

**PLAN, DREAM**  
**AND DO** **BIG**  
**THINGS** IN 2018

Dreamer's Notebook Day Planner



*This planner belongs to a*

**DREAMER**

**MOVER**

**SHAKER**

Name:

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# ABOUT THIS NOTEBOOK

Hello Dreamer,

Following your dream is a hard road. It's filled with 3 a.m. emails and drafts of plans. It has a few rejections before every small victory, and there are concepts that aren't always easy to grasp. It's fueled by your desire to be better and way too many cups of coffee.

So, I've purposely infused tips, tricks, and inspiration to combat the tough stuff. We're breaking up something very massive into something so small that you can literally tackle it brick by brick. Each month, we'll focus on a different topic - inspired by a successful dreamer - and by the end of the year, you'll be ready for an even greater challenge.

This notebook will also help you take an honest look at what you're not doing because it's you who inevitably will have to buckle down and get stuff done. There's no magic pill - trust me, I wish there was - but with a little motivation and expert advice, you'll move faster and more intelligently than you ever have before.

This is the third version of this planner, and I didn't want it to be exactly the same, so aside from a few remixes, it's all brand new content.

I hope that this notebook is all that you need and more. If you ever need a little more guidance, head over to [Arionne.com](http://Arionne.com) or send a blog post suggestion to [hello@arionne.com](mailto:hello@arionne.com). I've got your back!

Happy dreaming!

Arionne

#DreamersKeepDreaming

# ABOUT THIS DREAMER

I dream because:

In five years, I see myself as:

I'm living in:

Every day, I'll be waking up and doing:

My motivation is:

My greatest attribute is my:

In five years, the world will know:

# JANUARY - THE AUTHENTIC SELF



“I learned the greatest lesson of any competitor, or anybody who’s in business, and passed that on to the rest of my staff. And that is that you can only run your own race.”

- OPRAH  
Making Oprah

We all know that Oprah is the queen of all things. But more than anything, she's a reminder of staying true to yourself.

Making Oprah is a WBEZ podcast hosted by Jenn White that follows the media queen's rise to fame and the behind-the-scenes story of her epic TV show. The second episode, *Skinheads And Scented Candles*, covered the Oprah Show's journey to becoming what we all know it as today: a medium for helping people become their best selves.

As competitors started to pop up and try to come for her spot as the number one daytime TV talk show, Oprah instructed her staff to focus on their own mission. They made the decision to ignore what everyone else was doing. Just like a winning thoroughbred, Oprah would say to her team, *Keep your blinders on.*

When Oprah made the decision to only do positive shows in 1989, ratings initially started to fall. But of course, the Oprah Show's new, positive-only spin finally caught on as Oprah and her producers found out how to make it work.

They worked and worked until the show was both compelling and positive – something that daytime TV wasn't known for. They stayed in their lane and followed their purpose, making the Oprah Show the only one of it's kind for years to come.

## READ

*And God Created Oprah (Chicago)*

*The glory of Oprah (The Atlantic)*

*The Wisdom of Sundays: Life-Changing Insights from Super Soul Conversations by Oprah Winfrey (Book)*

## LISTEN

*Making Oprah (Podcast Series By WBEZ)*

*The Power of No Part 1 - With Oprah Winfrey (Dear Sugars Podcast)*

## WATCH

*Oprah Explains the Difference Between a Career and a Calling | The Oprah Winfrey Show (YouTube)*

*Oprah Winfrey on Career, Life and Leadership at Stanford Graduate School of Business (YouTube)*

*Oprah Winfrey speaks at Agnes Scott College's 128th Commencement (YouTube)*

*The David Rubenstein Show: Oprah Winfrey (Bloomberg)*

# **Dreamer's Notes**

# **Dreamer's Notes**

# JANUARY 2018



Notes

	Sunday	Monday	Tuesday
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# At a Glance



Wednesday	Thursday	Friday	Saturday
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

# JANUARY 2018

Monday **1**

For the ♡

Tuesday **2**

For the ♡

Wednesday **3**

For the ♡

For the \$

For the \$

For the \$

*This week, I will aim high.*

Top three goals for 2018:

- 1.
- 2.
- 3.

"You get in life what you have the courage to ask for." – Oprah

Thursday **4**

For the ♥

Friday **5**

For the ♥

Saturday **6**

For My Self-Care

For the \$

For the \$

Sunday **7**

Recharge List

Next Week's Goals

# JANUARY 2018

Monday **8**

For the ♥

Tuesday **9**

For the ♥

Wednesday **10**

For the ♥

For the \$

For the \$

For the \$

*This week, I will focus on myself.*

Oprah may have been joking, but it's no secret that the media mogul, especially her flagship show, would not have been as successful if she had of kept trying to be someone else. In your field or industry, what makes you stand out?

"I certainly had no idea that being your authentic self could get you as rich as I have become." – Oprah joking with Sheryl Sandberg at Facebook in 2011

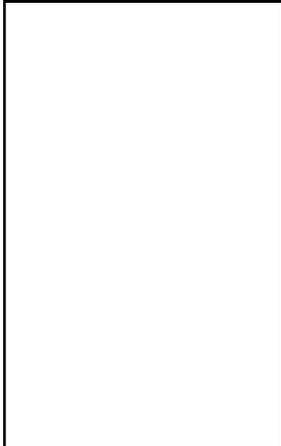
Thursday **11**

For the ♥



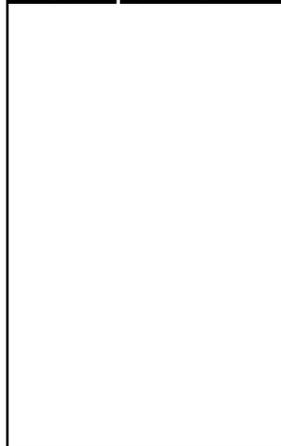
Friday **12**

For the ♥

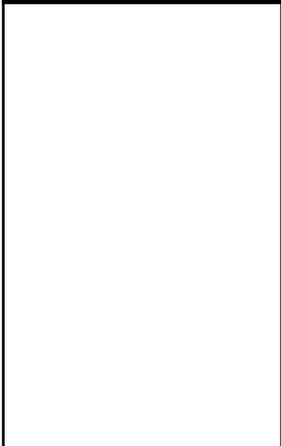


Saturday **13**

For My Self-Care



For the \$

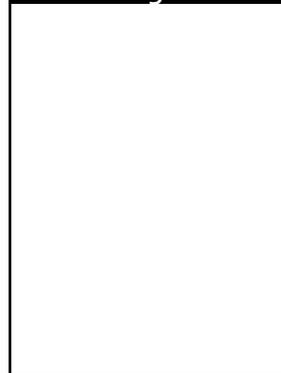


For the \$



Sunday **14**

Recharge List



Next Week's Goals



# JANUARY 2018

Monday **15**

For the ♥

Tuesday **16**

For the ♥

Wednesday **17**

For the ♥

For the \$

For the \$

For the \$

*This week, I will schedule out the details.*

How are you going to make time for the things you want to do this year? Make a schedule of the days and times you plan to focus on the small details that will guide your hard work. (Ex. posting a new blog post every Friday or spending Sunday afternoons to sketch out events.)

"The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work." – Oprah

Thursday **18**

For the ♥

Friday **19**

For the ♥

Saturday **20**

For My Self-Care

For the \$

For the \$

Sunday **21**

Recharge List

Next Week's Goals

# JANUARY 2018

Monday **22**

For the ♡

Tuesday **23**

For the ♡

Wednesday **24**

For the ♡

For the \$

For the \$

For the \$

*This week, I will pause to relax.*

Burnout is real. Be proactive by planning pauses in your week that allow you to breathe, regroup, and assess how you're doing. (Ex. Saturday-morning workouts, reading before bed, or your favorite habits for a healthy mind and spirit.)

"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure." – Oprah

Thursday **25**

For the ♥

Friday **26**

For the ♥

Saturday **27**

For My Self-Care

For the \$

For the \$

Sunday **28**

Recharge List

Next Week's Goals

# JANUARY - FEBRUARY 2018

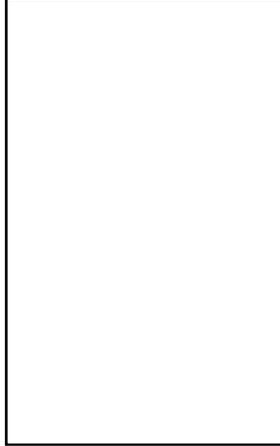
Monday **29**

For the ♡



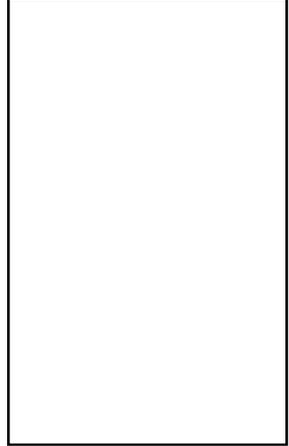
Tuesday **30**

For the ♡



Wednesday **31**

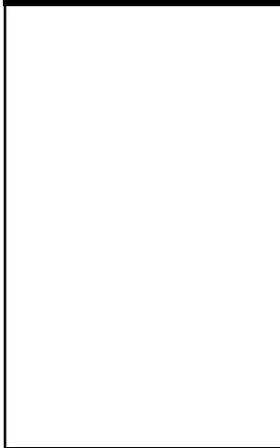
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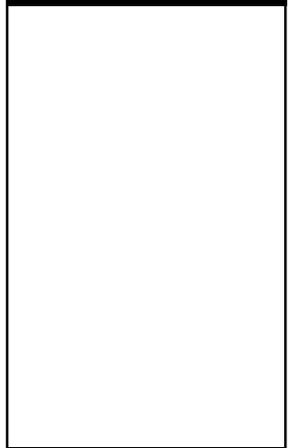
For the \$



For the \$



For the \$



*This week, I will check in with my tribe.*

What can you do with your tribe this year to be stronger together? Whether it's your family, friends, or work squad, think about how you can keep those relationships growing this year.

"surround yourself with only people who are going to lift you higher." – Oprah

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

# FEBRUARY - FOR THE LOVE OF IT ALL



“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.

