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She is clothed with  
strength and  
dignity, and  
she laughs without  
fear of the future."  
— Proverbs 31:25





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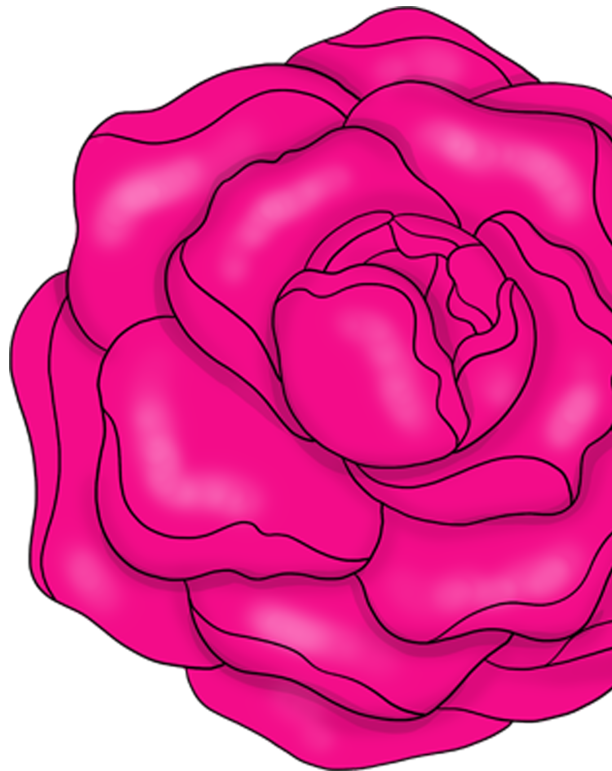
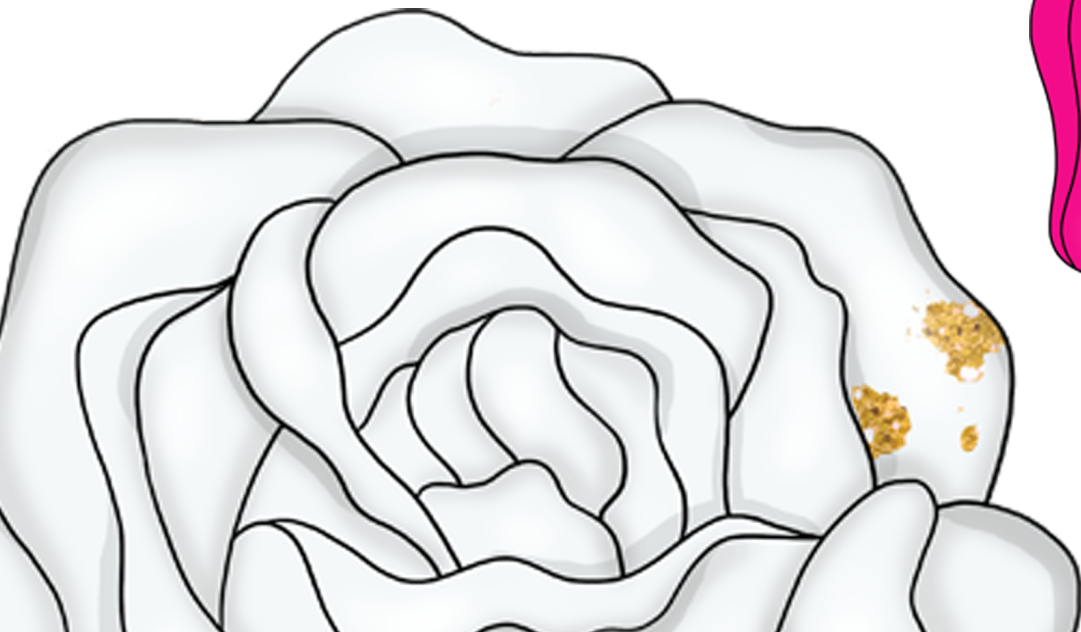
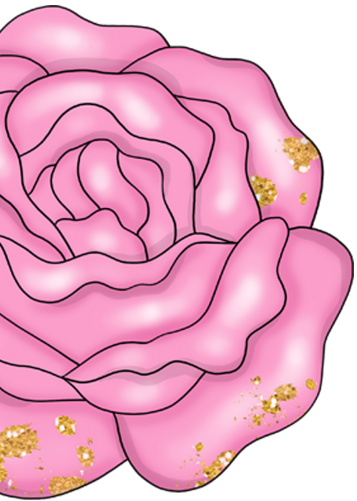
Jill and the team



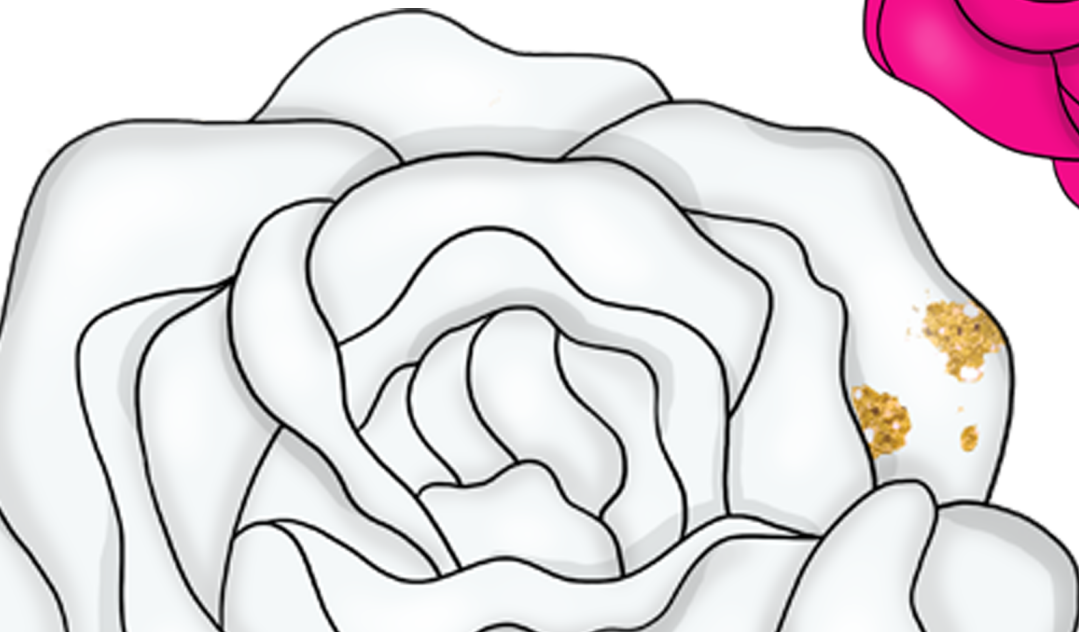
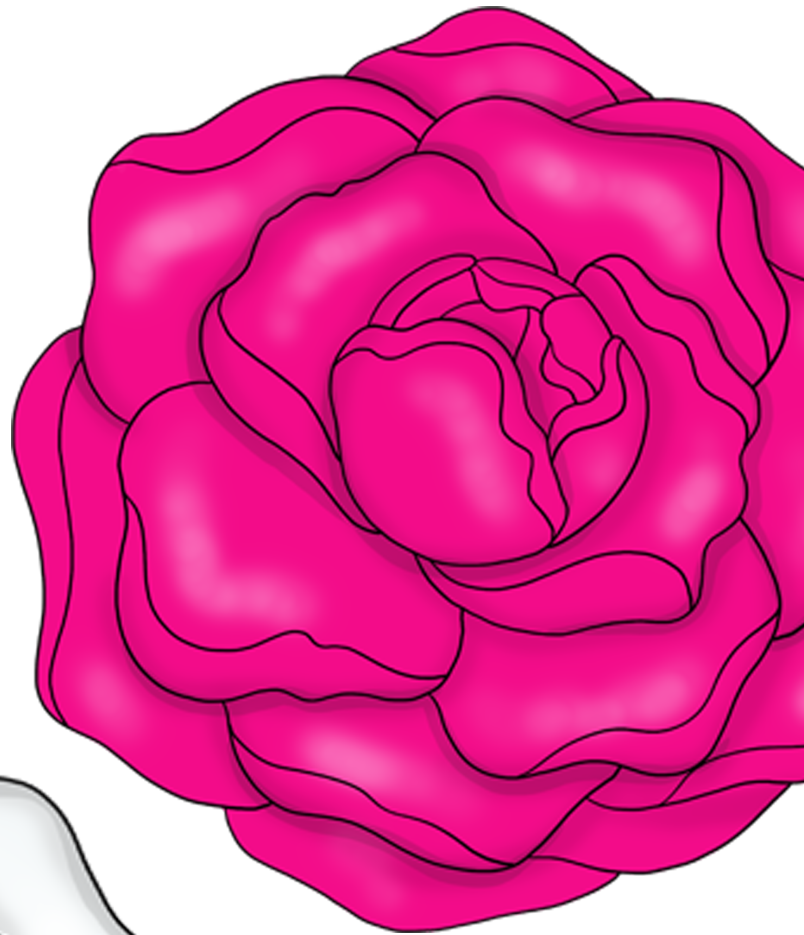
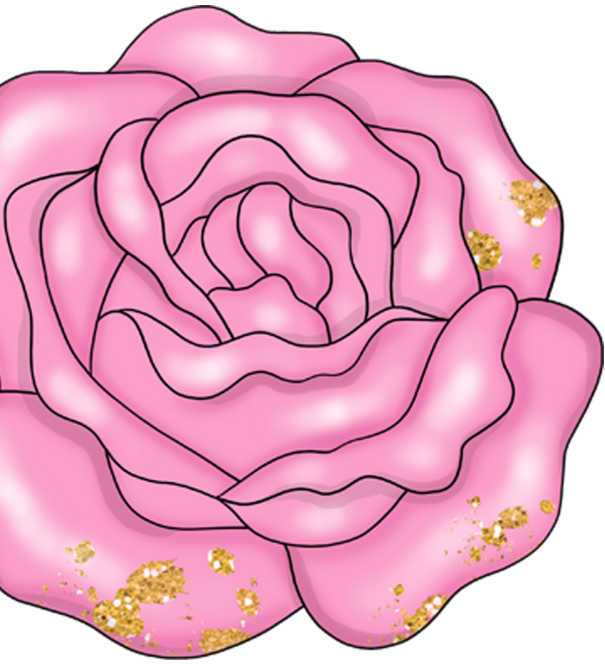
# Credit



I know my worth. I  
embrace my power. I say  
if I'm beautiful. I say if  
I'm strong. You will not  
determine my story. I  
will." — Amy Schumer

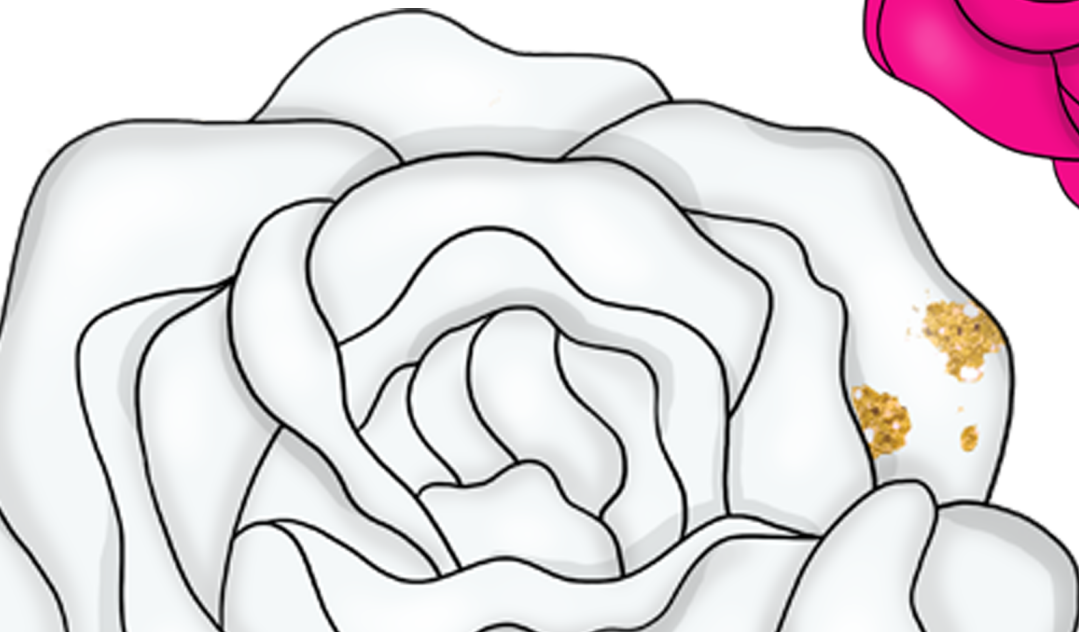
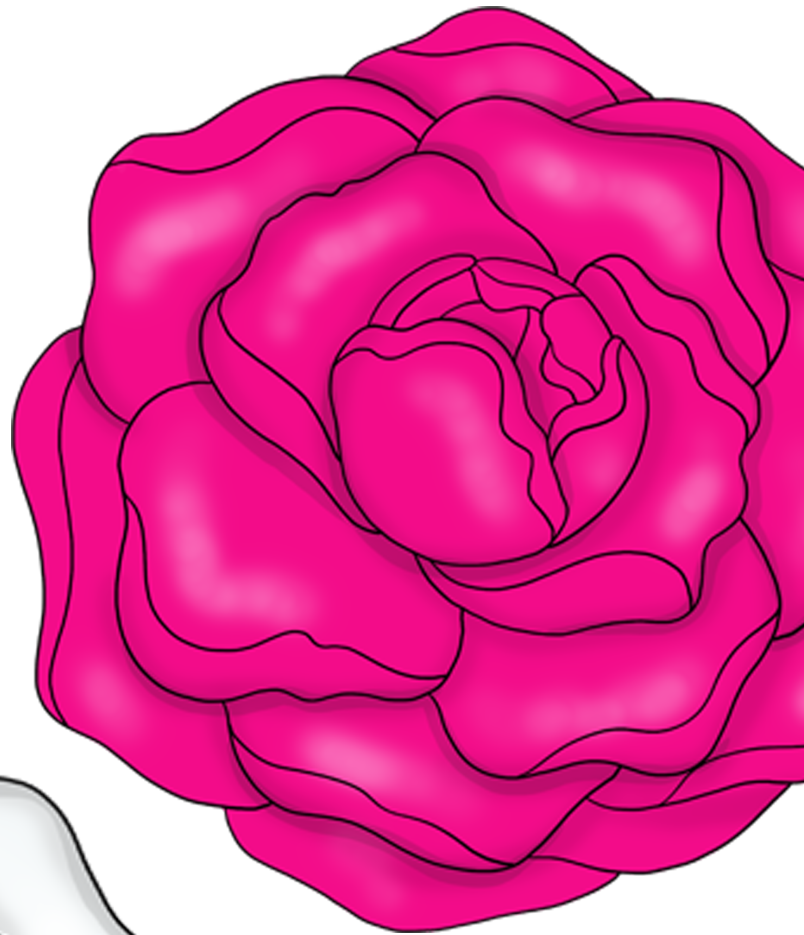
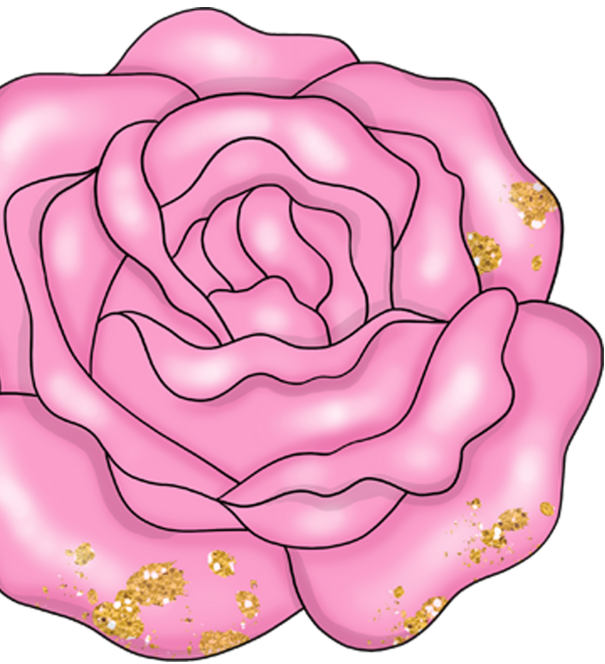


