



"I know I'm an over-achiever and I'm not apologetic about it. I won't be slowing down anytime soon, it's only going to get bigger."

- TYRA BANKS  
Metro UK

Tyra Banks will always be an iconic supermodel. But, that never stopped her from expanding her business interests.

The America's Next Top Model creator built the idea of building careers through TV contests way before it was a thing, and at one time, parlayed her on-air skills into her own talk show.

But Tyra dealt with a lot. The self-proclaimed over-achiever was constantly told she weighed too much, that she was too curvey. She actually ended up a Victoria Secrets' angel because of those curves and because a number of fashion designers didn't want to work with her anymore.

And in the face of adversity, Tyra kept climbing. In addition to her TV accomplishments, she's continued to create other businesses and boost her own development.

This year, she taught a "Project You: Building and Extending your Personal Brand" class as a guest lecturer at Stanford university and because she's serious about her money, recently completed a Harvard university executive education program.

CLICKABLE LINKS AT [ARIONNE.COM/RECOMMENDED](http://ARIONNE.COM/RECOMMENDED)

### READ

*Supermodel Teaches At Stanford: How To Learn About Personal Branding With Tyra Banks (Forbes)*

*Tyra Banks Talks Overcoming Adversity and Hate at Girl Cult Festival (Hollywood Reporter)*

*Tyra Banks reveals why she almost quit ANTM 10 years ago (Entertainment Weekly)*

*Tyra Banks on Most Women's WORST Habit (Women's Health)*

### LISTEN

*Tyra Banks on 'America's Got Talent' and 'Top Model' (Variety's Remote Controlled Podcast)*

### WATCH

*Tyra Banks Interview | The New York Times Screen Test (YouTube)*

*Grit: The power of passion and perserverance - Angela Lee Duckworth (TED Talk)*



# FEBRUARY 2018

At a Glance

Notes

Sunday	Monday	Tuesday
4	5	6
1	12	13
18	19	20
25	26	27

Wednesday	Thursday	Friday	Saturday
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28			

# FEBRUARY 2018

Monday **5**

For the ♥

Tuesday **6**

For the ♥

Wednesday **7**

For the ♥

For the \$

For the \$

For the \$

**This week, I will accept it all.**

It can be really easy to focus on all the things we aren't, but nothing good has ever come from it. Think about the ways you feel inadequate now and address them, so that self-doubt doesn't affect your productivity this year.

"You've got to learn to accept the fool in you as well as the part that's got it goin' on." - Tyra Banks

Thursday **8**

For the ♥

Friday **9**

For the ♥

Saturday **10**

For My Self-Care

For the \$

For the \$

Sunday **11**

Recharge List

**Next Week's Goals**

# FEBRUARY 2018

Monday **12**

For the ♥

Tuesday **13**

For the ♥

Wednesday **14**

For the ♥

For the \$

For the \$

For the \$

**This week, I will beat my own records.**

Sometimes, it's really cool to see how far we can go. Looking at your own 2017 goals, what were some activities that you could amp up? If you wrote a blog post a week, can you now try two? If you practiced something for an hour a day, could you do just 15 to 20 minutes more?

"I'm competitive with myself. I always try to push past my own borders."  
- Tyra Banks

Thursday **15**

For the ♥

Friday **16**

For the ♥

Saturday **17**

For My Self-Care

For the \$

For the \$

**Sunday 18**  
Recharge List

**Next Week's Goals**

# FEBRUARY 2018

Monday **19**

For the ♥

Tuesday **20**

For the ♥

Wednesday **21**

For the ♥

For the \$

For the \$

For the \$

"There's always going to be dreams and goals I have, but I never really tell people what they are." - Tyra Banks

Thursday **22**

For the ♥

Friday **23**

For the ♥

Saturday **24**

For My Self-Care

For the \$

For the \$

Sunday **25**  
Recharge List

## This week, I will keep self-reflect.

Have you ever told someone about plans you were really excited about, and their response sort of discouraged you? The first time I thought about making a planner, a friend asked me, "But why would anyone want yours, though?" She was just honestly questioning about what would make my planner different, because since she didn't have my vision, she couldn't see it.

This week, think deeply about some of those passions you want to develop, but keep them to yourself until it's time for a little feedback – but from a trusted, knowledgeable source.

## Next Week's Goals

# FEBRUARY - MARCH 2018

Monday **26**

For the ♥

Tuesday **27**

For the ♥

Wednesday **28**

For the ♥

For the \$

For the \$

For the \$

**This week, I will look for abundance.**

Money means a lot of things, but specifically for people who are looking to do projects on their own, a way to fund what you wanna do. Make a plan to bump your dream fund. Open a new account and budget to save up a chunk of money you can pull from. It could be as small as a couple of hundred dollars (hey, it's like that sometimes) or a couple thousand. Just break it down into chewable bites so that it makes sense for your budget and you won't renege.

More money talk over on my business blog at [thebizi.co](http://thebizi.co).

"I'm not afraid of wanting money at all. Money will give me more power to do things that are truer to my spirit than what I'm already doing" - Tyra Banks

Thursday **1**

For the ♥

Friday **2**

For the ♥

Saturday **3**

For My Self-Care

For the \$

For the \$

Sunday **4**

Recharge List

Next Week's Goals