## 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)*

# **Dreamer's Notes**

# **Dreamer's Notes**

# FEBRUARY 2018



Notes

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# At a Glance



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# FEBRUARY 2018

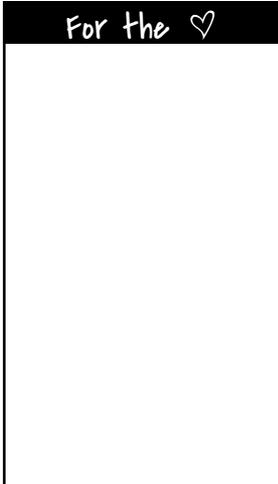
Monday **5**

For the ♥



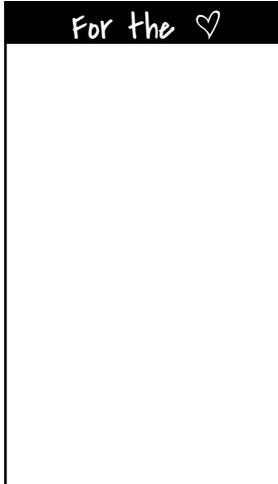
Tuesday **6**

For the ♥



Wednesday **7**

For the ♥



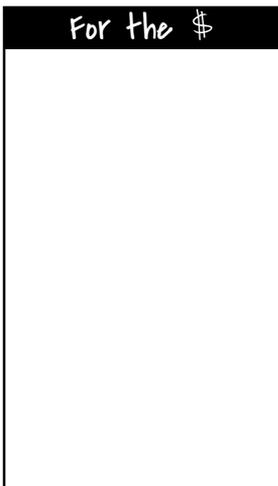
For the \$



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 \$

*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.

"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

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.*

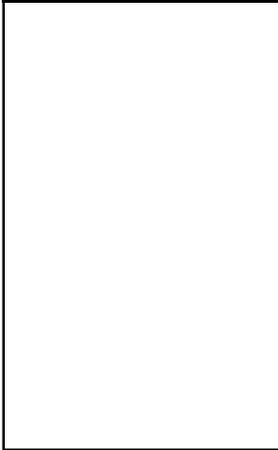
Money means a lot of things, but specifically for people who are looking to do projects on their own, a way to fund what you wanna do. Make a plan to bump your dream fund. Open a new account and budget to save up a chunk of money you can pull from. It could be as small as a couple of hundred dollars (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

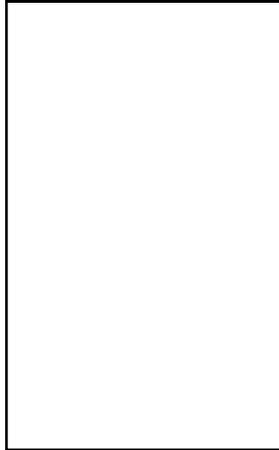
Thursday **1**

For the ♥



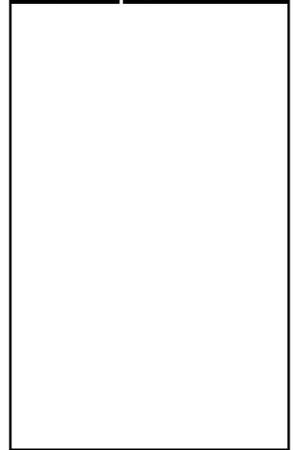
Friday **2**

For the ♥



Saturday **3**

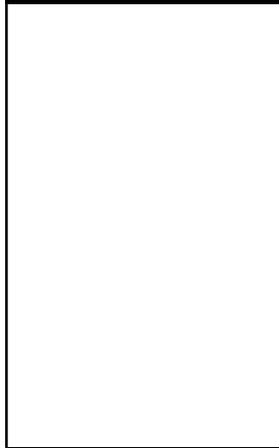
For My Self-Care



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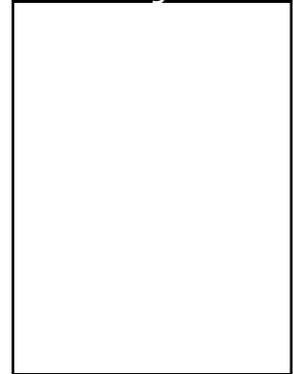


For the \$



Sunday **4**

Recharge List



Next Week's Goals



# MARCH - GO GET IT



“What separates the successful dreamers from the people that lay in bed and dream [is] that when we open up our eyes, we see clearly what we have to do to achieve our dreams.”

- SEAN “DIDDY” COMBS  
CNBC

No celeb gives better pep talks than Sean Combs. And for good reason. To get to be hip-hop's wealthiest artist – Forbes clocked his 2017 net worth as \$820 million – you better believe in yourself and build a team around you that does the same.

Even though the mogul has expanded his brand from music to all types of ventures like his stake in REVOLT TV and Cîroc vodka deal with Diageo, we'll always still remember him as the scrappy young dreamer who was able to build a music empire through hard work and crazy determination.

Would there have been a Biggie without Diddy? (Formerly Diddy, Puff Daddy, P. Diddy, and Puffy, he recently announced his new name is Brother Love or just Love.) Who knows, but what is super clear is that Diddy has always been a force, and now, he's my favorite person to watch to get pumped up.

And the best part about Diddy's pep talks? He's all about action. There's a lot of us that have huge dreams, but how many actually have the gusto to get things done? How many friends and family members have shared their dreams with you, but are still sitting on the couch every day complaining about it?

It's a lot. And in the words of Diddy: "That's what separates [them] from [us]."

## READ

*The Forbes Five: Hip-Hop's Wealthiest Artists 2017 (Forbes)*

*From Paper Boy to Music Mogul: Entrepreneurship Lessons From Sean 'Diddy' Combs (Entrepreneur)*

*"Ain't Nothing Shine Brighter Than That Bad Boy" The Inside Story of Hip-Hop's Most Notorious Label (GR)*

## LISTEN

*Name Change (This American Life Podcast)*

*'Can't Stop, Won't Stop': Bad Boy Records Was A Generation's Soundtrack (NPR)*

## WATCH

*'I Speak the Language' (Diddy on CNBC's I Am American Business series)*

*P. Diddy's Words of Wisdom (YouTube)*

*REVOLT Presents 'Music Talks': Sean "Diddy" Combs (REVOLT)*

# **Dreamer's Notes**

# **Dreamer's Notes**

# MARCH 2018



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# At a Glance



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# MARCH 2018

Monday **5**

For the ♡



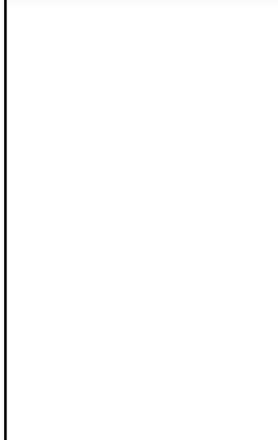
Tuesday **6**

For the ♡



Wednesday **7**

For the ♡



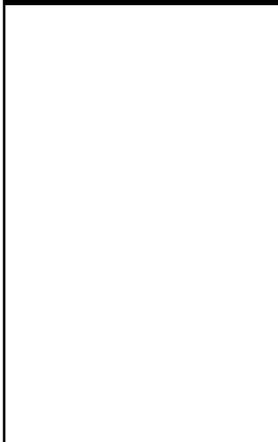
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For the \$



For the \$



*This week, I will start early.*

It might be too late to start something as a kid, but it's never too late to get it in. Is there something new you want to do? Make a plan and start today.

"I started my business career at age 12, delivering newspapers ... caring made me different, made me better than the last paperboy." - Sean Combs

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

# MARCH 2018

Monday **12**

For the ♥

Tuesday **13**

For the ♥

Wednesday **14**

For the ♥

For the \$

For the \$

For the \$

*This week, I will out-service the competition.*

According to several surveys, the top customer complaints are generally related to customer service. Whether you have your own business or work at one, what can you do to make it easier for customers or coworkers to work with you?

"if I give the customers my best and service them differently, whether music, clothing or vodka, I'll get a return on my hard work." - Sean Combs

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

# MARCH 2018

Monday **19**

For the ♥

Tuesday **20**

For the ♥

Wednesday **21**

For the ♥

For the \$

For the \$

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*This week, I will build endurance.*

The difference between being a sprinter and running a marathon is that you train for the long haul. And going the distance requires both mental and physical endurance. Think about what you can add to your professional development that can set you up for longevity.

"I'm a marathon runner; I ain't no sprinter. I could walk out my door right now and run a marathon. And that's what separates you from me." - Sean Combs

Thursday **22**

For the ♥

Friday **23**

For the ♥

Saturday **24**

For My Self-Care

For the \$

For the \$

Sunday **25**

Recharge List

Next Week's Goals

# MARCH - APRIL 2018

Monday **26**

For the ♡

Tuesday **27**

For the ♡

Wednesday **28**

For the ♡

For the \$

For the \$

For the \$

*This week, I will not get left behind.*

There's no greater agony than watching someone else have what you wanted because they acted on an idea and you didn't. Trust me. Where have you been slacking or what have you not started at all? Make a plan to fix that.

"It comes a time when you've got to wake up from a dream and go get it. If you are chasing your dream, you're not running fast enough. Run faster!" - Sean Combs

Thursday **29**

For the ♥

Friday **30**

For the ♥

Saturday **31**

For My Self-Care

For the \$

For the \$

Sunday **1**

Recharge List

Next Week's Goals

## APRIL - BE THE MVP



“If you take time to realize what your dream is and what you really want in life – no matter what it is, whether it’s sports or in other fields – you have to realize that there is always work to do, and you want to be the hardest working person ... “

– **STEPHEN CURRY**

*On the Court with...Stephen Curry*

Steph Curry is an MVP. He's gotten the league's honor two times, and as I write this at the end of 2017, there's talk that Steph will be the NBA's Most Valuable Player for the 2017-18 season, too.

For us folks who aren't as into sports, that's huge. If Steph gets the trophy for a third time, he'd be joining the dope company of Larry Bird, Magic Johnson, and Moses Malone.

And there's not many who have more than three: just Michael Jordan, Kareem Abdul-Jabbar, Bill Russell, LeBron James, and Wilt Chamberlain.

So how does Steph do it? Besides a super sick work ethic, it seems like he puts all of himself into what he does.

And with every game, he brings a bright personality, a passion for the game, and his love for God and his family, which he openly shares in interviews and with fans.

And people love him for it. He's most valuable both on and off the court.