"Learn to embrace your own unique beauty, celebrate your unique gifts with confidence. Your imperfections are actually a gift." — Kerry Washington

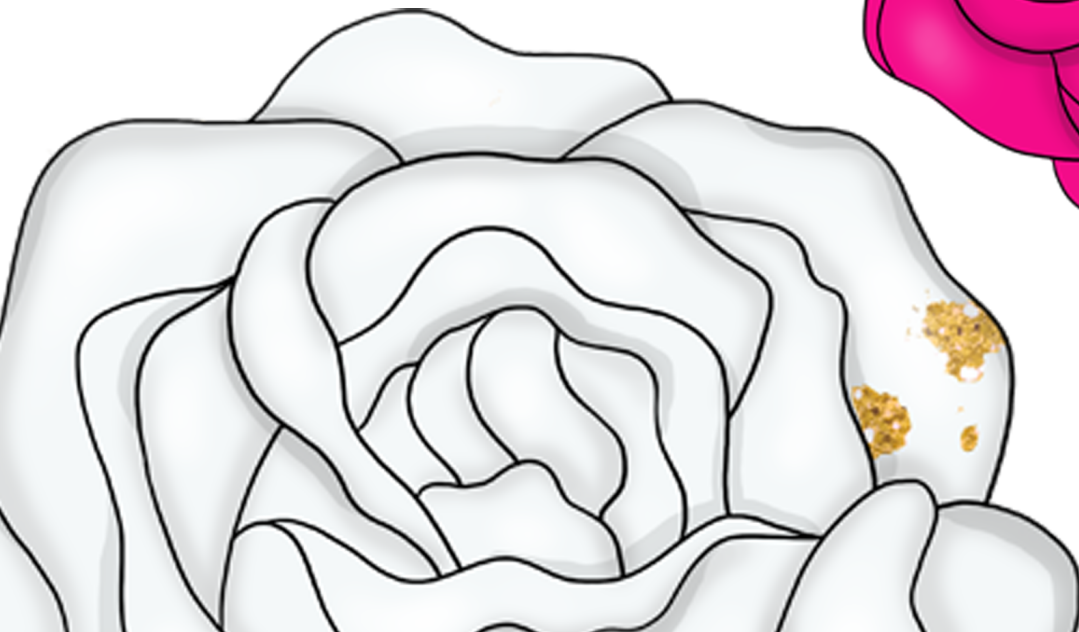
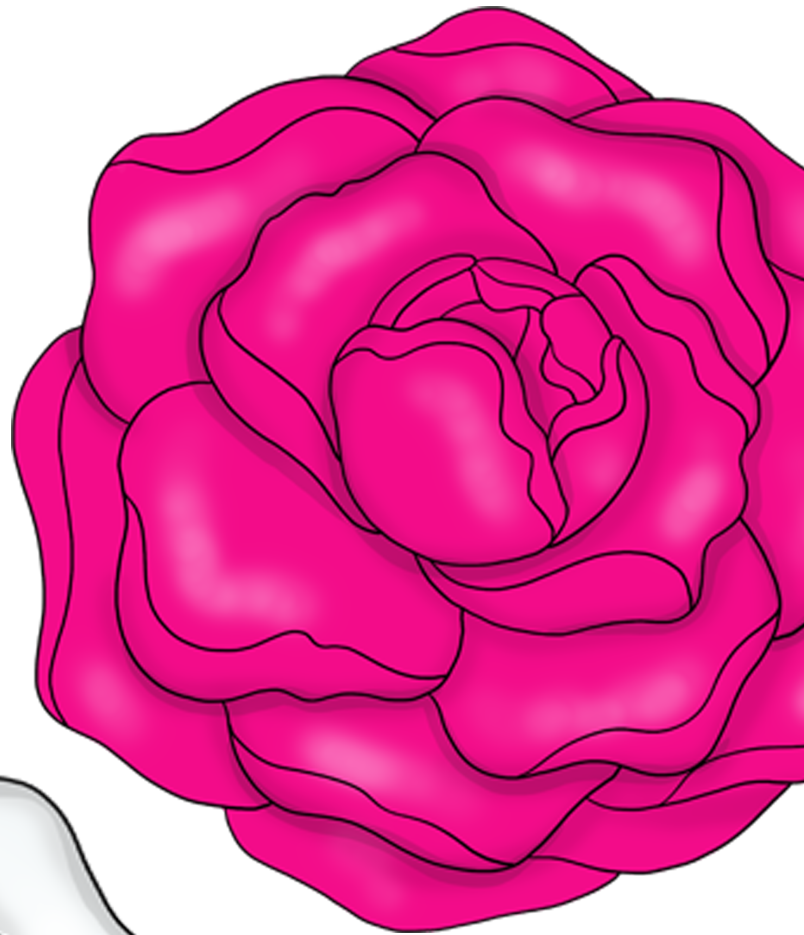
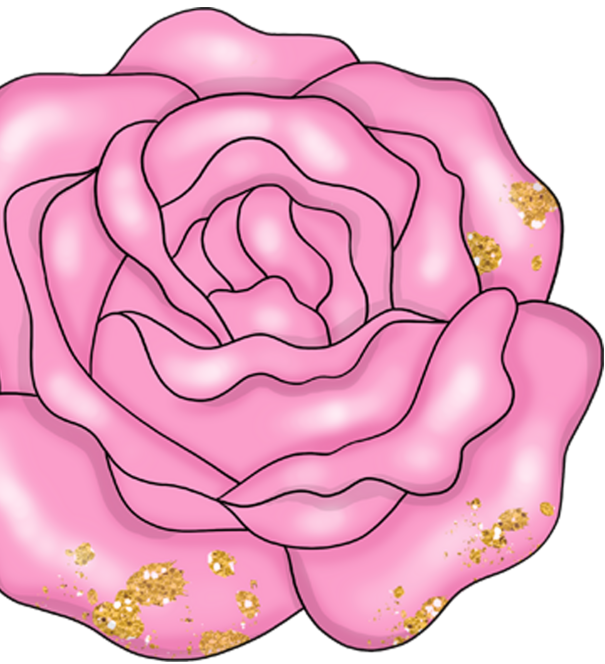




One of the most courageous things you can do is identify yourself, know who you are, what you believe in, and where you want to go." – Sheila Murray Bethel

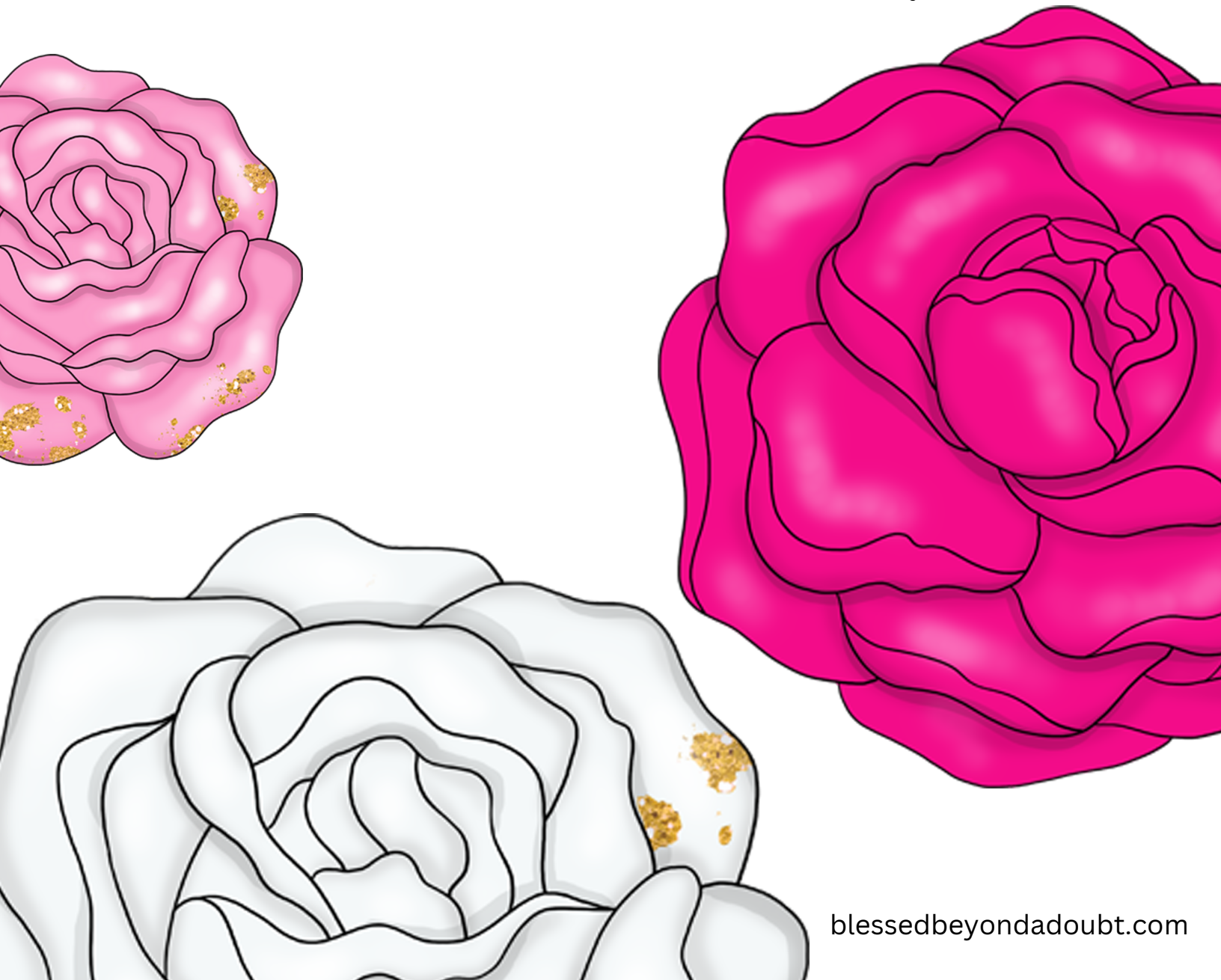


“Each time a woman stands up  
for herself, she stands up  
for all women.”  
– Maya Angelou



