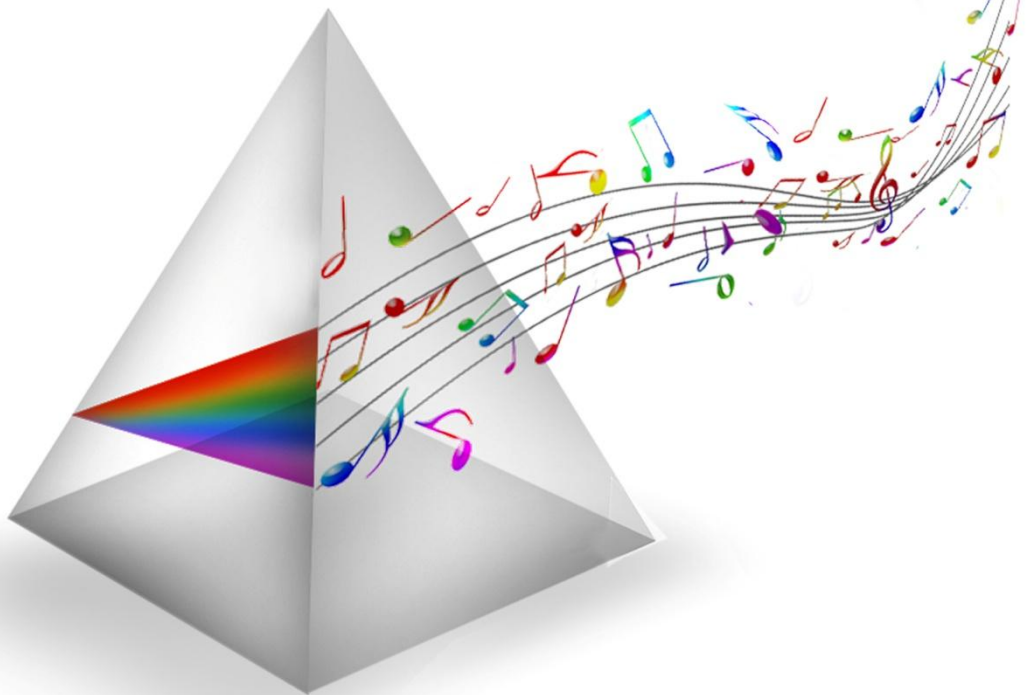


# The Music Inside

FREE

**Daily, Weekly and Monthly  
Activities**



Jenny Clift

Welcome!

Thank you SO much for downloading this resource. I really hope you find it useful. I have created it especially for your personal use, so please only print one copy. Please do not make photocopies of your copy and distribute them yourself.

If you feel inspired to, please share "The Music Inside" with your friends, so they can get their own copy and enjoy and benefit from these free resources as well. ☺ Here's the Amazon link that you can use: <http://amzn.to/1PNFak8>

(BTW, this is an affiliate link which means that if someone buys the book using this link I will be paid a tiny amount of extra money...without affecting the price for the purchaser. ☺)

If you have any comments or questions please don't hesitate to contact me at [jenny@jennyclift.com](mailto:jenny@jennyclift.com) .

For more articles, resources and information please visit my website [www.jennyclift.com](http://www.jennyclift.com) .

It's thrilling for me to think that real people are reading my book and benefitting from these resources and I'd love to hear from you.

Here's to the music inside all of us!!

*Jenny*



## Daily Activities

*Use this space to note down the activities you plan to do today:*

***Today's Date:***

***Circle any activities which you don't complete to do for tomorrow....***

## Weekly Activities

*Use this chart to plan what you will do this week. Add more as things come up.*

	<i>Activities</i>	<i>Done?</i>
<b>MON</b>		
<b>TUES</b>		
<b>WED</b>		
<b>THURS</b>		
<b>FRI</b>		
<b>SAT</b>		
<b>SUN</b>		
	<b><i>Circle any activities which you haven't completed. Ask yourself 'Why?' they weren't done. Do you have to do some clearing, break them up into smaller, more doable tasks, or, can they be left up to the Universe?</i></b>	

## Monthly Activities

*Use this chart to plan what activities you will do this month. Add more as they come up. Tip: You will find there are more closer to you (in time). Be flexible too. Roll with the punches! (Tippex is very helpful!)*

<b>Month:</b>	<b>Year:</b>	<b>Done:</b>
<b>Week 1</b>		
<b>Week 2</b>		
<b>Week 3</b>		
<b>Week 4</b>		
<b>+</b>		