## READ

*Stephen Curry Is The Revolution (FiveThirtyEight)*

*The Revenge of Stephen Curry, the Happy Warrior (GO)*

*Stephen Curry and Wife Ayesha on Marriage, Kids and Their Matching Tattoos (Parents)*

*How Stephen Curry became the best shooter in the NBA in (Business Insider Article)*

## LISTEN

*Let's talk about NBA champion Steph Curry (Rhoden Fellows Podcast)*

*What Pushes us To Work Hard – Even When We Don't Have To? – Dan Ariely (TED Radio Hour Podcast)*

## WATCH

*14 CEOs on the Most Valuable Job Skill Right Now (Money)*

# **Dreamer's Notes**

# **Dreamer's Notes**

# APRIL 2018



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# At a Glance



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# APRIL 2018

Monday **2**

For the ♥

Tuesday **3**

For the ♥

Wednesday **4**

For the ♥

For the \$

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For the \$

*This week, I will practice.*

In his book "Outliers," writer Malcolm Gladwell says it takes roughly 10,000 hours to master something. Although some people debate that number, it's clear that practice is the only thing that can breed real mastery – natural talent or not. Pick at least one skill you can practice repetitively this week and write down your progress.

"I want to practice to the point where it's almost uncomfortable how fast you shoot, so that in the game, things kind of slow down." - Stephen Curry

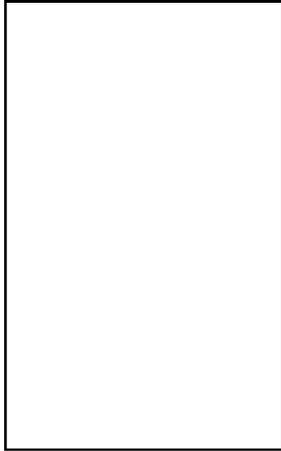
Thursday **5**

For the ♥



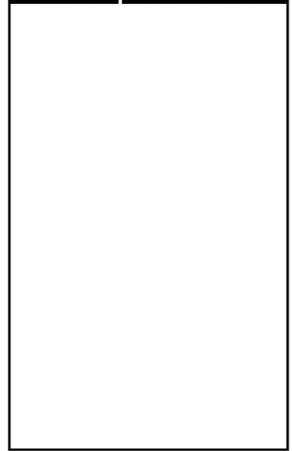
Friday **6**

For the ♥

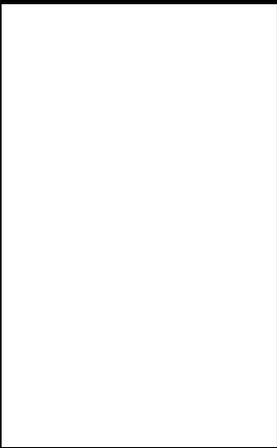


Saturday **7**

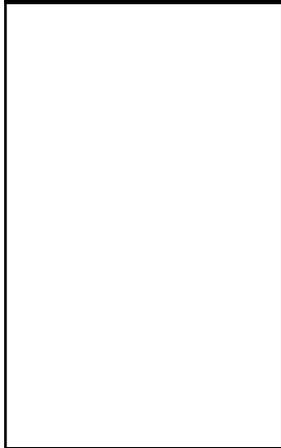
For My Self-Care



For the \$

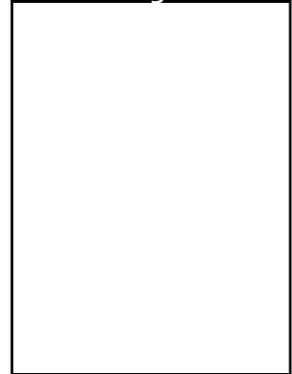


For the \$



Sunday **8**

Recharge List



Next Week's Goals



# APRIL 2018

Monday **9**

For the ♥

Tuesday **10**

For the ♥

Wednesday **11**

For the ♥

For the \$

For the \$

For the \$

***This week, I will crush barriers.***

What's stopping you from your next level? Write them here with at least one way to overcome them. Even if a solution isn't an easy fix, write it down anyway.

"Success comes after you conquer your biggest obstacles and hurdles."  
- Stephen Curry

Thursday **12**

For the ♥

Friday **13**

For the ♥

Saturday **14**

For My Self-Care

For the \$

For the \$

Sunday **15**

Recharge List

Next Week's Goals

# APRIL 2018

Monday **16**

For the ♡

Tuesday **17**

For the ♡

Wednesday **18**

For the ♡

For the \$

For the \$

For the \$

*This week, I will constantly improve.*

There's room to improve the things you think you're already good at. Focus on one skill and make a plan to level up (whether it's with a class, a webinar, or working toward more experience).

"I can get better. I haven't reached my ceiling yet on how well I can shoot the basketball." - Stephen Curry

Thursday **19**

For the ♥

Friday **20**

For the ♥

Saturday **21**

For My Self-Care

For the \$

For the \$

Sunday **22**

Recharge List

Next Week's Goals

# APRIL 2018

Monday **23**

For the ♡

Tuesday **24**

For the ♡

Wednesday **25**

For the ♡

For the \$

For the \$

For the \$

*This week, I will take the big shot.*

What's something big that you haven't quite gone for yet? Maybe you've thought about it or toed the line with a new idea. Make a plan to go all the way with it.

"I'm not the guy who's afraid of failure. I like to take risks, take the big shot and all that." - Stephen Curry

Thursday **26**

For the ♥

Friday **27**

For the ♥

Saturday **28**

For My Self-Care

For the \$

For the \$

Sunday **29**

Recharge List

Next Week's Goals

## MAY - SOMETHING NEW



“It seems in my own mind that in everything I’ve undertaken I’ve never quite made the mark. But I’ve always been able to put disappointments aside. Success isn’t about the end result; it’s about what you learn along the way.”

– **VERA WANG**

*From Failure to Success: Everyday Habits and Exercises to Build Mental Resilience and Turn Failures Into Successes*

Fashion designer Vera Wang suffered a lot of big disappointments in her career. As a teen, she was a pro figure skater, but her and her partner didn't make the U.S. Olympic team. After college, she joined *Vogue* as the magazine's youngest editor ever, but when it came time to be considered for editor-in-chief, Anna Wintour got the gig.

There's something to be said, though, for those types of disappointments. She had to be great to even be up for such enormous opportunities.

And all of those events seemed to have been a setup for the famous designer's now-booming career. All of her hard work and dedication to past experiences prepared her her current wins and successes.

As of 2017, Vera has a \$630 million net worth, placing her at #29 on *Forbes'* America's Richest Self-Made Women list. Although she's now best known for her iconic wedding gowns, she expanded her signature style to ready-to-wear collection in 2000 and was the Council of Fashion Designers of America's Womenswear Designer of the Year in 2005.

## READ

Vera Wang Says: Know When to Walk Away ... and Start Something New (The Cut)

Vera Wang's Second Honeymoon (New York Magazine)

Vera Wang Interview / In the Studio (The New York Times)

Vera Wang Reflects on Paris, YSL, and an Early French Flame as She Prepares to Accept France's Légion d'Honneur (Vogue)

America's Richest Self-Made Women (Forbes)

## LISTEN

On the Edge (Radiolab Podcast)

## WATCH

Vera Wang on the "Happy Accident" of Her Fashion Career (The Oprah Winfrey Show Clip)

Vera Wang: Fashion and Ice Skating (YouTube)

Try something new for 30 days - Matt Cutts (TED Talk)

# **Dreamer's Notes**

# **Dreamer's Notes**

# MAY 2018



Notes

	Sunday	Monday	Tuesday
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# At a Glance



Wednesday	Thursday	Friday	Saturday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

# APRIL - MAY 2018

Monday **30**

For the ♡

Tuesday **1**

For the ♡

Wednesday **2**

For the ♡

For the \$

For the \$

For the \$

*This week, I will be flexible.*

Vera says she's had to change her business model constantly to adapt to how her industry changed. Read at least three industry trend pieces and think about how you could get (or stay) ahead of the curve.

"We creative people don't like worrying about it, but to be in business today, you have to face the reality of the business climate." – Vera Wang

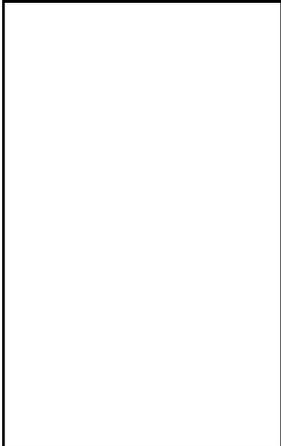
Thursday **3**

For the ♥



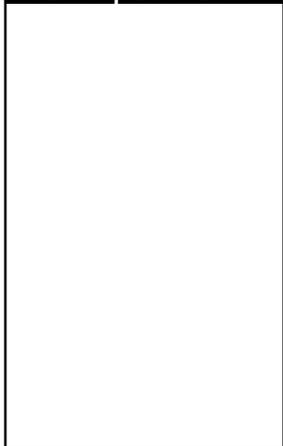
Friday **4**

For the ♥

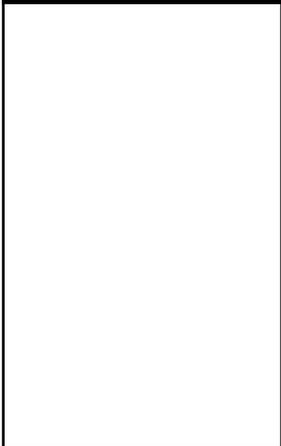


Saturday **5**

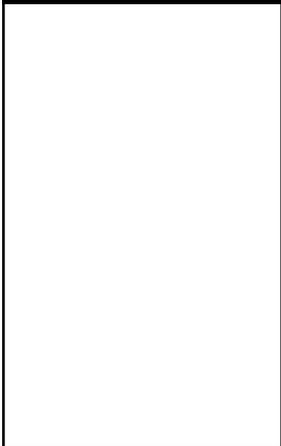
For My Self-Care



For the \$



For the \$



Sunday **6**

Recharge List



Next Week's Goals



# MAY 2018

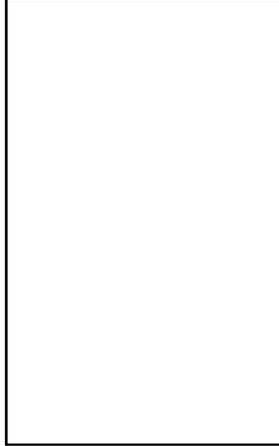
Monday **7**

For the ♥



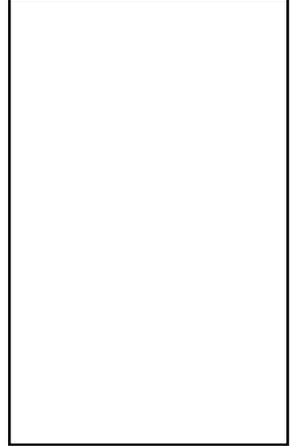
Tuesday **8**

For the ♥



Wednesday **9**

For the ♥



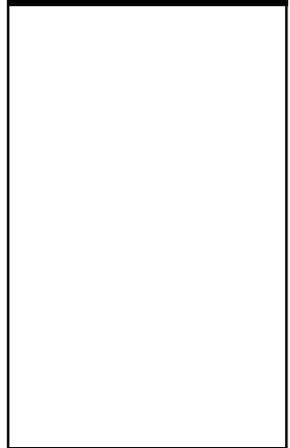
For the \$



For the \$



For the \$



*This week, I will find a sanctuary.*

Where do you do your best work? Whether it's carving out a mini-office in your home or finding a favorite coffee shop, figure out where you're most productive and schedule time to be there each week.