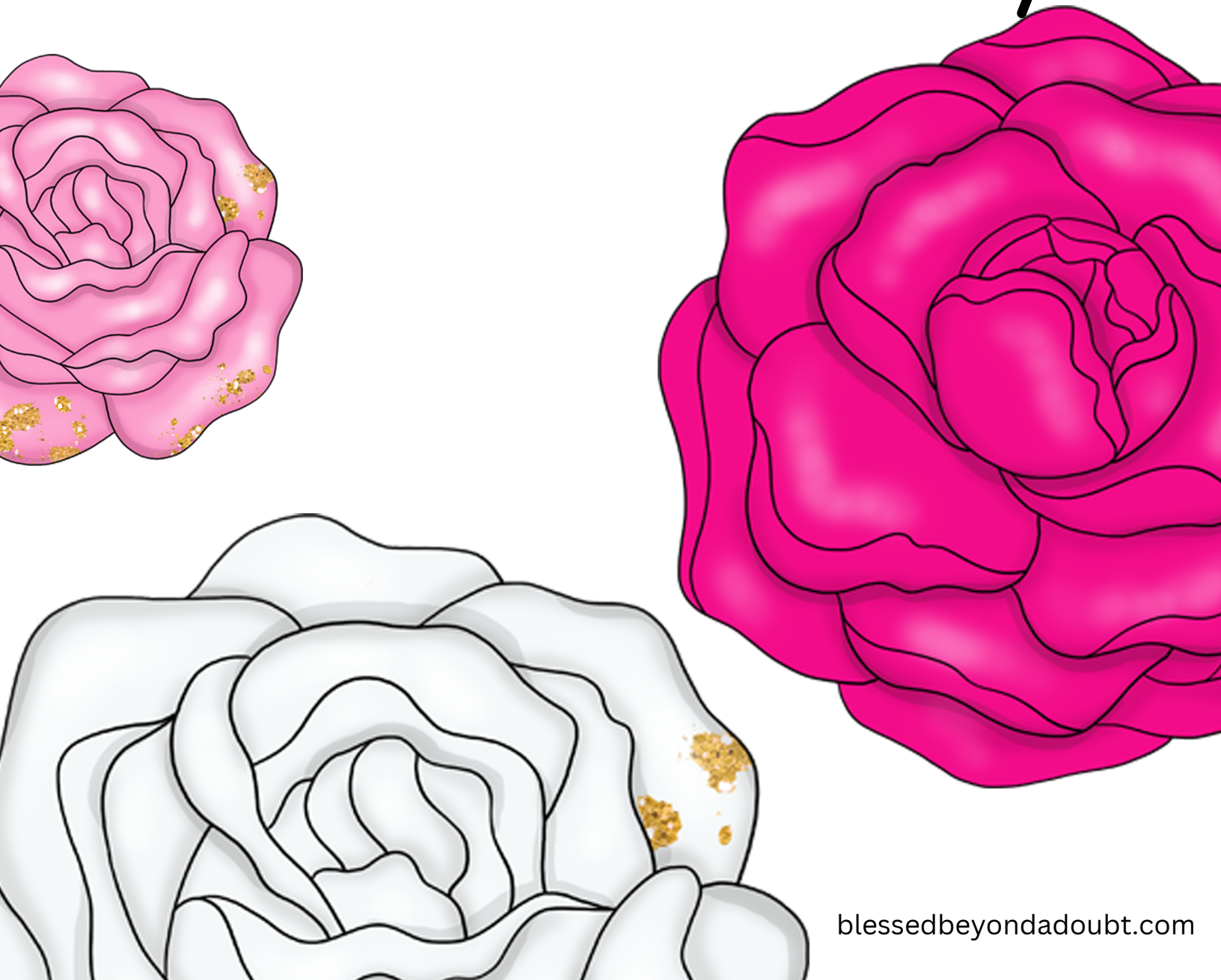


I encourage women to  
step up. Don't wait for  
somebody to ask you."  
— Reese Witherspoon

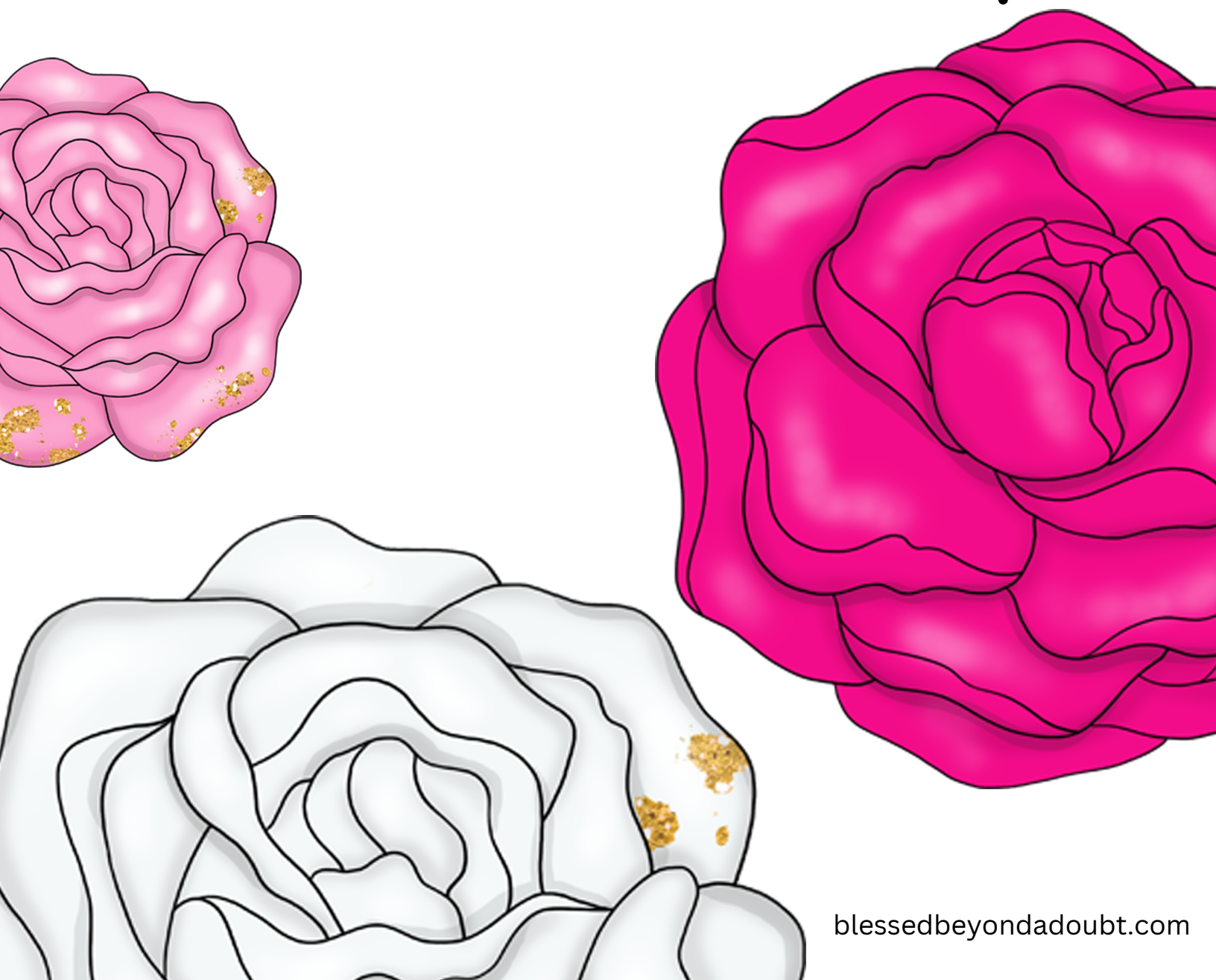




"Don't waste your energy  
trying to change  
opinions... Do your thing  
and don't care if they  
like it." — Tina Fey

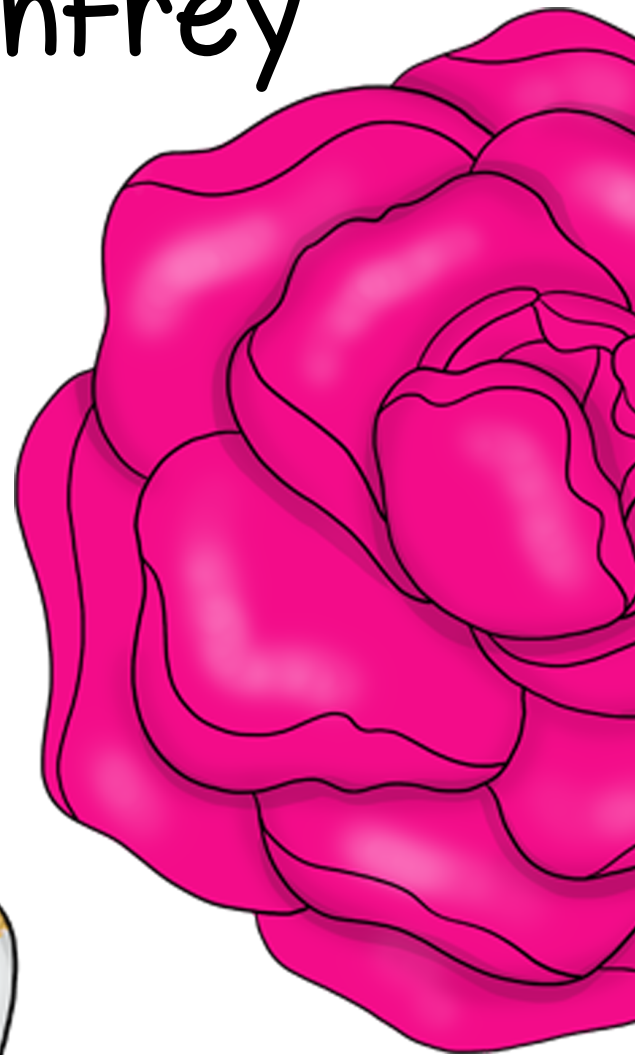
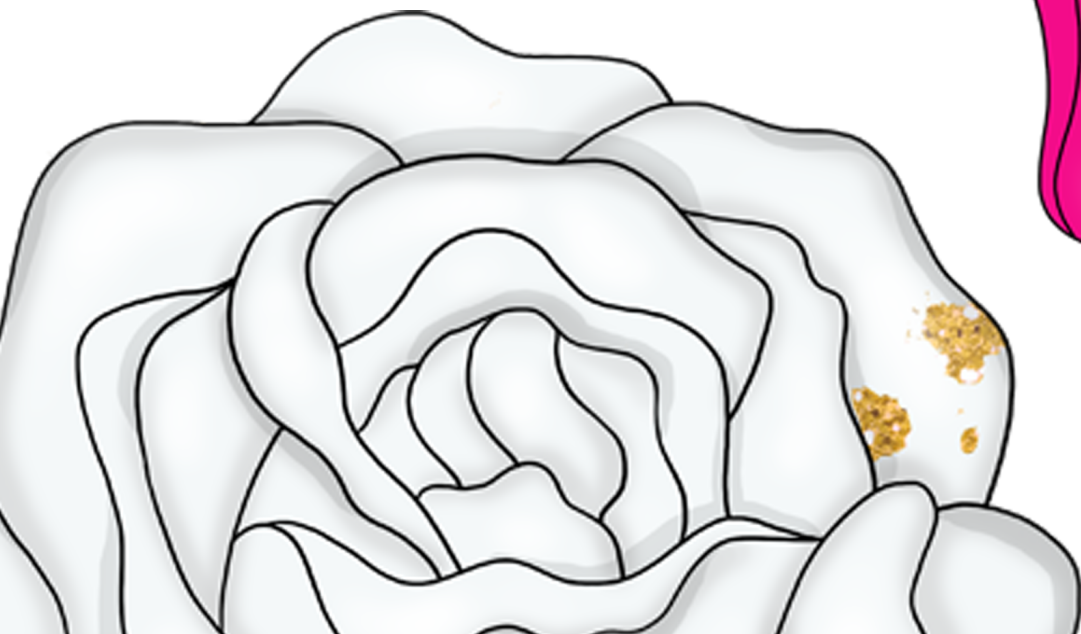
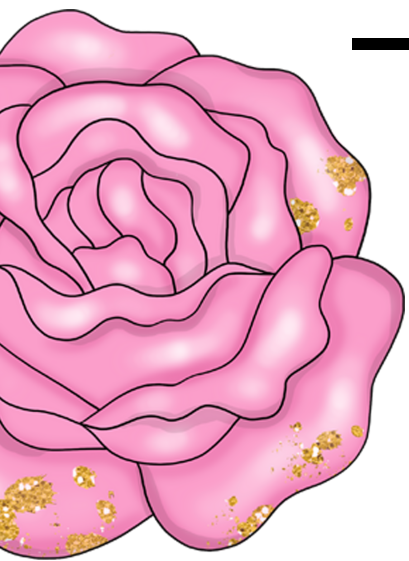


Doubt is a killer. You just have to know who you are and what you stand for.” — Jennifer Lopez



