let your seasons unfold.



With heart, for your journey.

— Lætitia Georges | LGS Solutions

www.lgs-solutions.com