"My bedroom is my sanctuary. It's like a refuge, and it's where I do a fair amount of designing - at least conceptually, if not literally." - Vera Wang

Thursday **10**

For the ♥

Friday **11**

For the ♥

Saturday **12**

For My Self-Care

For the \$

For the \$

Sunday **13**

Recharge List

Next Week's Goals

MAY 2018

Monday **14**

For the ♥

Tuesday **15**

For the ♥

Wednesday **16**

For the ♥

For the \$

For the \$

For the \$

*This week, I will use past experiences.*

Even experts can be apprentices sometimes. Are there people near you who have mastered areas in which you know you're weak? They might appreciate some extra help and you can get invaluable experience from a quality place.

"It's good to work for other people. I worked for others for 20 years. They paid me to learn." – Vera Wang

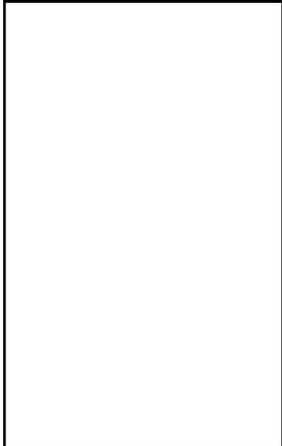
Thursday **17**

For the ♥



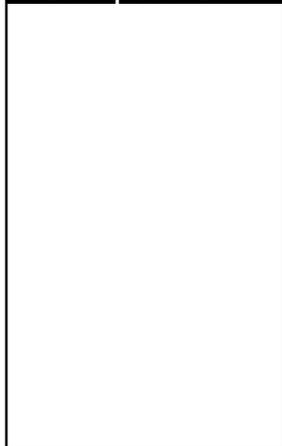
Friday **18**

For the ♥

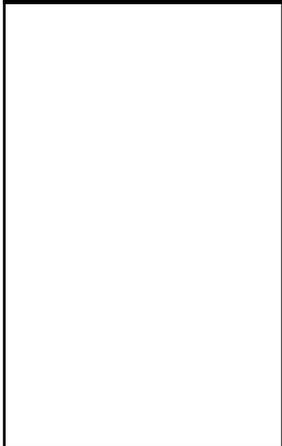


Saturday **19**

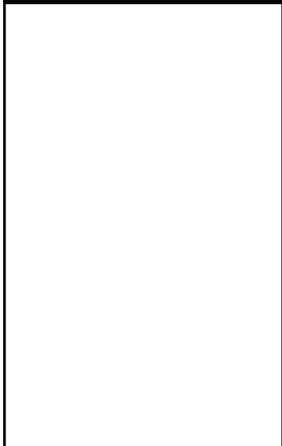
For My Self-Care



For the \$

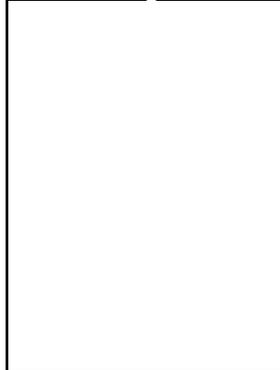


For the \$



Sunday **20**

Recharge List



Next Week's Goals



# MAY 2018

Monday **21**

For the ♥

Tuesday **22**

For the ♥

Wednesday **23**

For the ♥

For the \$

For the \$

For the \$

*This week, I will push into new places.*

New things are a part of the journey. Pick a brand new skill and commit to doing it for 30 days. (Reference: Watch the Try Something New for 30 Days TED Talk on this month's Recommended page.)

"I've always tried to push myself technically and to push myself visually.  
That's been part of the journey." - Vera Wang

Thursday **24**

For the ♥

Friday **25**

For the ♥

Saturday **26**

For My Self-Care

For the \$

For the \$

Sunday **27**

Recharge List

Next Week's Goals

# MAY - JUNE 2018

Monday **28**

For the ♥

Tuesday **29**

For the ♥

Wednesday **30**

For the ♥

For the \$

For the \$

For the \$

*This week, I will reflect.*

The new year is almost half over – a perfect time to sit and reflect. What's going well and what's not? How should you re-prioritize the remaining months?

"It's a remarkable exercise to sit and look at your own work over the years." - Vera Wang

Thursday **31**

For the ♥

Friday **1**

For the ♥

Saturday **2**

For My Self-Care

For the \$

For the \$

Sunday **3**

Recharge List

Next Week's Goals

## JUNE - HATER BLOCKIN'



“One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals. And so when I hear about negative and false attacks, I really don’t invest any energy in them, because I know who I am.”

– MICHELLE OBAMA

*Interview with Marie Claire*

If ever there was a person who needed no introduction, it's the queen who comes straight from the South Side of Chicago – the incomparable Michelle Obama. But there's one aspect of Michelle's attitude toward her life that I think we all need to adopt: a strong sense of self that isn't changed by other folks' opinion.

Whether as a lawyer, a First Lady, or humanitarian, she's kept a firm hold on who she is, regardless of the chatter from critics.

And that's a hard thing to do. When there's opposition and nasty attacks on everything about you from how you look to what you didn't even do, it can be consuming.

A super important lesson that Michelle has taught us is this: ignore all the hate and just do what you gotta do.

## READ

*Michelle Obama Keeps It Real (Marie Claire)*

*Michelle Obama: A Life by Peter Slevin (Book)*

5 *Takeaways From Michelle Obama's Chat With Oprah (ABC News)*

*Michelle Obama: A Candid Conversation With America's Champion and Mother in Chief (Vogue)*

5 *Tactics to Master the Haters (Entrepreneur)*

## LISTEN

*If You Don't Have Anything Nice to Say, SAY IT IN ALL CAPS (This American Life Podcast)*

## WATCH

*First Lady Michelle Obama and Oprah Winfrey Hold a Conversation on the Next Generation of Women (YouTube)*

# **Dreamer's Notes**

# **Dreamer's Notes**

# JUNE 2018



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# At a Glance



Wednesday	Thursday	Friday	Saturday
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13	14	15	16
20	21	22	23
27	28	29	30

# JUNE 2018

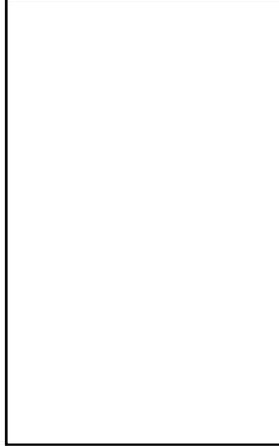
Monday **4**

For the ♡



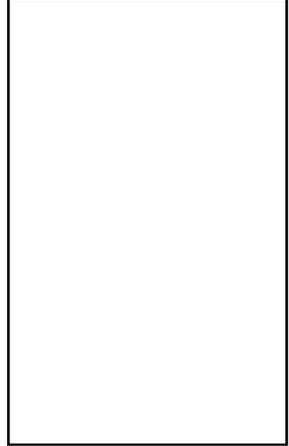
Tuesday **5**

For the ♡



Wednesday **6**

For the ♡



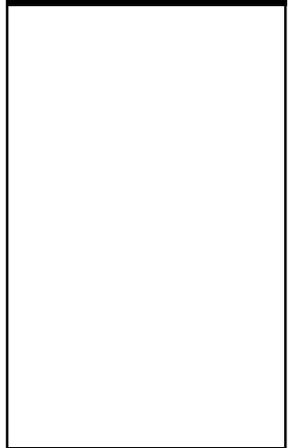
For the \$



For the \$



For the \$



*This week, I will do good work.*

The first way to “shut up the haters,” Michelle Obama says, is to simply do the work and build up a portfolio of accomplishments.

Speaking of portfolios, do you have an actual online portfolio that showcases your best work? If not, you need one. Make a plan to create one.

Free tips: <http://bit.ly/arionneportfoliotips>

"It's what I did and not what you called me. The best revenge is success and good work." – Michelle Obama

Thursday **7**

For the ♥



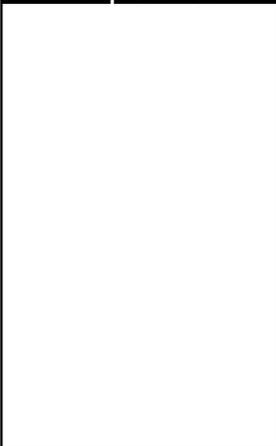
Friday **8**

For the ♥

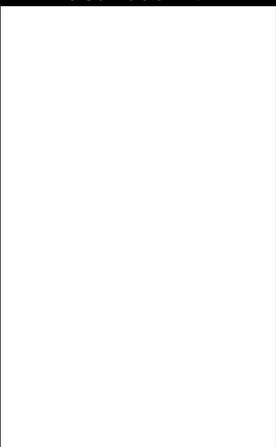


Saturday **9**

For My Self-Care



For the \$



For the \$



Sunday **10**

Recharge List



Next Week's Goals



# JUNE 2018

Monday **11**

For the ♥

Tuesday **12**

For the ♥

Wednesday **13**

For the ♥

For the \$

For the \$

For the \$

*This week, I will set social boundaries.*

The online world can be brutal – even more so for people whose job it is to be on social media. For those folks (myself included), boundaries are essential. That's going to look different for everyone, but some easy and quick fixes are to turn off notifications, so that you're checking social media on your own terms, and also choosing times throughout the day to check your accounts so that you get some unconnected time where the only people who can reach you are those who know you in real life.

"When it comes to social media, sometimes you just have to turn off the world. You have to give yourself the space to be quiet." – Michelle Obama

Thursday **14**

For the ♥

Friday **15**

For the ♥

Saturday **16**

For My Self-Care

For the \$

For the \$

Sunday **17**

Recharge List

Next Week's Goals

# JUNE 2018

Monday **18**

For the ♥

Tuesday **19**

For the ♥

Wednesday **20**

For the ♥

For the \$

For the \$

For the \$

*This week, I will not complain.*

It's so easy to fall into a cycle of complaining. That whining can be a distraction when there's a lot of work to be done. Spend the week stopping your complaints in their tracks. Instead, offer solutions to those issues. And if you can't fix something, why are you complaining anyway? Might as well keep working and showing and proving.