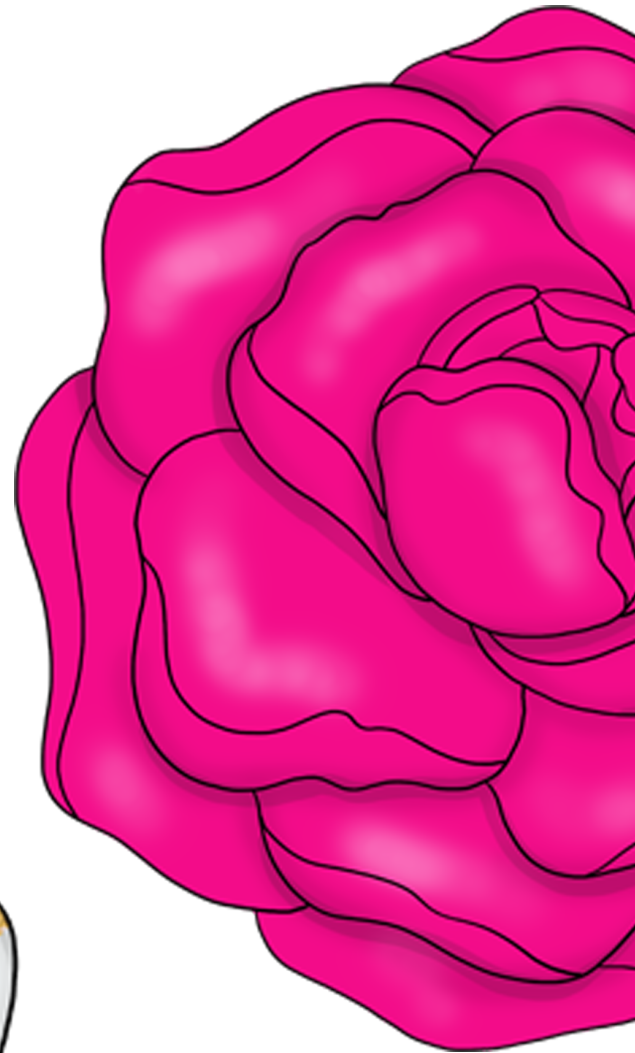
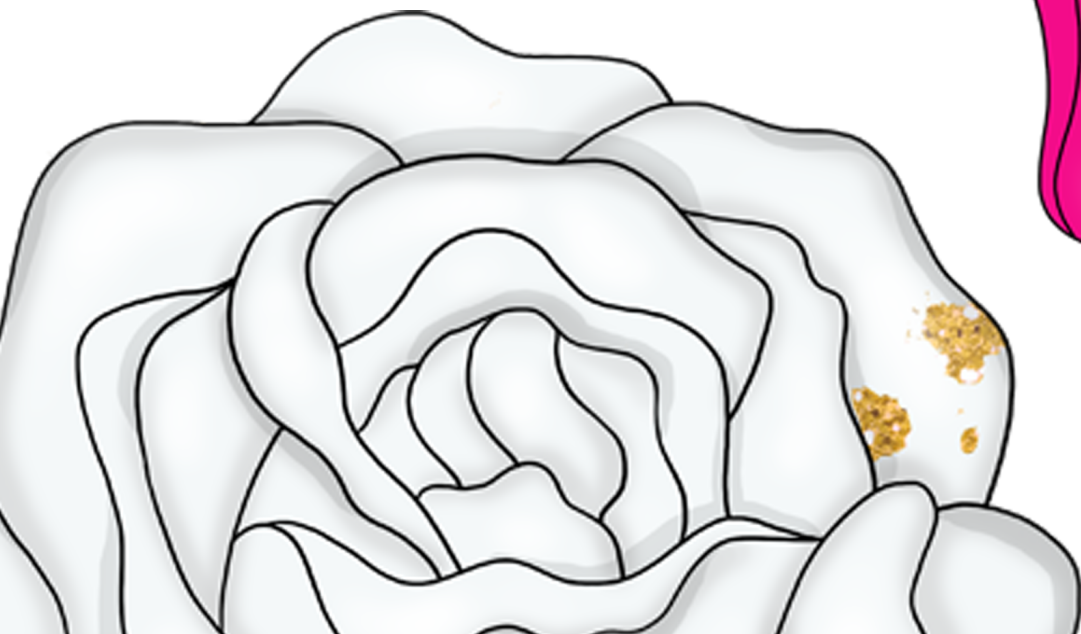
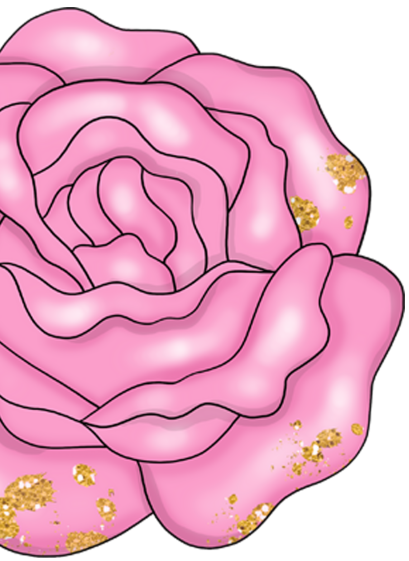


"Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness."  
— Oprah Winfrey

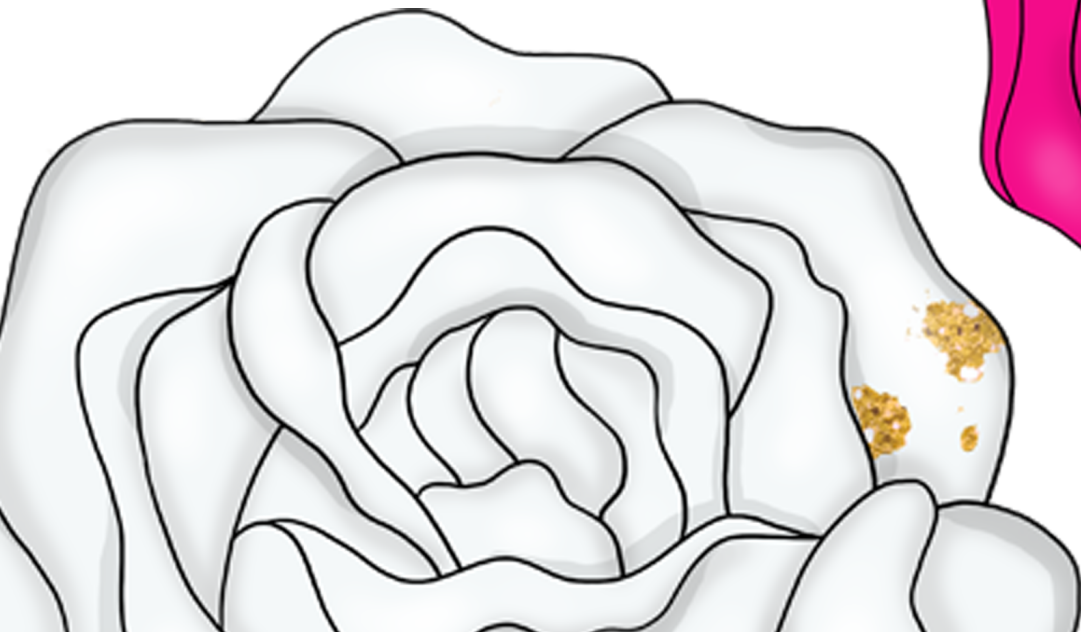
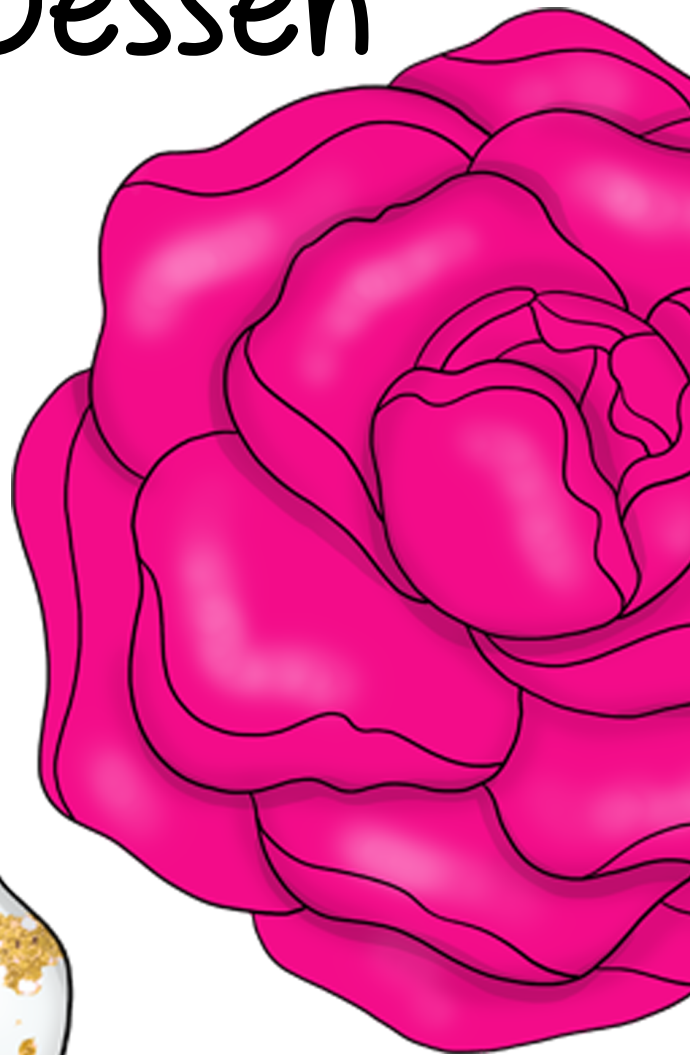
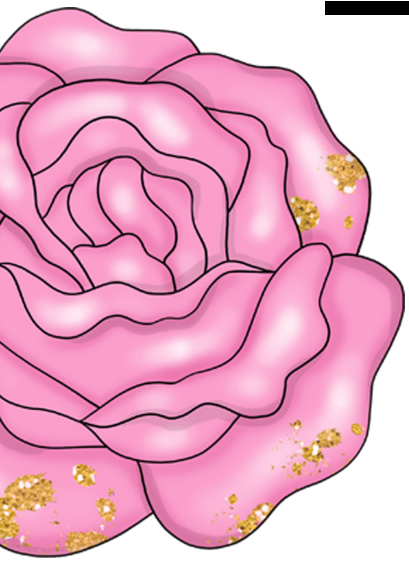




“I like to play a strong woman, but a strong woman can also be very fragile and vulnerable at the same time.”  
– Carice van Houten

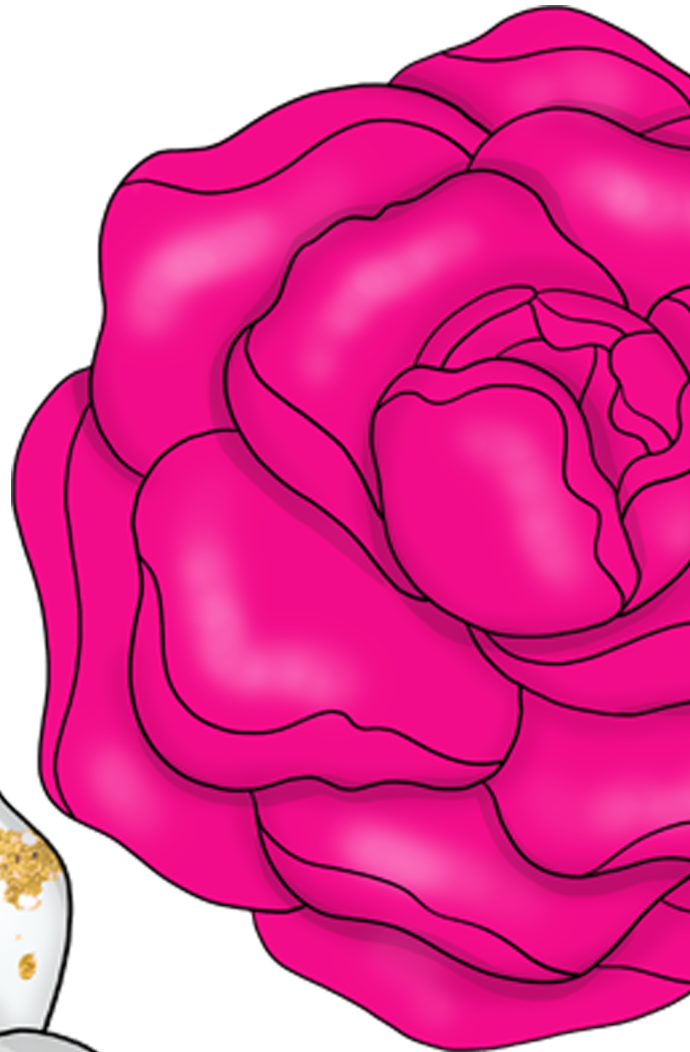
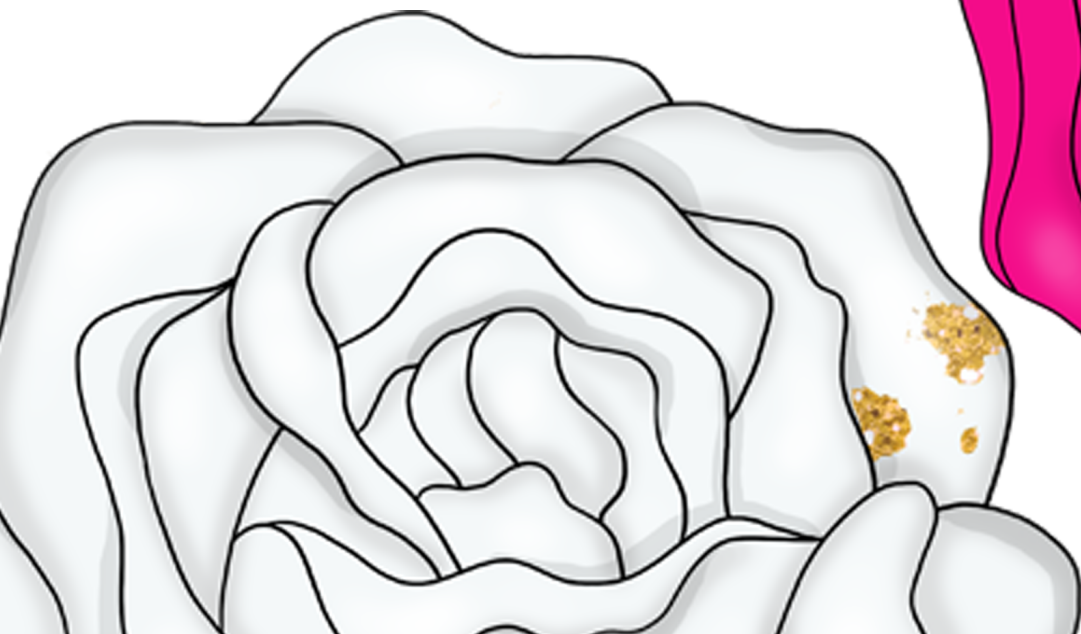
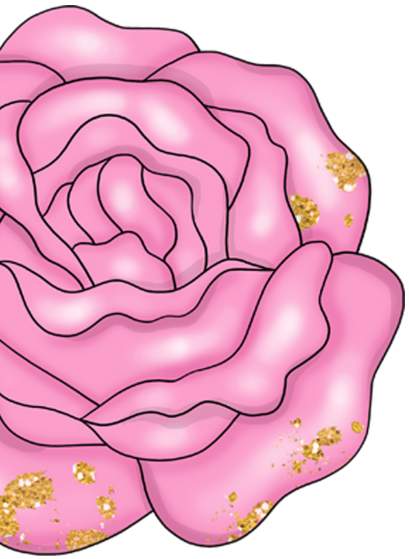


