



MIRACLE MONTH

PLANNER

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HELLO, BEAUTIFUL SOUL!

I'm so excited you're here and ready to create your Miracle Month!

If we haven't met before, I'm so happy to welcome you. :)

Here's something I know to be true:

It's easy to fall off the bandwagon.

One moment we're feeling motivated and making progress... the next, we're overwhelmed, disconnected from our goals, and wondering where the time has gone. But just because we fall off doesn't mean we can't get back on.

In fact, getting back on track, again and again, is how we create real momentum.

Whatever your goals are whether personal, professional, or somewhere in between you have the power to shift your energy, reconnect with your vision, and create real change.

That's what this planner is here to help you do.

To help you reset, refocus, and take simple, aligned action toward the things that matter most - one day at a time.

If that sounds good to you, then let's dive in... starting with a few Miracle Month rules to guide the journey.



STEP 1

THIS IS AN INTERVENTION

I don't believe this challenge has made its way into your life by accident. It's an intervention. A gentle nudge to help you get back on track and into flow.

So the first rule of this challenge is simple: **commit to it**. Make the decision to show up for yourself every day for the next 30 days. Come rain or shine, choose to stick with it. Choose to follow through. Choose you.

This is your time. This is your space. This is for you, to feel good, reconnect with what matters, and create your version of a miraculous month. So commit, and let the magic unfold.

STEP 2

IMMERSE YOURSELF

Immerse yourself in creating **a new reality** for yourself. One where you're in flow, feeling good, and showing up with intention.

Remember, you are the only one who gets to choose how you feel. So over the next 30 days, do all you can to reconnect with your big dreams and the version of you who is ready to make them happen.

You've got this. Reconnected with your big dreams and goals. You can do this.

STEP 3

HAVE FUN

This challenge is about helping you get back into **flow**. It's here to help you feel good, reconnect with your dreams, and take inspired action toward what you really want.

So let it be fun. Let it feel light. Enjoy the process.

READY TO GET STARTED? GOOD. LET'S GO.

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The first step on your journey to reconnect with your goals is to give yourself space to dream.

Sometimes life feels noisy. We have so many thoughts swirling around that it's hard to focus on what we truly want - and that can leave us feeling scattered and stuck.

So take some time right now, even if it's just 5 minutes, to do a dream brain dump.

Think about what you want to create, experience, and call into your life. Write it all down below.

Let yourself dream in every direction. Anything you desire is welcome here.

No pressure. No limits. *Just let it flow.*

I CAN & I WILL. WATCH ME.



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While it's powerful to dream big and stretch your imagination, getting out of a funk and into flow doesn't happen through dreaming alone.

Real change comes from consistent, intentional action; showing up for yourself day in and day out.

That's why this simple ***Daily Success Routine*** is designed to help you take aligned action every day for the next 30 days.

These small steps will help you shift your energy, reconnect with your goals, and create momentum in the direction you want to go.

It's time to get back on track - one day at a time.

DAILY SUCCESS ROUTINE

To help you get out of the funk and back into flow, ***it's important to be intentional about the actions you take each day.***

That's why we've included a ***Daily Routine Checklist*** on the final page of this workbook - to help you stay focused, feel good, and make consistent progress toward your goals.

Print it out, stick it somewhere you'll see it often, and check off each step as you complete it. These small, daily actions will help you realign, recharge, and build the momentum you've been craving.

Stick with it, and I promise, you'll be amazed at what you can achieve.



MORNING VISUALISATION

Spend 5 to 10 minutes vividly visualising one of your dreams. Let yourself get lost in the vision.

Use your imagination to bring it to life as if it's already happening.

What can you see? What can you hear? What do you feel?

This is your time to experience the joy of having what you truly want. Strengthen your mindset by practising this daily - it's one of the most powerful ways to create a reality you love.



GET FOCUSED

Spend 5 to 10 minutes getting clear on your day ahead.

What are your top goals for today? What do you want to accomplish? What tasks need your attention, and when will you get them done?

Give yourself direction before the day begins. Use the Daily Planner to map it all out and set yourself up for success.



GROW YOURSELF

Spend 5 to 10 minutes today on personal development.

That might mean watching an inspiring video on YouTube, listening to a podcast, reading a blog post, or diving into a chapter of a book.

Whatever you choose, take time to learn something new and nurture your mindset. Growth starts with you.



TAKE ACTION

Discipline yourself to do what needs to be done today.

To help you stay on track, set a reminder on your phone to go off every hour or at key moments during your day.

When it does, pause and check in with yourself.

How is your day going?

What have you been focusing on?

Is it aligned with what you set out to do?

Use this as a gentle reset. Refocus and keep moving forward with intention.



HAVE FUN

Every day, take a moment to get intentional about how you're going to have fun and feel good.

Joy is powerful. Feeling good is transformational. So don't leave it to chance, make it part of your plan.

What will you do today to bring in more fun, lightness, and joy?



MOVE YOUR BODY

If you can, get your body moving - it's one of the quickest ways to shift your energy and get back into flow.

Even if you just stand up and dance around for five minutes, do it. Stretch, walk, shake it out... whatever feels good.

Find ways to move your body in a way that is possible for you, and get your heart pumping. You'll feel the difference.



FIND QUIET

Spend 5 to 10 minutes in stillness.

Step outside or find a quiet space and simply focus on your breath. Breathe deeply. Relax. Let the noise fall away.

Be in the moment.

Notice your heartbeat.
Feel your hands, your fingers, your breath moving in and out.

Tune in with yourself. This is your reset - your reminder that peace is always available when you pause and listen.



BE GRATEFUL

Think of 3 things you're most grateful for today and really feel the gratitude spread throughout your body. Be thankful for the wonderful things that happen in your day - even it's just that you're here, breathing and living.

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DAILY ROUTINE TRACKER

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAILY HABITS



Morning visualisation



Get focused



Grow yourself



Take action



Have fun



Move your body



Find quiet



Be grateful

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I CAN & I WILL.
WATCH ME.



Message from Shani, the confidence & clarity coach!

Hello, Beautiful Soul,

I hope you enjoyed this **Miracle Monthly** and that it gave you space to reflect, plan, and move with renewed confidence. 🌱

I believe growth happens when structure meets intention — and that's why I chose to share this roadmap with you. My wish is that it reminds you that progress can be peaceful, and that every step you take toward your goals matters.

Stay encouraged, stay grounded, and remember: you don't have to rush your rise.

✨ For more tools, guidance, and inspiration, visit:

www.shanitoeflyogalove.com

Here to cheer you on and support your growth journey!

Shani xx