"We choose to tune out all the noise and strive for excellence in everything we do. No cutting corners, no taking shortcuts, no whining" – Michelle Obama

Thursday **21**

For the ♥

Friday **22**

For the ♥

Saturday **23**

For My Self-Care

For the \$

For the \$

Sunday **24**

Recharge List

Next Week's Goals

# JUNE - JULY 2018

Monday **25**

For the ♥

Tuesday **26**

For the ♥

Wednesday **27**

For the ♥

For the \$

For the \$

For the \$

## *This week, I will speak up.*

Sometimes, you've just gotta use your voice in situations where there is adversity. And that looks differently for each of us. Figure out your own way to speak up against the things that trouble you.

"Real change comes from having enough comfort to be really honest and say something very uncomfortable.." - Michelle Obama

Thursday **28**

For the ♥

Friday **29**

For the ♥

Saturday **30**

For My Self-Care

For the \$

For the \$

Sunday **1**

Recharge List

Next Week's Goals

## JULY - WORK SMARTER



"I've found my productive-writing-to-screwing-around ratio to be one to seven. So, for every eight-hour day of writing, there is only one good productive hour of work being done."

- MINDY KALING

*Is Everyone Hanging Out Without Me? (And Other Concerns)*

Mindy Kaling is hilariously honest about her work style and what it takes for her to be productive. The comedian, actress, writer, and showrunner is busy. She just wrapped her own show, "The Mindy Project," after six seasons, authored two books within five years, and was a writer and actress on the Emmy Award-winning show "The Office."

The self-proclaimed hard worker acknowledges that she has a very specific way she has to work to get things done. She's honest about her work habits so she can plan accordingly.

Missing deadlines - whether set by yourself or others - can be discouraging. But being real with yourself about how you work and what you need for your own personal productivity can be key to breaking poor cycles and getting stuff done.

I know I'm personally glad that Mindy is as productive as she is: I've read both of her books twice. :)

# Recommended

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

## READ

*Is Everyone Hanging Out Without Me? (And Other Concerns)*  
by Mindy Kaling (Book)

*Why Not Me?* by Mindy Kaling (Book)

*Mindy Kaling Is Thirsty* (The Atlantic)

*How To use Your Strengths To Overcome Your Weaknesses*  
(Psychology Today)

*Mindy Kaling on Chronicling the American Workplace* (Harvard Business Review)

## LISTEN

*Mindy Kaling Loves Rom Coms (And Being The Boss)* (Fresh Air Podcast)

## WATCH

*Mindy Kaling's Speech at Harvard Law School Class Day 2014*  
(YouTube)

*"I am literally living the dream": Mindy Kaling on overcoming prejudice and finding success* (The New York Times)

# **Dreamer's Notes**

# **Dreamer's Notes**

# JULY 2018



Notes

	Sunday	Monday	Tuesday
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# At a Glance



Wednesday	Thursday	Friday	Saturday
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11	12	13	14
18	19	20	21
25	26	27	28

# JULY 2018

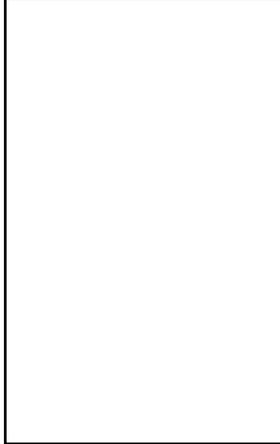
Monday **2**

For the ♥



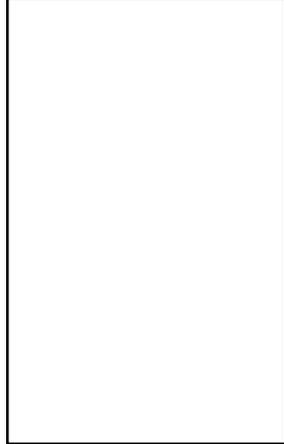
Tuesday **3**

For the ♥



Wednesday **4**

For the ♥



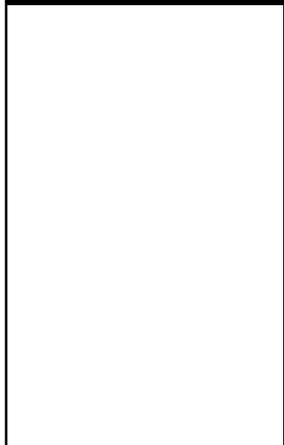
For the \$



For the \$



For the \$



*This week, I will work hard.*

Hard work breeds success – there’s just no way around it – and sometimes, it’s necessary to really up the ante. Add an extra couple of hours of work to your week. Maybe it’s just getting up an extra 30 minutes in the morning or carving out a few hours over the weekend. Give it a try and check your productivity.

"A lot of people ask how to get to where I am, and the single biggest thing, which is not profound, is that I work like a dog." - Mindy Kaling

Thursday **5**

For the ♥

Friday **6**

For the ♥

Saturday **7**

For My Self-Care

For the \$

For the \$

Sunday **8**

Recharge List

Next Week's Goals

# JULY 2018

Monday **9**

For the ♥

Tuesday **10**

For the ♥

Wednesday **11**

For the ♥

For the \$

For the \$

For the \$

## This week, I will let it go.

Improvement is essential, but there's no need to wallow in weaknesses. In Psychology Today, Dr. Alice Boyes advises writing down 5-6 strengths and 1-3 weaknesses in two different columns. And then match those weaknesses with the strengths you think can help you work on them by drawing arrows from one column to another.

For example, maybe strong writing skills can help you become a better speaker if you write things down and work on speaking them.

"I'm constantly in a state of self-improvement but I don't beat myself up over it." - Mindy Kaling

Thursday **12**

For the ♥

Friday **13**

For the ♥

Saturday **14**

For My Self-Care

For the \$

For the \$

Sunday **15**

Recharge List

Next Week's Goals

# JULY 2018

Monday **16**

For the ♡

Tuesday **17**

For the ♡

Wednesday **18**

For the ♡

For the \$

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*This week, I will be a "workaholic."*

Sometimes, you just need to produce a lot: a lot of whatever it is that you do. If you're a creative, you need to make a lot of content. If you're a business person, you need to come up with new ideas, products, or services. Basically, you need to spend some time being – what the movies would call – a workaholic. Spend some time getting it in, try to produce as much as possible for a period of time, and evaluate the output.

"I have never, ever met a highly confident and successful person who is not what a movie would call 'a workaholic.'" - Mindy Kaling

Thursday **19**

For the ♥

Friday **20**

For the ♥

Saturday **21**

For My Self-Care

For the \$

For the \$

Sunday **22**

Recharge List

Next Week's Goals

# JULY 2018

Monday **23**

For the ♥

Tuesday **24**

For the ♥

Wednesday **25**

For the ♥

For the \$

For the \$

For the \$

***This week, I will remember that the dream is real.***

Even if you're not where you want to be yet, you are a literal manifestation of your dreams. And sometimes, we all need a reminder of that. Think about at least three accomplishments that you dreamed about as a kid. It could be graduating from school, getting your own place, or even just being able to support yourself and give back to others. You are a dream. Own it.

"I am literally living the dream that I had when I was a six-year-old kid who would watch television." - Mindy Kaling

Thursday **26**

For the ♥

Friday **27**

For the ♥

Saturday **28**

For My Self-Care

For the \$

For the \$

Sunday **29**

Recharge List

Next Week's Goals

# AUGUST - BE NOTORIOUS



"I try to teach through my opinions, through my speeches, how wrong it is to judge people on the basis of what they look like, color of their skin, whether they're men or women."

- RUTH BADER GINSBURG  
MSNBC

Supreme Court Justice Ruth Bader Ginsburg is a boss. Period. She's the second female judge to be confirmed by the Court, and for a time, was the only woman serving.

When that happened, she started giving powerful dissents. As the *New York Times* wrote, that period "will be remembered as the time when Justice Ruth Bader Ginsburg found her voice, and used it."

Some of the most well-known landmark cases involved striking down a military school's long-standing male-only admission policy, giving people with mental disabilities the right to live in their communities with accommodations, and saying residents had the right to sue an industrial polluter.

Now, the woman, to whom an entire "Notorious R-B" Tumblr and book are dedicated, is a constant reminder that what we do today impacts our infamy. Our legacy is what we do here on earth and how that work impacts the lives of other people.

# Recommended

CLICKABLE LINKS AT [ARIONNE.COM/RECOMMENDED](https://arionne.com/recommended)

## READ

*My Own Words* by Ruth Bader Ginsburg, Mary Hartnett, and Wendy W. Williams (Book)

*Notorious RBG: The Life and Times of Ruth Bader Ginsburg* by Irin Carmon and Shana Knizhnik (Book)

*Supreme Court Justice Ruth Bader Ginsburg: I'm Not Going Anywhere* (Elle)

*What Ruth Bader Ginsburg Taught Me About Being a Stay-at-Home Dad* (The Atlantic)

## LISTEN

*No, Ruth Bader Ginsburg Does Not Intend To Retire Anytime Soon* (NPR)

*SCOTUS Edition: Muppets V. Supreme Court Justices* (Nerdette Podcast)

## WATCH

*When will there be enough women on the Supreme Court? Justice Ginsburg answers that question* (PBS)

*Exclusive Justice Ruth Bader Ginsburg interview* (MSNBC)

*Ruth Bader Ginsburg says she has quite a large supply of Notorious RBG shirts* (Time)

# **Dreamer's Notes**

# **Dreamer's Notes**

# AUGUST 2018



Notes

	Sunday	Monday	Tuesday
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# At a Glance



Wednesday	Thursday	Friday	Saturday
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

# JULY - AUGUST 2018

Monday **30**

For the ♥

Tuesday **31**

For the ♥

Wednesday **1**

For the ♥

For the \$

For the \$

For the \$

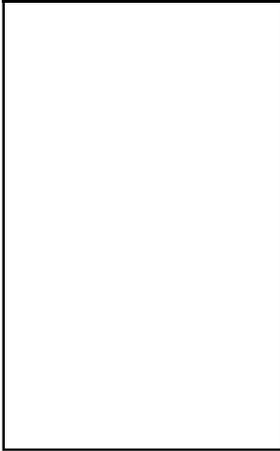
## *This week, I will squad up.*

Sometimes, you need the support of your friends to keep going. Talk to them and tell them what you need from them. Ask them to share a flyer to that event you're putting on, see if they can give you a recommendation for an accountant, question them about how they budgeted their last project. Whatever it is, the first step is to ask.