"Anyone can hide. Facing  
up to things, working  
through them, that's  
what makes you strong."  
— Sarah Dessen



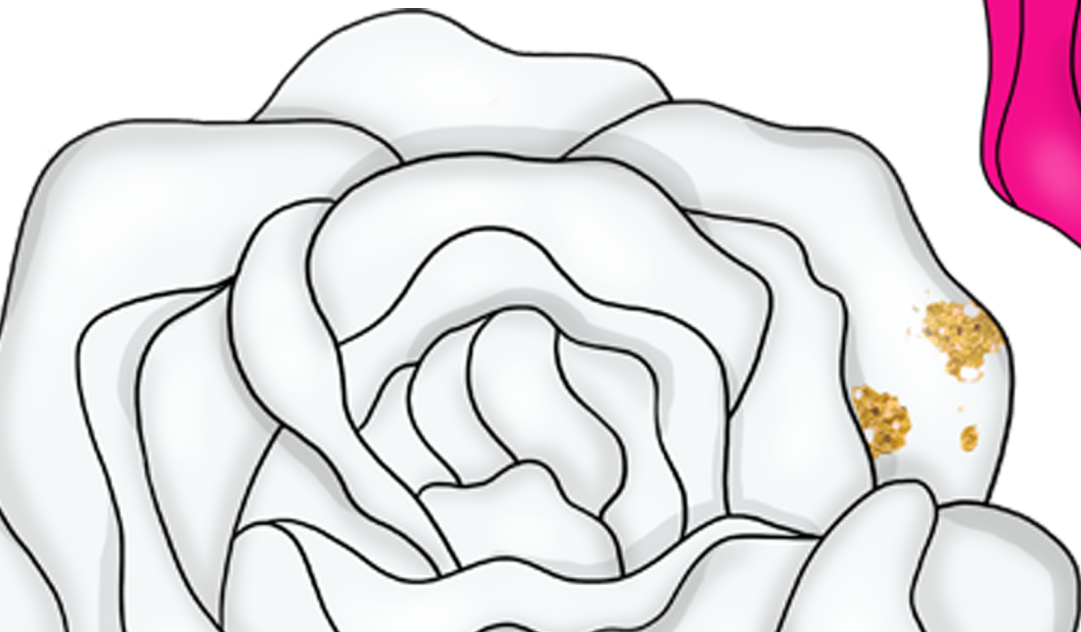
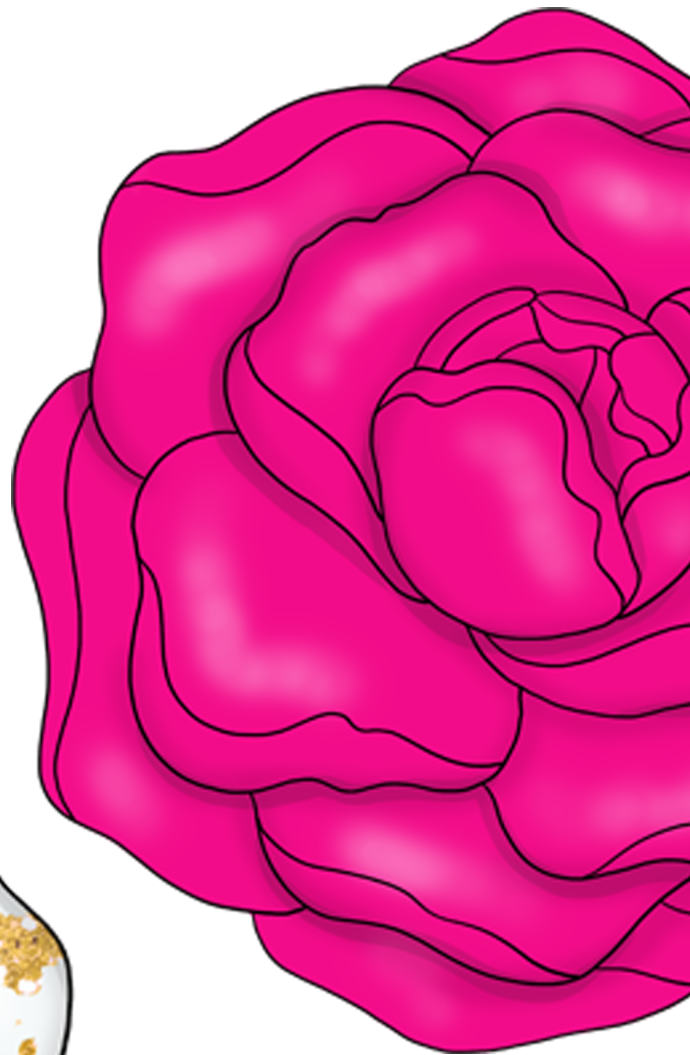
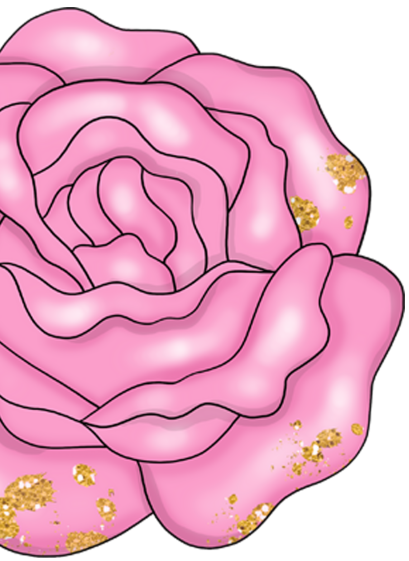
Don't let a little stormy  
weather get you down,  
there is always sunshine  
on the other side.”

– Heather A. Stillufsen

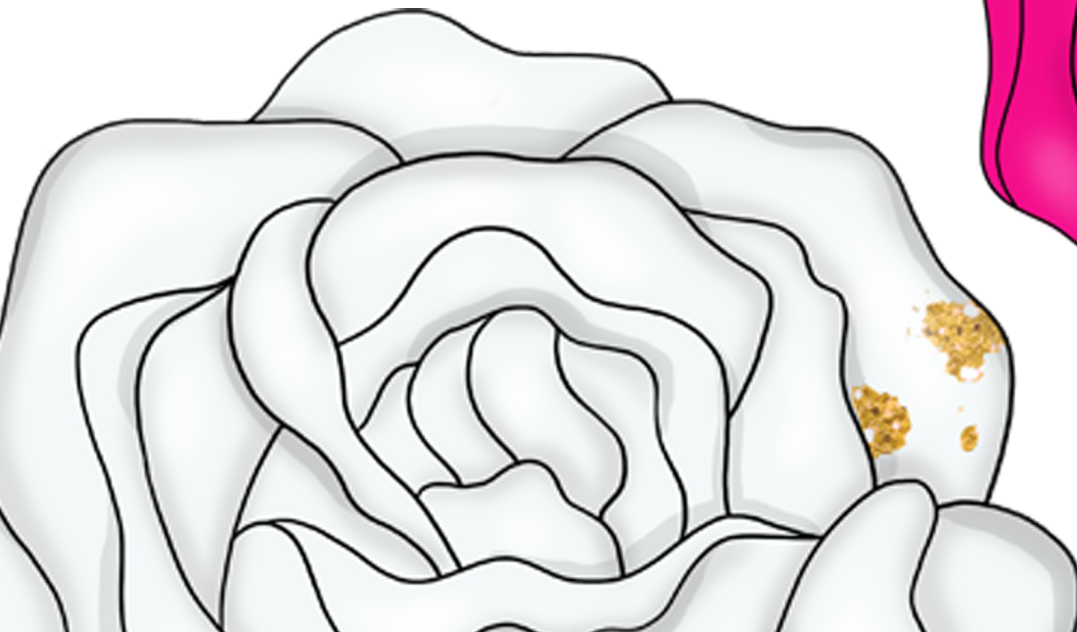
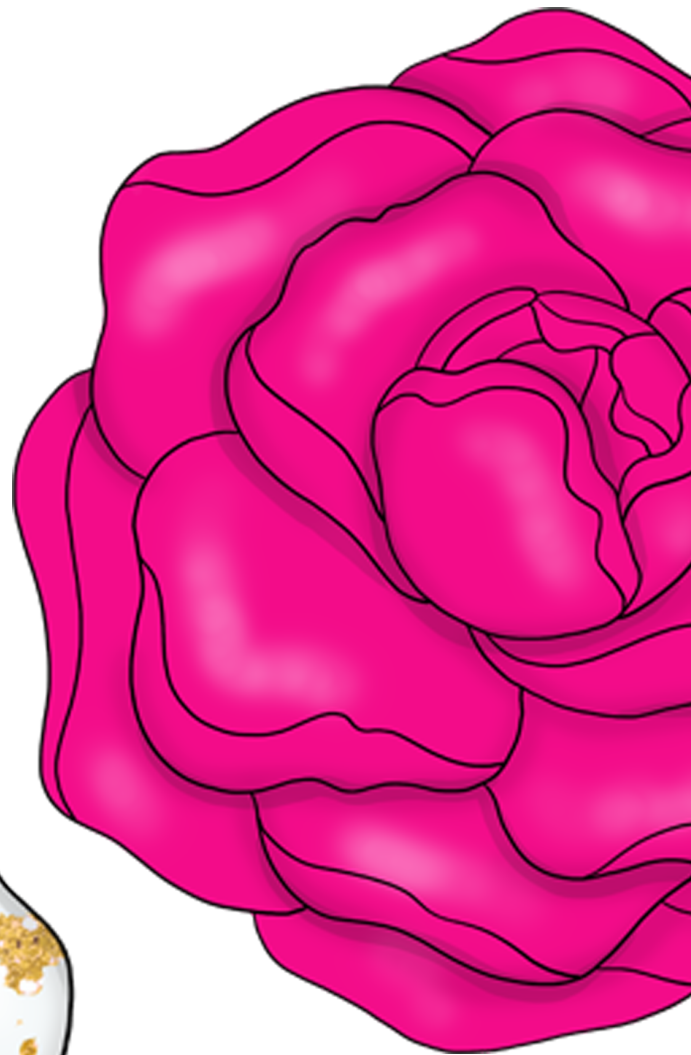
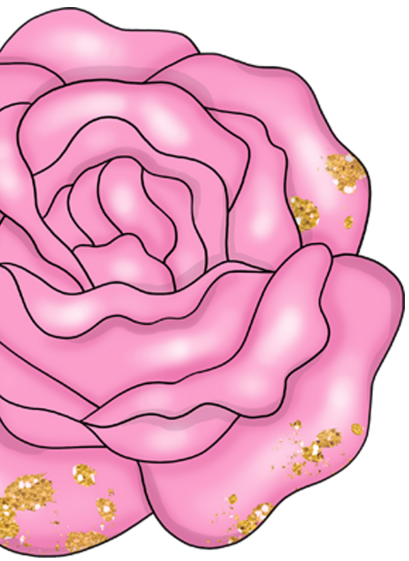