"When Sandra left, I was all alone... Now Kagan is on my left, and Sotomayor is on my right. ... and we're here to stay." - Ruth Bader Ginsburg

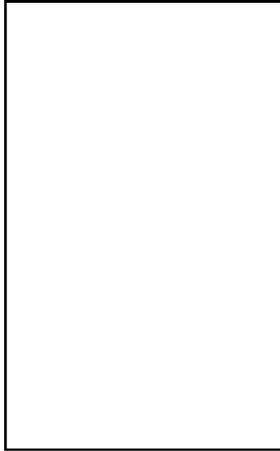
Thursday **2**

For the ♥



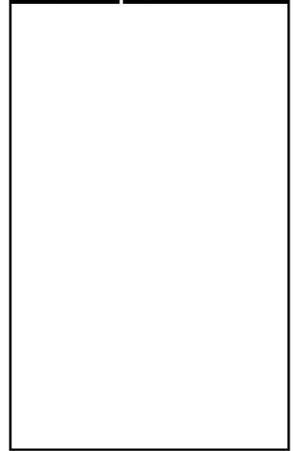
Friday **3**

For the ♥

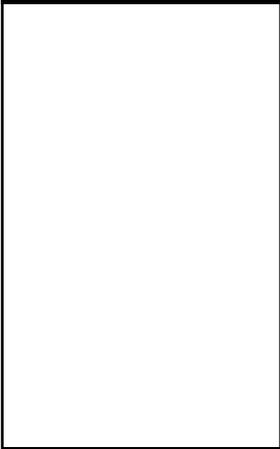


Saturday **4**

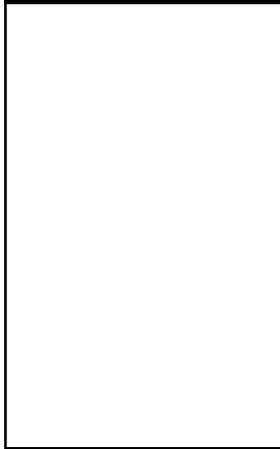
For My Self-Care



For the \$

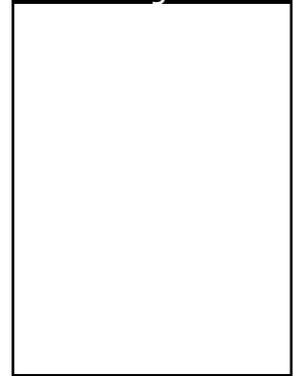


For the \$

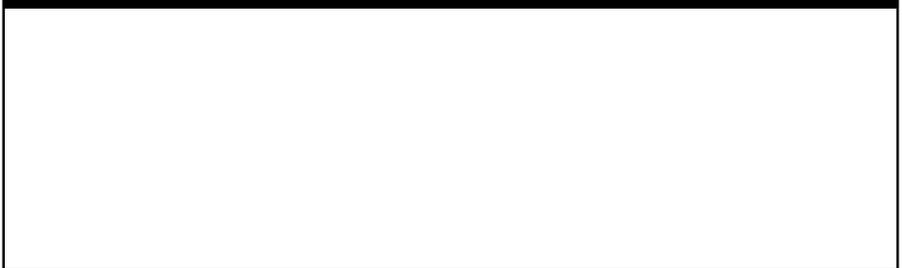


Sunday **5**

Recharge List



Next Week's Goals



# AUGUST 2018

Monday **6**

For the ♥

Tuesday **7**

For the ♥

Wednesday **8**

For the ♥

For the \$

For the \$

For the \$

*This week, I will be the example.*

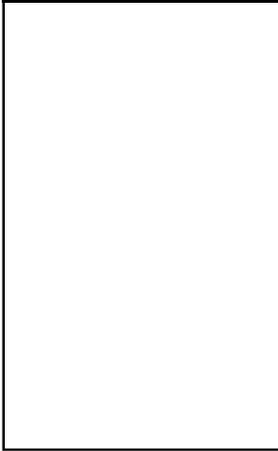
I used to complain a lot, saying my generation wasn't giving back enough to the kids in Chicago, but that wasn't fixing anything. So, I shut up and started doing the work, and then, other people close to me started doing the same, too.

How can you fight for the things you care about and encourage others to do the same?

"Fight for the things that you care about, but do it in a way that will lead others to join you." - Ruth Bader Ginsburg

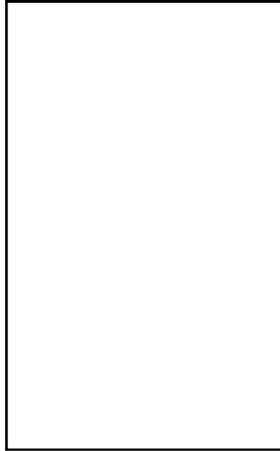
Thursday **9**

For the ♥



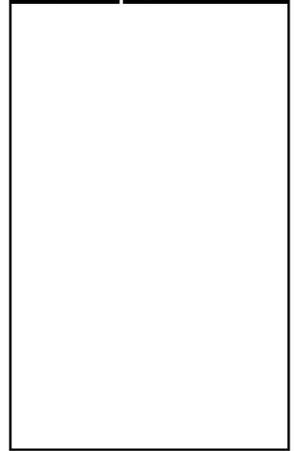
Friday **10**

For the ♥



Saturday **11**

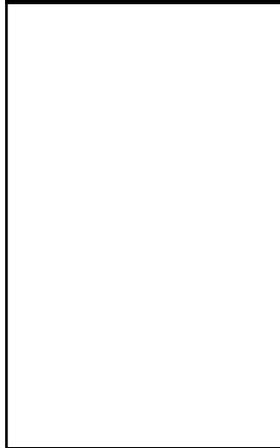
For My Self-Care



For the \$

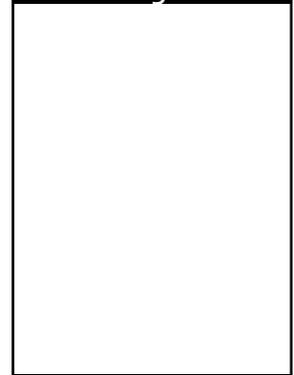


For the \$



Sunday **12**

Recharge List



Next Week's Goals



# AUGUST 2018

Monday **13**

For the ♡

Tuesday **14**

For the ♡

Wednesday **15**

For the ♡

For the \$

For the \$

For the \$

*This week, I will get in the trenches.*

To make real change, sometimes you've got to work in different rooms with people who have the power. RGB used women in male-dominated spaces as an example: women can't stay "in their own little corner empathizing with each other and not touching a man's world."

So, what rooms can you change from the inside? Find a way to get in them.

"If you're going to change things, you have to be with the people who hold the levers." - Ruth Bader Ginsburg

Thursday **16**

For the ♥

Friday **17**

For the ♥

Saturday **18**

For My Self-Care

For the \$

For the \$

Sunday **19**

Recharge List

Next Week's Goals

# AUGUST 2018

Monday **20**

For the ♡

Tuesday **21**

For the ♡

Wednesday **22**

For the ♡

For the \$

For the \$

For the \$

***This week, I will break the mold.***

One thing that Uber Chief Brand Officer Bozoma Saint John is known for is standing out. The former Apple Music exec is inspiring for many ways, but she doesn't try to fit into the white male-dominated world of Silicon Valley. She dresses how she wants, and talks like she wants, and stays true to herself even when she's the only one in the room who looks like her.

Think about how you can bring yourself to your industry, regardless of how different it may be.

"We should not be held back from pursuing our full talents, from contributing what we could contribute to the society, because we fit into a certain mold." - Ruth Bader Ginsburg

Thursday **23**

For the ♥

Friday **24**

For the ♥

Saturday **25**

For My Self-Care

For the \$

For the \$

Sunday **26**

Recharge List

Next Week's Goals

# AUGUST - SEPTEMBER 2018

Monday **27**

For the ♥

Tuesday **28**

For the ♥

Wednesday **29**

For the ♥

For the \$

For the \$

For the \$

*This week, I will be grateful.*

Early in her career, RGB was rejected by a law firm because it had already hired a woman – and didn't want another one. If she had've gotten that gig, she thinks, she probably would have just climbed the ladder and would have been retired by now.

There's something good in every rejection. Write down your list of recent ones, and next to it, the opportunity that it now affords. If you can't think about an opportunity now, make a note to revisit it at the end of the year.

"So often in life, things that you regard as an impediment turn out to be great good fortune." - Ruth Bader Ginsburg

Thursday **30**

For the ♥

Friday **31**

For the ♥

Saturday **1**

For My Self-Care

For the \$

For the \$

Sunday **2**

Recharge List

Next Week's Goals

## SEPTEMBER - MAJOR KEYS



“We go hard. In everything we do, we’re going to accomplish our victory and our goal. If it takes a day, a year, or 20 years, we’re going to win. I haven’t taken a loss because everything I’ve done has been a working process to win.”

- DJ Khaled

DJ Khaled is not new to music or entertainment. He debuted his first studio album over a decade ago and has produced tons of award-winning record and albums over the years.

But recently, he's been getting acknowledgements for much more than his contribution to music. The music mogul started giving his keys to success over Snapchat during the same time the social media platform started to expand its audience from primarily serving Gen Z.

At the time, people started going crazy about Khaled's "major keys." I mean, where else can you go for a daily dose of positivity, joy, and encouragement?

Khaled's pep talks to his fans have made him just as famous as his hit records. And it was just by giving out good energy, sharing positivity, and using his own path to encourage others to go out and get theirs.

## READ

*Bless up: How DJ Khaled became the year's most positive meme (The Verge)*

*DJ Khaled: How Hard Work & Humility (Plus Assists From Drake & Bieber) Put Him on Top (Billboard)*

*DJ Khaled Talks Hits, Hustle and Why He Still Gets Nervous Around Beyonce and Rihanna (Variety)*

## LISTEN

*DJ Khaled Throws us The Keys (NPR)*

*Why Is My Life So Hard? (Freakonomics Podcast)*

## WATCH

*DJ Khaled's Rap Radar Podcast Video (YouTube)*

*DJ Khaled Interview With The Breakfast Club (YouTube)*

*Cloth Talk : DJ Khaled Describes How His Whole Life Changed On Ebro in the Morning (YouTube)*

# **Dreamer's Notes**

# **Dreamer's Notes**

# SEPTEMBER 2018



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# At a Glance



Wednesday	Thursday	Friday	Saturday
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5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

# SEPTEMBER 2018

Monday **3**

For the ♡

Tuesday **4**

For the ♡

Wednesday **5**

For the ♡

For the \$

For the \$

For the \$

*This week, I will water my plants.*

At the end of the day, you're the only person responsible for your development and you're the only person who can put *you* on. So, with just a few months left in 2017, what can you do to grow your skills and talents?