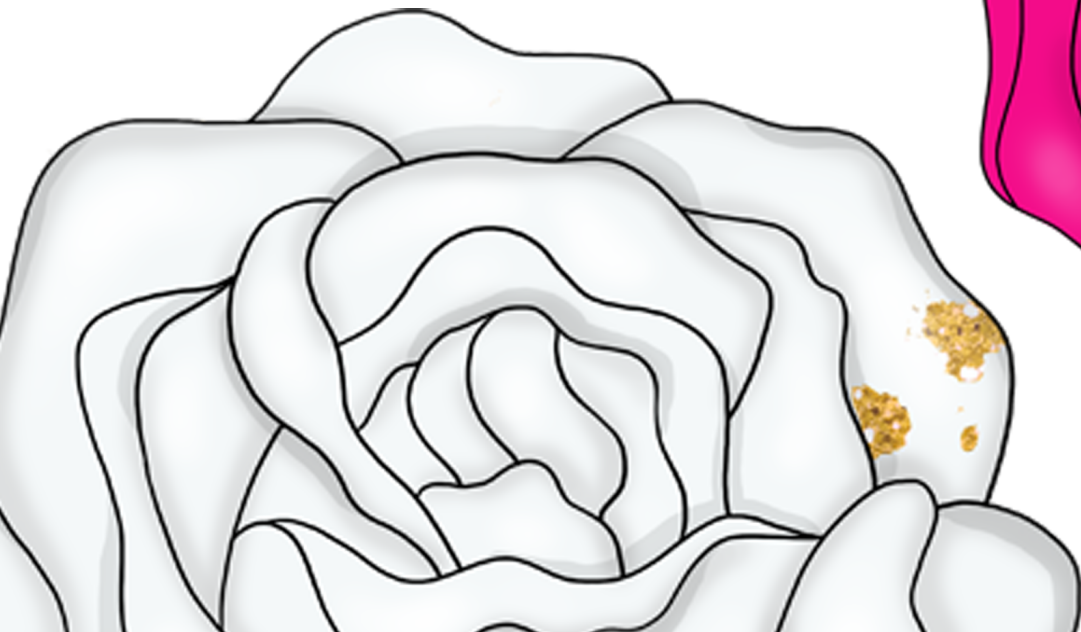
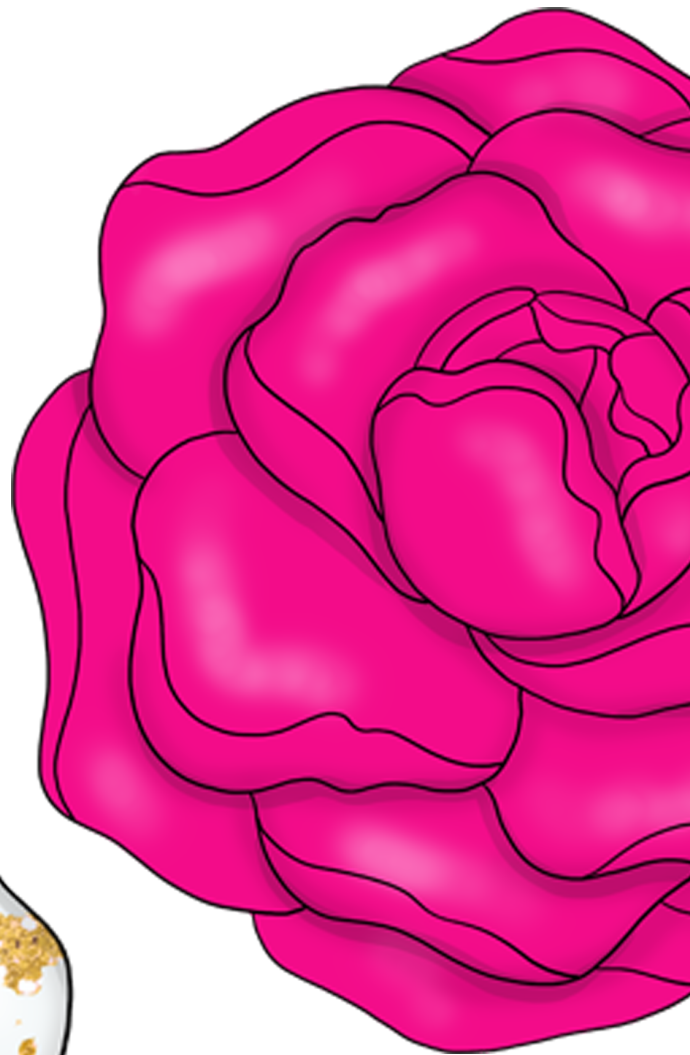
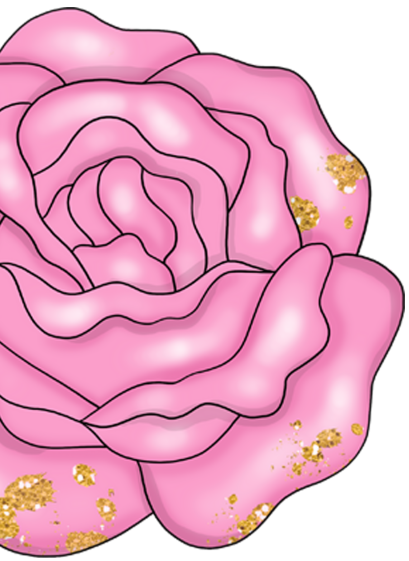
"Nothing I accept about  
myself can be used  
against me to diminish  
me." — Audre Lorde



“Nothing can dim  
the light that  
shines from within.”  
– Maya Angelou

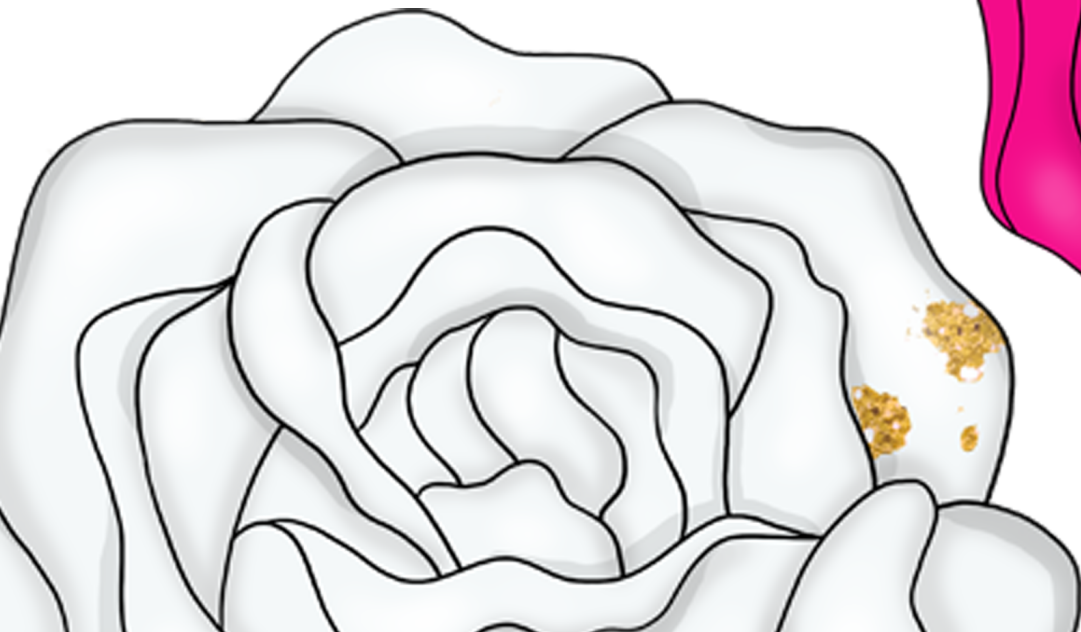
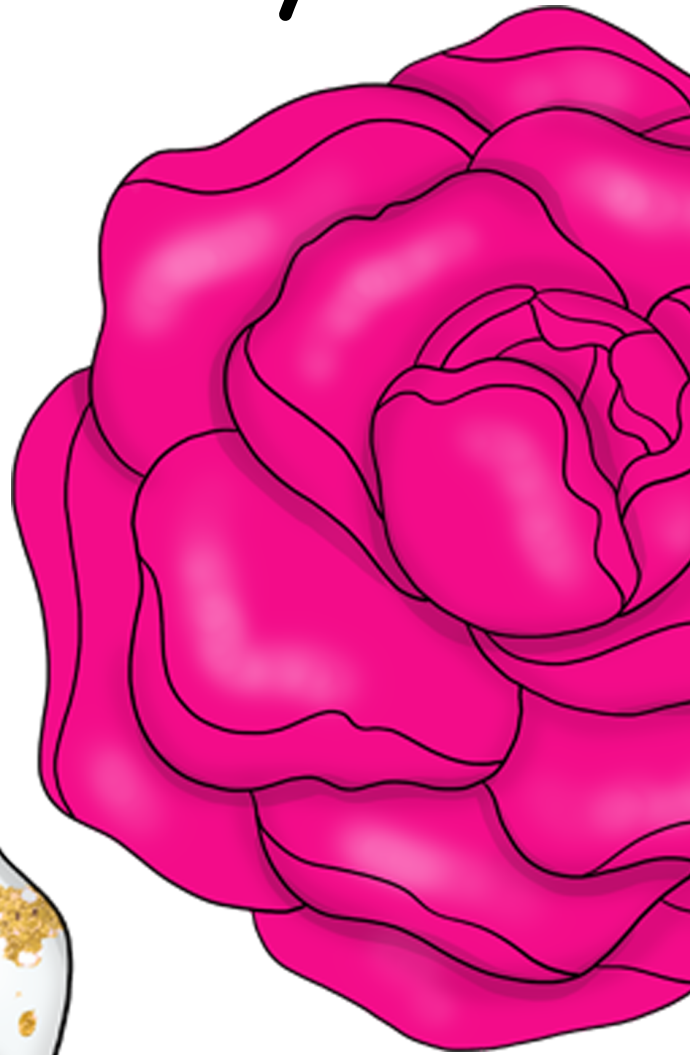
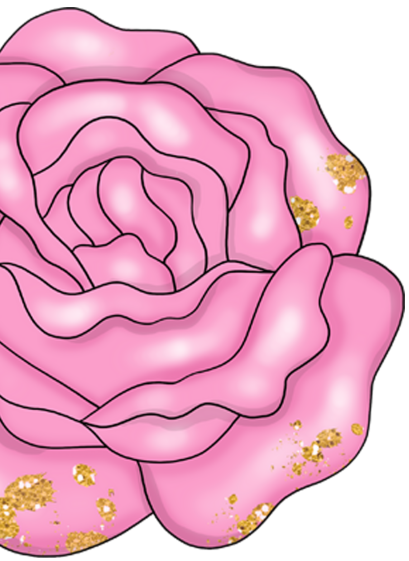


“It isn't what we say or  
think that defines  
us, but what we do.”  
– Jane Austen



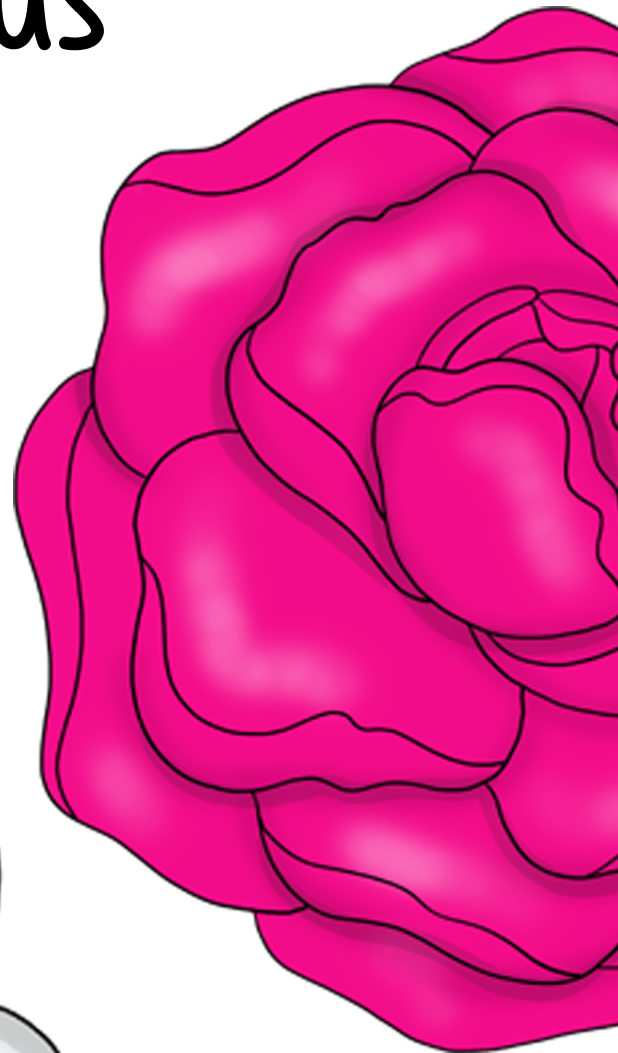
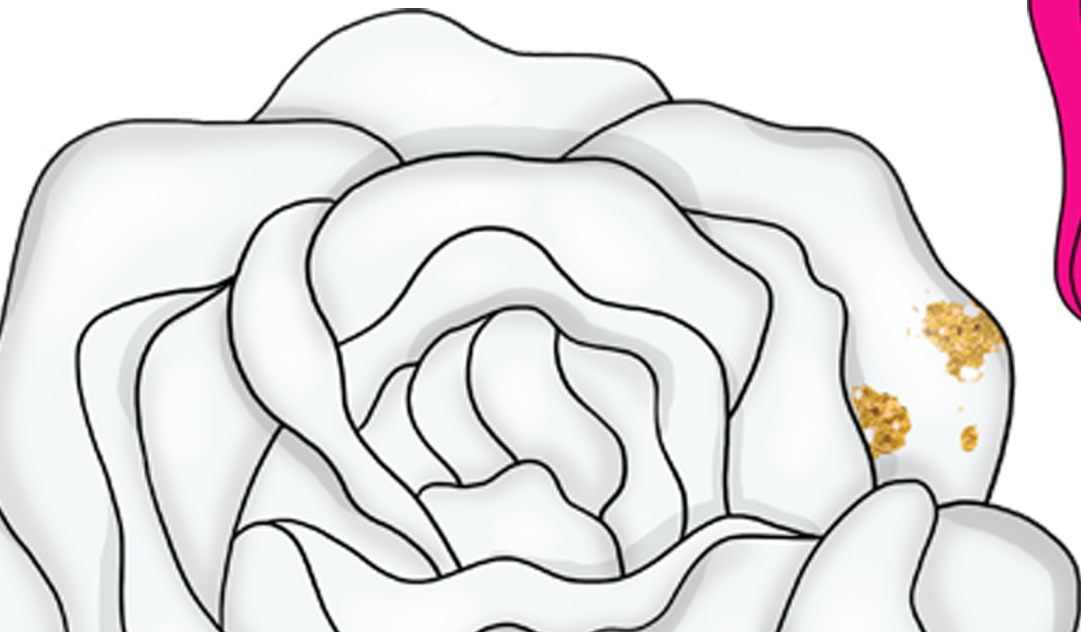