"You gotta water your plants. Nobody can water them for you." - DJ Khaled

Thursday **6**

For the ♥

Friday **7**

For the ♥

Saturday **8**

For My Self-Care

For the \$

For the \$

Sunday **9**

Recharge List

Next Week's Goals

# SEPTEMBER 2018

Monday **10**

For the ♡

Tuesday **11**

For the ♡

Wednesday **12**

For the ♡

For the \$

For the \$

For the \$

*This week, I will kick the door open.*

Some industries have more gatekeepers than others, but we usually have the opportunity to make our own doors when people try to close us out. Are there areas you're struggling to get access to? Think about how you can make your own way.

"They'll try to close the door on you... Just open it." - DJ Khaled

Thursday **13**

For the ♥

Friday **14**

For the ♥

Saturday **15**

For My Self-Care

For the \$

For the \$

Sunday **16**

Recharge List

Next Week's Goals

# SEPTEMBER 2018

Monday **17**

For the ♡

Tuesday **18**

For the ♡

Wednesday **19**

For the ♡

For the \$

For the \$

For the \$

*This week, I will secure the bag.*

Money can get tight around the holidays. Stay focused. Think about ways you can make some extra cash while staying aligned with your dream goals.

"stay focused and secure your bag, because they want you to fail and they don't want us to win." - DJ Khaled

Thursday **20**

For the ♥

Friday **21**

For the ♥

Saturday **22**

For My Self-Care

For the \$

For the \$

Sunday **23**

Recharge List

Next Week's Goals

# SEPTEMBER 2018

Monday **24**

For the ♥

Tuesday **25**

For the ♥

Wednesday **26**

For the ♥

For the \$

For the \$

For the \$

*This week, I will check in with my circle.*

Spend some time checking in with your real friends and looking for ways to support each other. Having mini-mastermind meetings can help. Everyone can talk about what they're working toward and the group can give each person suggestions.

This time, though, put the focus on your friends and give them the opportunity to ask you for help.

"They kick you when you're down, but they wanna kick it when you're up."  
- DJ Khaled

Thursday **27**

For the ♥

Friday **28**

For the ♥

Saturday **29**

For My Self-Care

For the \$

For the \$

Sunday **30**

Recharge List

Next Week's Goals

# OCTOBER - FACING FEARS



“Saying yes for an entire year turned out to be one of the most amazing decisions I have ever made. It was also a little insane, a lot terrifying and sometimes wildly embarrassing.”

– **SHONDA RHIMES**

*Statement Announcing “Year of Yes”*

Shonda Rhimes, the television showrunner who was able to take over an entire night on ABC, says she never used to say yes to anything.

After her sister reminded her of this fact one day, Shonda embarked on a yearlong exploration in which she said yes to everything she was invited to do. The end result was her book, “Year of Yes: How to Dance It Out, Stand in the Sun and Be Your Own Person” – an instant New York Times bestseller that chronicles her journey of facing her fears and doing all these things she’d always been afraid to do.

In the book, Shonda talks a lot about all of the things she was terrified of doing, like public speeches, hanging out with the Obamas, and going on television herself.

But she did it all, showing that she could be just as fearless in her real life as she was with the fictional characters she so fluently created on paper and transformed into TV favorites.

## READ

*Year of Yes: How to Dance It Out, Stand in the Sun and Be Your Own Person* by Shonda Rhimes (Book)

*Network TV Is Broken. So How Does Shonda Rhimes Keep Making Hits?* (The New York Times)

*Shonda Rhimes on Power, Feminism, and Police Brutality* (Elle)

## LISTEN

*For A Year, Shonda Rhimes Said 'Yes' To All The Things That Scared Her* (NPR)

## WATCH

*Shonda Rhimes '91 Delivers Dartmouth's Commencement Speech* (YouTube)

*Shonda Rhimes Was Scared of Jimmy Kimmel Live* (YouTube)

*My year of saying yes to everything - Shonda Rhimes* (TED Talk)

# **Dreamer's Notes**

# **Dreamer's Notes**

# OCTOBER 2018



Notes

	Sunday	Monday	Tuesday
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# At a Glance



Wednesday	Thursday	Friday	Saturday
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24	25	26	27
31			

# OCTOBER 2018

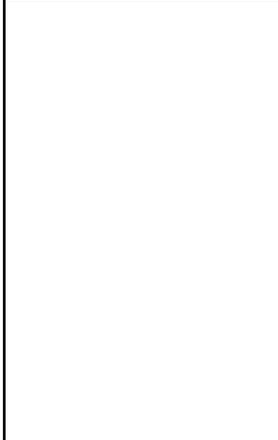
Monday **1**

For the ♥



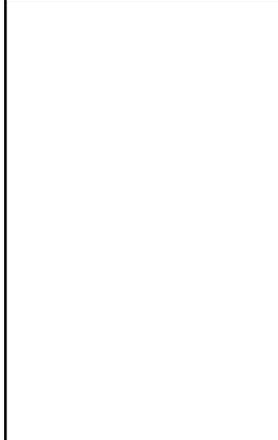
Tuesday **2**

For the ♥



Wednesday **3**

For the ♥



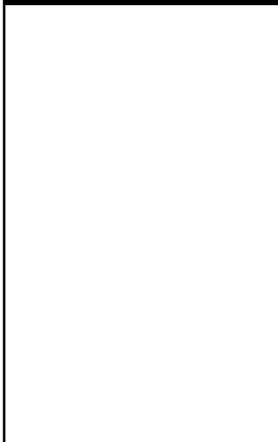
For the \$



For the \$



For the \$



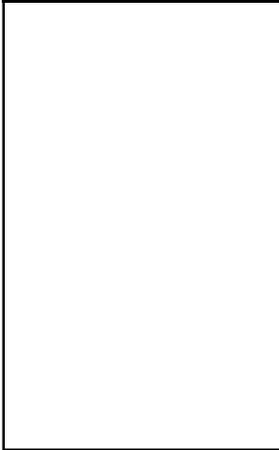
*This week, I will get up and go get it.*

It's the final quarter of 2017, but there's still time to put in work. Dedicate a certain number of hours for the rest of the year and start keeping track.

"Don't sit at home waiting for the magical opportunity. Who are you? Prince William? No. Get a job. Go to work." - Shonda Rhimes

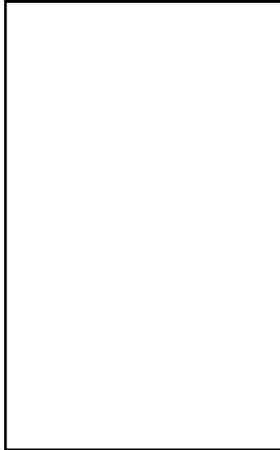
Thursday **4**

For the ♥



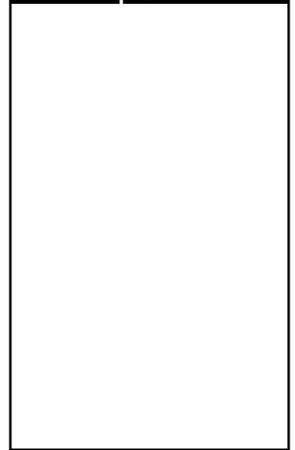
Friday **5**

For the ♥

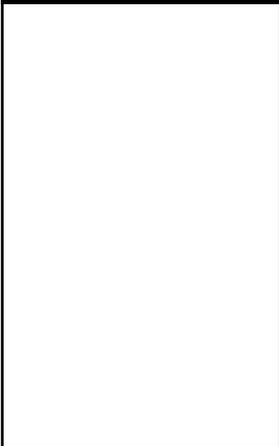


Saturday **6**

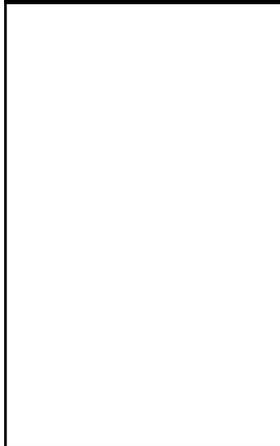
For My Self-Care



For the \$

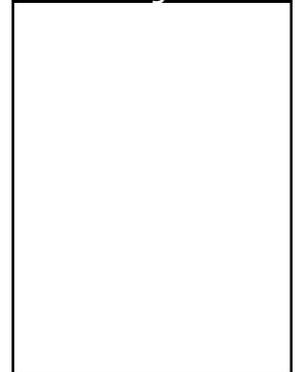


For the \$



Sunday **7**

Recharge List



Next Week's Goals



# OCTOBER 2018

Monday **8**

For the ♡

Tuesday **9**

For the ♡

Wednesday **10**

For the ♡

For the \$

For the \$

For the \$

*This week, I will keep growing.*

When was the last time you took a personal development class? Sign up for one today.

"I realized ... that success, fame, having all my dreams come true would not fix or improve me, it wasn't an instant potion for personal growth. " - Shonda Rhimes

Thursday **11**

For the ♥

Friday **12**

For the ♥

Saturday **13**

For My Self-Care

For the \$

For the \$

Sunday **14**

Recharge List

Next Week's Goals

# OCTOBER 2018

Monday **15**

For the ♥

Tuesday **16**

For the ♥

Wednesday **17**

For the ♥

For the \$

For the \$

For the \$

*This week, I will define my own dream.*

The more work you put in, the more you can continue to define and re-define what your dream work/job/project/career looks like. But, that decision is all on you. As you start to round out the year, check back in with your January notes and see how you can adjust those goals.

"The rule is: there are no rules. Happiness comes from living as you need to, as you want to. As your inner voice tell you to." - Shonda Rhimes

Thursday **18**

For the ♥

Friday **19**

For the ♥

Saturday **20**

For My Self-Care

For the \$

For the \$

Sunday **21**

Recharge List

Next Week's Goals

# OCTOBER 2018

Monday **22**

For the ♥

Tuesday **23**

For the ♥

Wednesday **24**

For the ♥

For the \$

For the \$

For the \$

*This week, I will get feedback.*

Honest feedback can be essential when it comes from someone you trust. Ask a knowledgeable source how you're doing and take it in.

"An honest opinion is priceless." - Shonda Rhimes

Thursday **25**

For the ♥

Friday **26**

For the ♥

Saturday **27**

For My Self-Care

For the \$

For the \$

Sunday **28**

Recharge List

Next Week's Goals

# OCTOBER - NOVEMBER 2018

Monday **29**

For the ♥

Tuesday **30**

For the ♥

Wednesday **31**

For the ♥

For the \$

For the \$

For the \$

*This week, I will find my tribe.*

You probably have family and friends, but what about a work tribe? A lot of times, those closest to us don't understand our work, and that's OK. Instead of trying to squeeze square pegs into round holes, find a tribe that gets it. They don't have to be your best friends, though. You already have people for that.

"Your tribe of people, they are out there in the world. Waiting for you."  
- Shonda Rhimes

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

# NOVEMBER - CULTIVATE GRATITUDE



“In the latter years of your life, your happiness and your self-esteem will be determined by the mountains you surmounted, the valleys you climbed out of, and the life and/or career that you forged for yourself.”

– **MAYA ANGELOU**

*Rainbow in the Cloud: The Wisdom and Spirit of Maya Angelou*

Maya Angelou will forever be an iconic staple and an example of someone who seemingly could do anything.

Aside from being an amazing writer and poet whose captivating work has enthralled generation after generation, she was also a civil rights activist, a dancer, a singer, a journalist, a professor, and a million other amazing things that require a great ton of talent.

She's one person who doesn't need much introduction, but we can take some time to follow her lead on being thankful and how to cultivate that gratitude to live happier lives.

# Recommended

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

## READ

*I Know Why the Caged Bird Sings* by Maya Angelou (Book)

*Why Maya Angelou Disliked Modesty* (The Atlantic)

*Life's Work: An Interview with Maya Angelou* (Harvard Business Review)

*Your Life's Baggage Part 1: What are you carrying?*  
(Psychology Today)

## LISTEN

*The Science of Gratitude* (WNYC Special)

*Gratitude* (Snap Judgment)

## WATCH

*Dr. Maya Angelou's 3-Word Secret to Living Your Best Life*  
(Oprah's Master Class Clip on YouTube)

*Nature. Beauty. Gratitude.* - Louie Schwartzberg (TED Talk)

# **Dreamer's Notes**

# **Dreamer's Notes**

# NOVEMBER 2018



Notes

	Sunday	Monday	Tuesday
	4	5	6
	11	12	13
	18	19	20
	25	26	27

# At a Glance



Wednesday	Thursday	Friday	Saturday
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	

# NOVEMBER 2018

Monday **5**

For the ♡

Tuesday **6**

For the ♡

Wednesday **7**

For the ♡

For the \$

For the \$

For the \$

*This week, I will be thankful for those I love.*

When times get tough, the support of loved ones often helps us get through them. This week, write thank-you letters to those whose support has been invaluable this year.

"My great hope is to laugh as much as I cry; to get my work done and try to love somebody and have the courage to accept the love in return." - Maya Angelou

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

# NOVEMBER 2018

Monday **12**

For the ♥

Tuesday **13**

For the ♥

Wednesday **14**

For the ♥

For the \$

For the \$

For the \$

*This week, I will be thankful for what I have.*

Psychological studies show that gratitude can be cultivated – if not automatic – and that people who strive to be thankful are more content. This week, think about all of the wonderful things that have happened to you in 2018 so far. Write each on an index card and file it away. When you get frustrated, pull your cards out and see just how good your life really is.

Now, on another set of cards, write down things you're anticipating. As they happen, file them away with your gratitude cards.

"Be present in all things and thankful for all things." - Maya Angelou

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

# NOVEMBER 2018

Monday **19**

For the ♡

Tuesday **20**

For the ♡

Wednesday **21**

For the ♡

For the \$

For the \$

For the \$

*This week, I will be thankful for my peace.*

Clearing the mind is so essential. It improves your productivity, helps you make sound decisions, and allows you to remove anxiety and stress from your thought process. You only need 15 minutes to get yourself together so that you can get back to finishing what you need to do. Writing coach Carolyn Roark, Ph.D. suggests this formula:

5 minutes of physical activity, 4 minutes of gratitude, 3 minutes of meditation, 2 minutes of silence, and 1 minute of deep breathing

"Stormy or sunny days, glorious or lonely nights, I maintain an attitude of gratitude." - Maya Angelou

Thursday **22**

For the ♥

Friday **23**

For the ♥

Saturday **24**

For My Self-Care

For the \$

For the \$

Sunday **25**

Recharge List

Next Week's Goals

# NOVEMBER - DECEMBER 2018

Monday **26**

For the ♡

Tuesday **27**

For the ♡

Wednesday **28**

For the ♡

For the \$

For the \$

For the \$

*This week, I will be thankful for the load.*

Everyone has baggage. In an article for Psychology Today, Claudia Black M.S.W., Ph.D. gives tips for unpacking your life's baggage. Ask yourself: What are you carrying? How long have you been carrying them? Who packed the bags? Do these bags still serve their purpose?

Black says to then visualize how this metaphorical baggage would look – is it like a light backpack or more like a large trunk – and then ask yourself: Metaphorically, what does that mean to you? How might you want to change the exterior of your bags? What would that change reflect?

"You may not control all the events that happen to you, but you can decide not to be reduced by them." - Maya Angelou

Thursday **29**

For the ♥

Friday **30**

For the ♥

Saturday **1**

For My Self-Care

For the \$

For the \$

Sunday **2**

Recharge List

Next Week's Goals

# DECEMBER - MOMENT OF CLARITY



“I can’t help the poor if I’m one of them, so I got rich and gave back. To me, that’s the win-win.”

- JAY-Z

*Moment of Clarity*

When was the last time you had a real moment of clarity? A time when you knew that a move was best for you?

Rapper/businessman/all-around mogul JAY-Z got a lot of slack in the past for the content of his rap lyrics. As he got more popular, folks accused him of trying to be too commercial and focusing on music that would sell records compared to his early days of rapping (re: 1996's *Reasonable Doubt*).

But, you could understand how for a kid from Marcy projects, it would be essential to make sure that your family – and its future generations – would never have to worry about money again.

And now, although his lyricism may be debatable,\* his bank account is not. JAY and his wife (a.k.a. the QUEEN of all QUEENS) have proven a serious commitment to charitable giving in everything from natural disaster relief efforts for places like New Orleans, Haiti, and Puerto Rico to smaller, and sometimes unnoticeable, actions like bailing out incarcerated dads for Father's Day.

Over 36 million records sold and billions of dollars of money-making moves later, JAY-Z has shown that above all else he knows what's best for him and his dreams. Period.

So, what about you? Going into a brand new year, what's your moment of clarity looking like and what goals do you need to set to get where you need to be?

\*I'm JAY-Z's biggest fan. His lyricism isn't debatable to me either ... like ever. :)

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# Recommended

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

## READ

*Decoded* by JAY-Z (Book)

*unlabel: Selling You Without Selling Out* by Marc Ecko (Book)

*The Dream Is Real* by Kenny Burns (Book)

## LISTEN

*How to Get More Grit in Your Life* (Freakonomics Podcast)

*How Not to Pitch a Billionaire* (Startup Podcast)

"Mon Ami Ta-Nehisi" (Act Two of *This American Life* Podcast Episode 573: status update)

## WATCH

JAY-Z on the Difficulty of Staying True to Oneself (Oprah's Master Class Clip)

"Poverty isn't a lack of character; it's a lack of cash" - Rutger Bregman (TED Talk)

JAY-Z's Rap Radar Podcast Videos (Parts 1 and 2 now on YouTube)

# **Dreamer's Notes**

# **Dreamer's Notes**

# DECEMBER 2018



Notes

	Sunday	Monday	Tuesday
	2	3	4
	9	10	11
	16	17	18
	23 30	24 31	25

# At a Glance



Wednesday	Thursday	Friday	Saturday
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

# DECEMBER 2018

Monday **3**

For the ♡

Tuesday **4**

For the ♡

Wednesday **5**

For the ♡

For the \$

For the \$

For the \$

*This week, I will finish strong.*

2017 may be close to over, but there's still time left to do some good work. Finish strong.

What you can realistically complete this year:

What's important enough to roll to 2018:

"The pressure's on, but guess who ain't gon' crack?" - JAY-Z, *Diamonds*  
From *Sierra Leone (Remix)*

Thursday **6**

For the ♥

Friday **7**

For the ♥

Saturday **8**

For My Self-Care

For the \$

For the \$

Sunday **9**

Recharge List

Next Week's Goals

# DECEMBER 2018

Monday **10**

For the ♡

Tuesday **11**

For the ♡

Wednesday **12**

For the ♡

For the \$

For the \$

For the \$

*This week, I will keep building.*

Next year will be another powerful, life-changing year. Highlight your top three goals for 2018:

- 1.
- 2.
- 3.

"Everyone needs a chance to evolve." - JAY-Z, Decoded

Thursday **13**

For the ♥

Friday **14**

For the ♥

Saturday **15**

For My Self-Care

For the \$

For the \$

Sunday **16**

Recharge List

Next Week's Goals

# DECEMBER 2018

Monday **17**

For the ♡

Tuesday **18**

For the ♡

Wednesday **19**

For the ♡

For the \$

For the \$

For the \$

*This week, I will focus on my presence.*

After a hectic year, take time for yourself and for those that you care about. Commit to doing:

- Something for yourself
- Something for your family and friends
- Something for your community

"All I need is the love of my crew. The whole industry can hate me, I thugged my way through" - JAY-Z, All I Need

Thursday **20**

For the ♥

Friday **21**

For the ♥

Saturday **22**

For My Self-Care

For the \$

For the \$

Sunday **23**

Recharge List

Next Week's Goals

# DECEMBER 2018

Monday **24**

For the ♡

Tuesday **25**

For the ♡

Wednesday **26**

For the ♡

For the \$

For the \$

For the \$

*This week, I will celebrate.*

Never forget to celebrate! Pop a bottle and list at least three celebratory actions to take before 2019:

- 1.
- 2.
- 3.

"On to the next one. Somebody call the waitress." - JAY-Z, *On To the Next One*

Thursday **27**

For the ♥

Friday **28**

For the ♥

Saturday **29**

For My Self-Care

For the \$

For the \$

Sunday **30**

Recharge List

Next Week's Goals

# DECEMBER - JANUARY 2018

Monday **31**

For the ♡

Tuesday **1**

For the ♡

Wednesday **2**

For the ♡

For the \$

For the \$

For the \$

*This week, I will celebrate.*

Never forget to celebrate! Pop a bottle and list at least three celebratory actions to take before 2019:

- 1.
- 2.
- 3.

"On to the next one. Somebody call the waitress." - JAY-Z, *On To the Next One*

Thursday **3**

For the ♥

Friday **4**

For the ♥

Saturday **5**

For My Self-Care

For the \$

For the \$

Sunday **6**

Recharge List

Next Week's Goals