“A strong woman is a woman determined to do something others are determined not to do.”  
– Marge Piercy

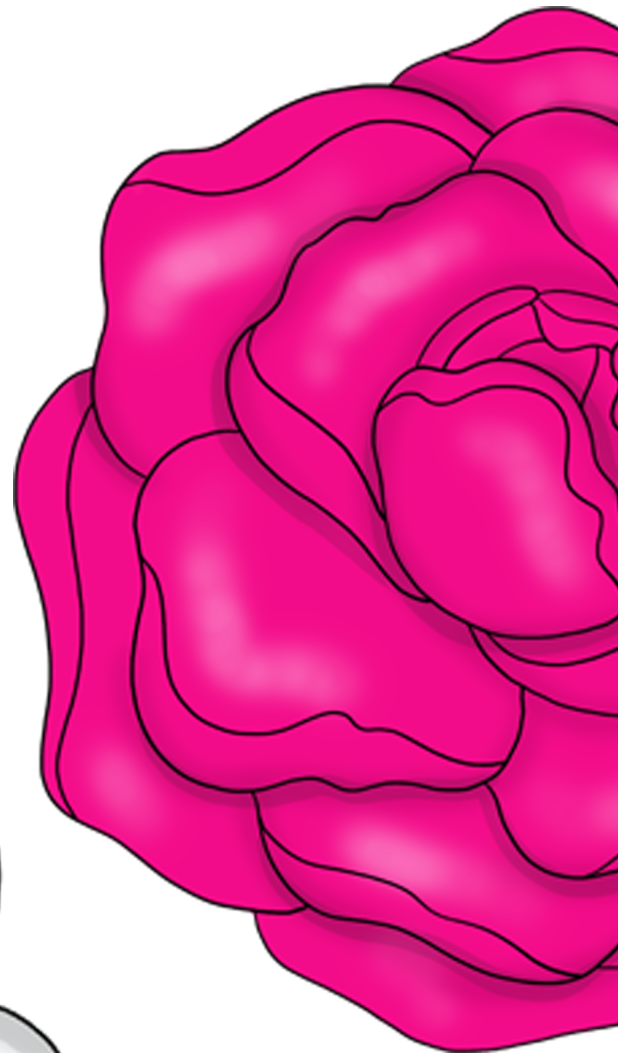
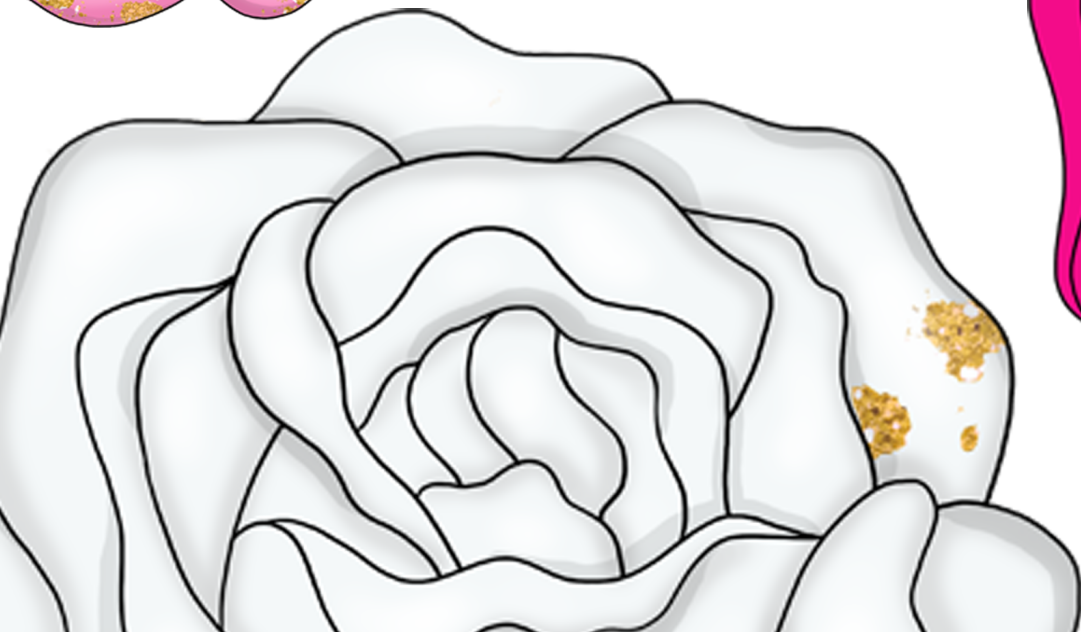


“She was powerful not because she wasn’t scared, but because she went on so strongly, despite the fear.”

– Atticus

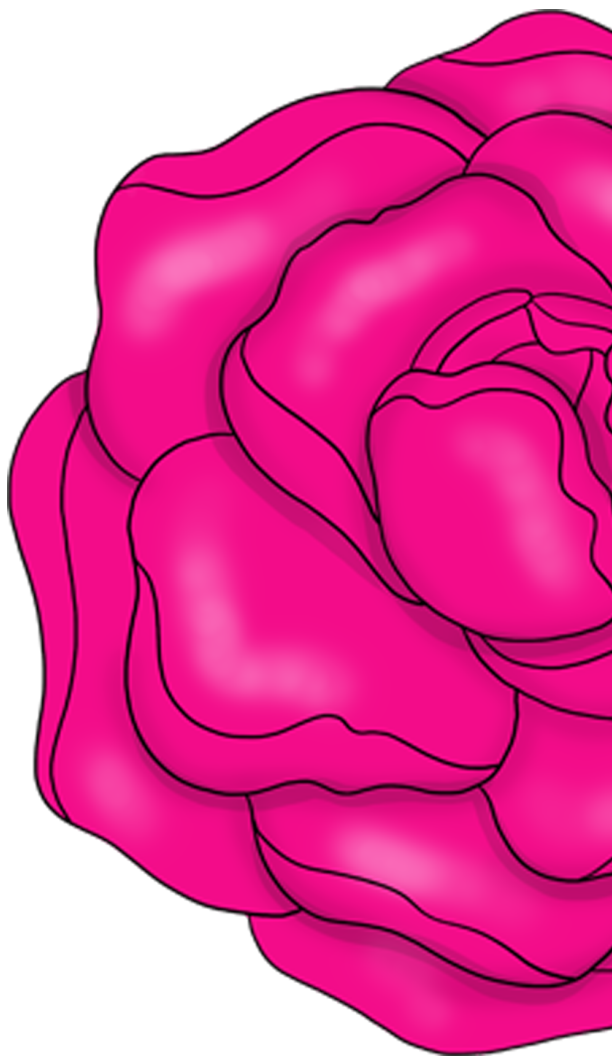
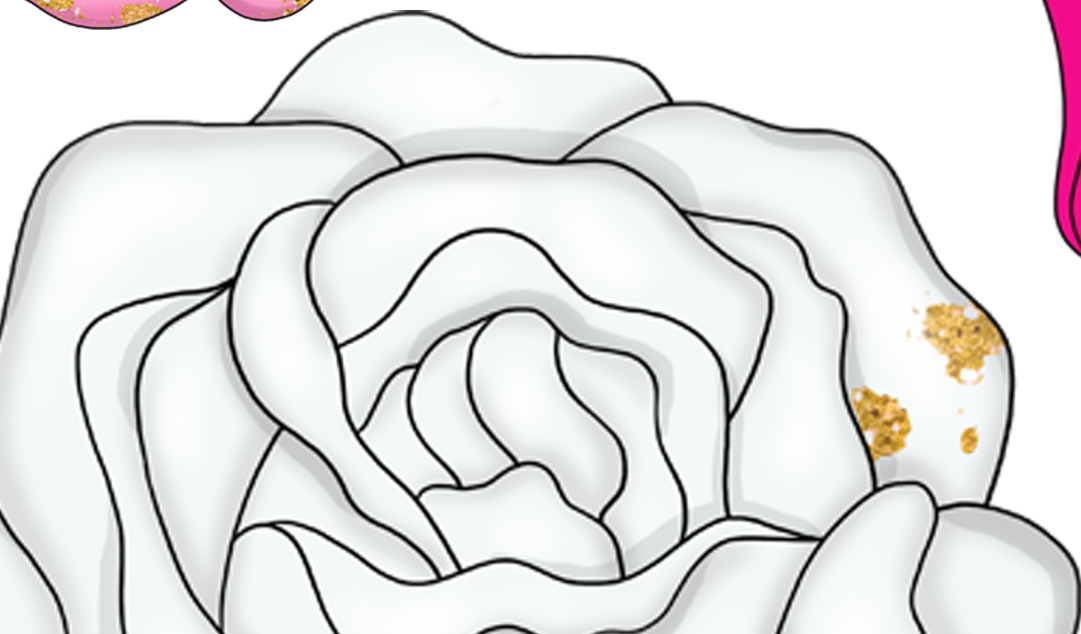


“A woman with a voice is  
by definition a strong  
woman. But the search to  
find that voice can be  
remarkably difficult.”  
– Melinda Gates



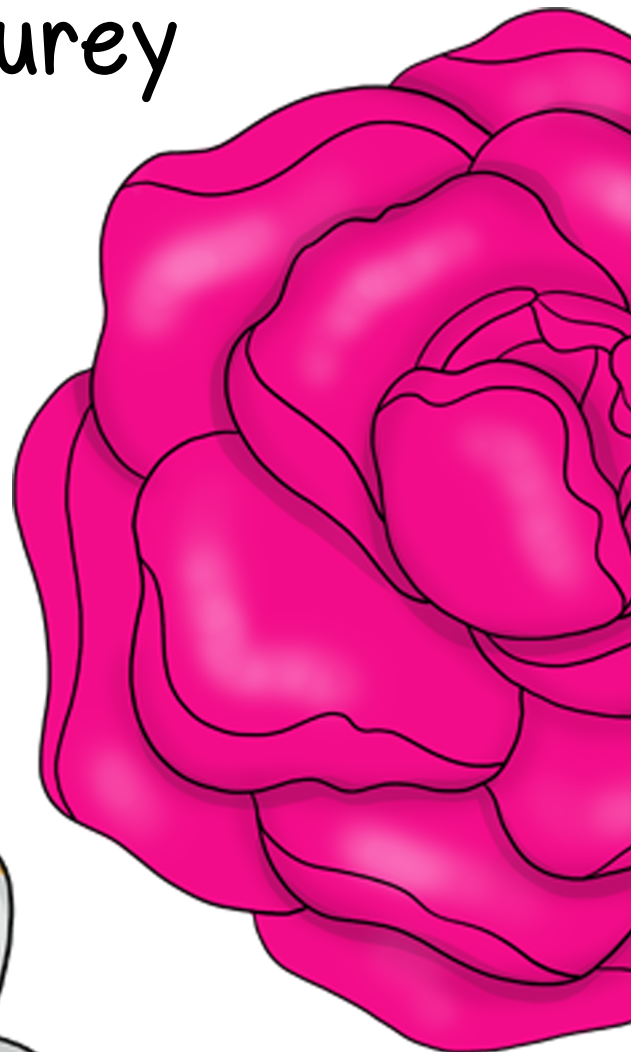
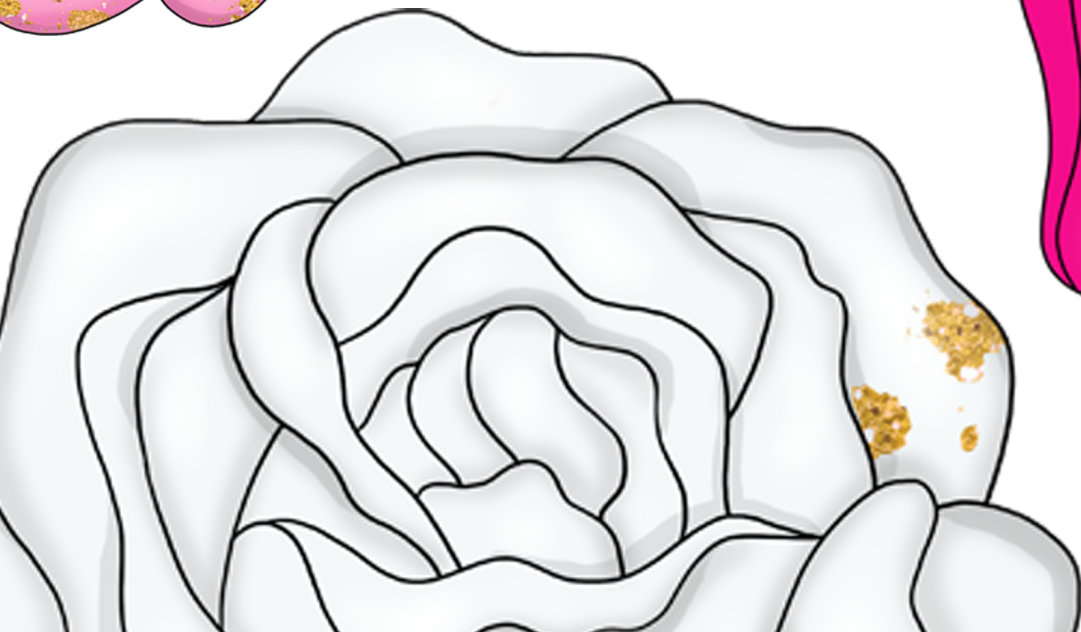
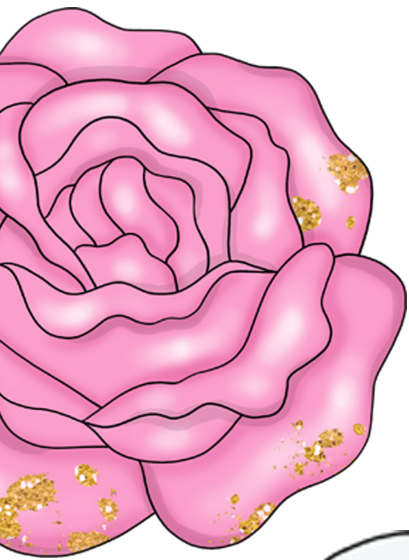


“Women are like teabags.  
We don't know our true  
strength until we a  
re in hot water.”  
– Eleanor Roosevelt

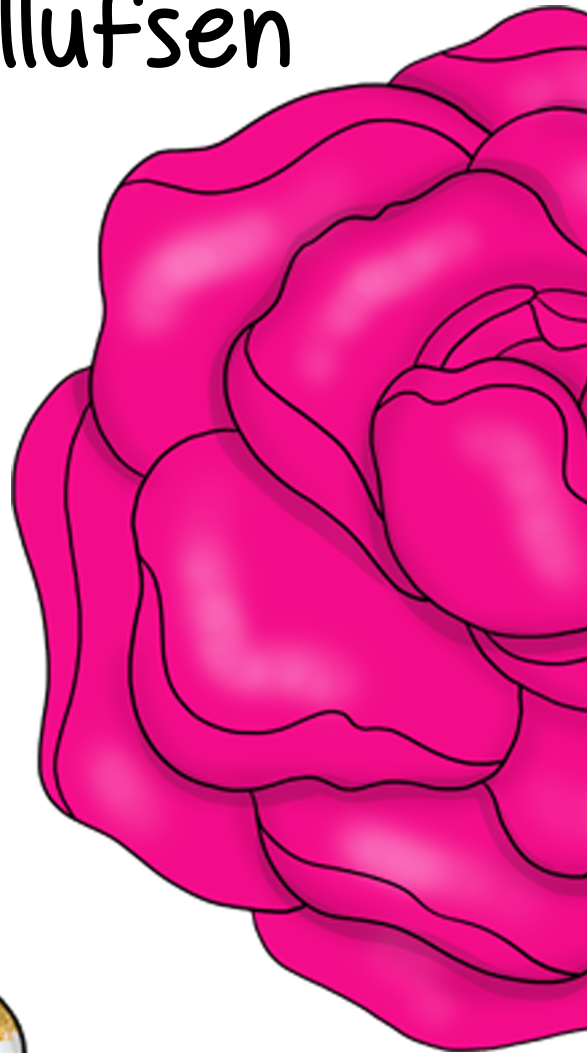
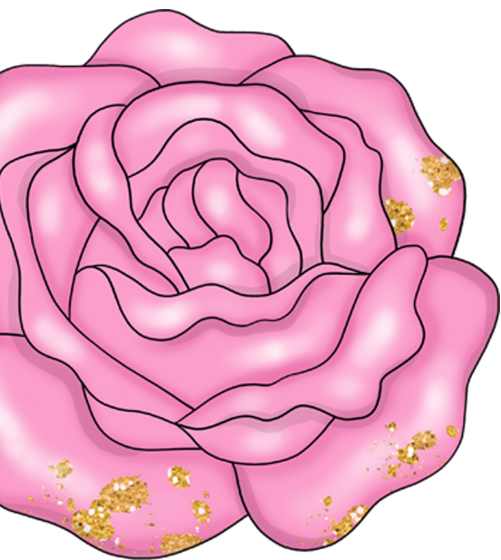


“A strong woman is one who feels deeply and loves fiercely. Her tears flow as abundantly as her laughter. A strong woman is both soft and powerful, she is both practical and spiritual. A strong woman in her essence is a gift to the world.”

– Ritu Ghatourey

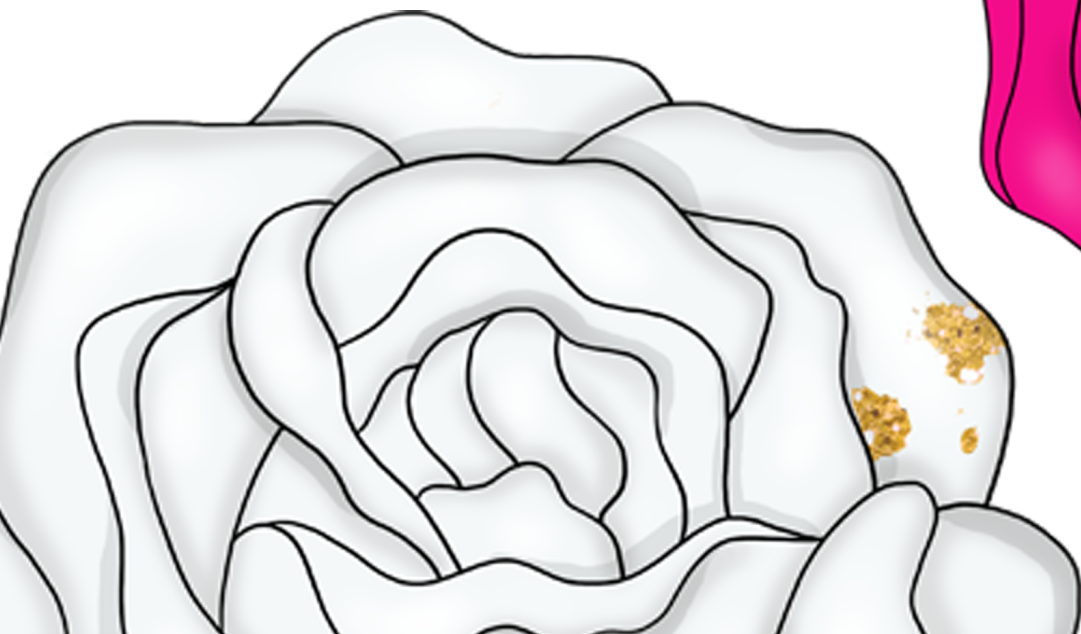
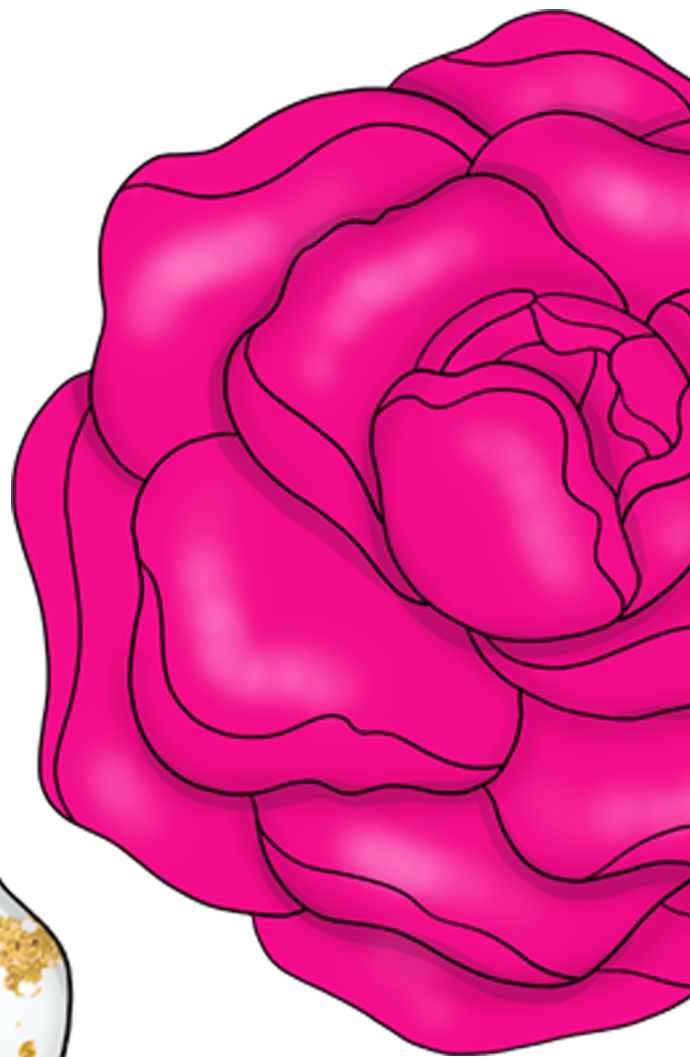
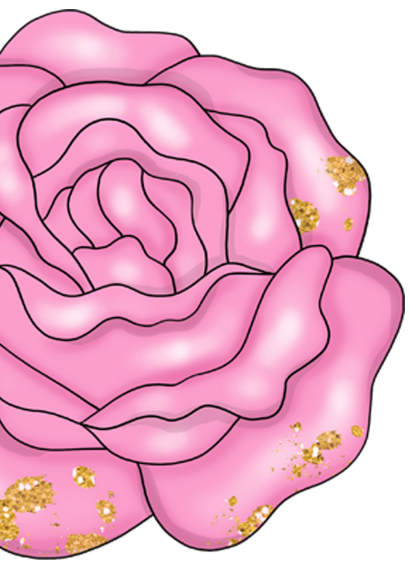


“You must know that you can do  
this. You are strong.  
And you will make it.  
Just hang on  
and keep believing in  
yourself, always.”  
– Heather A. Stillufsen

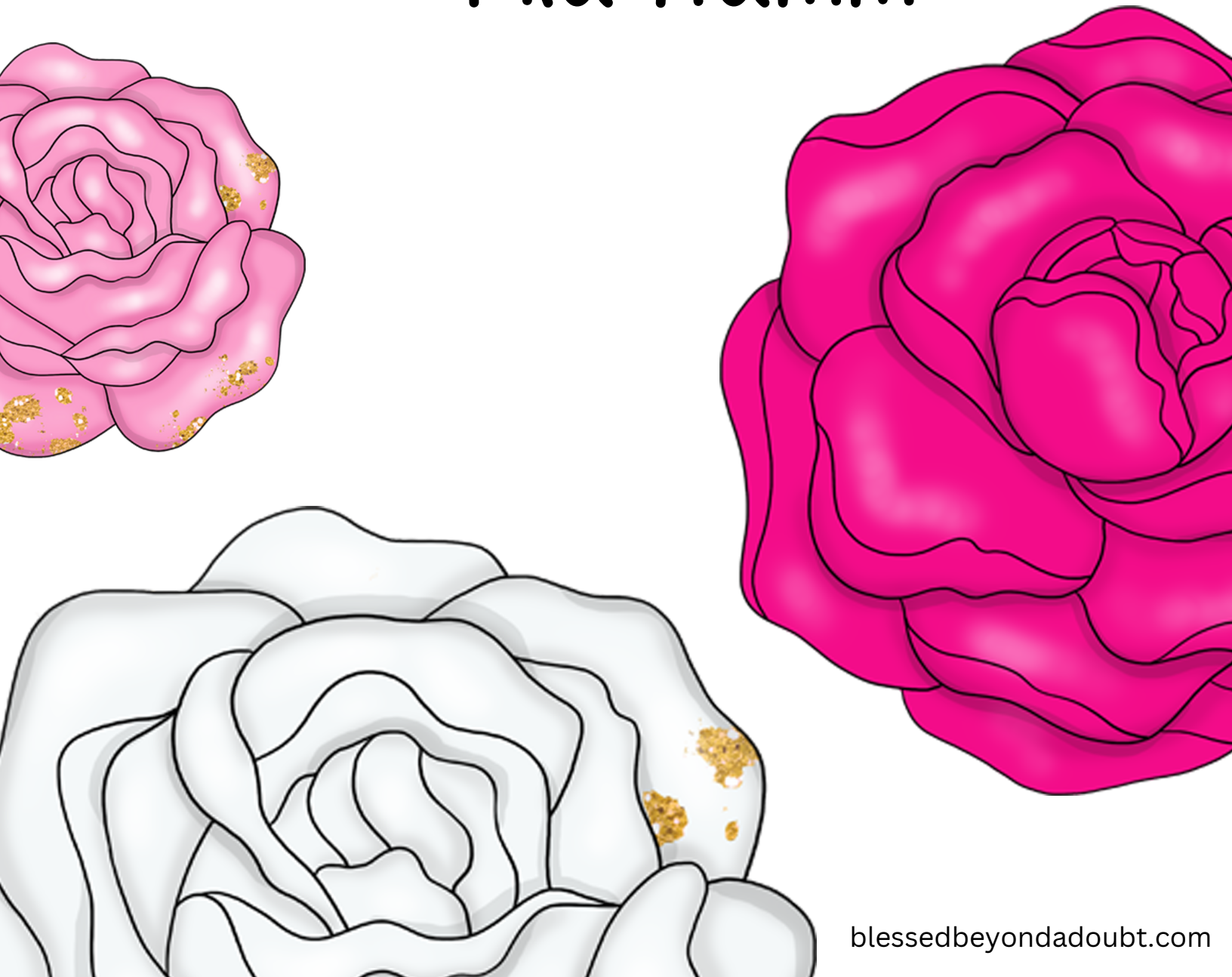




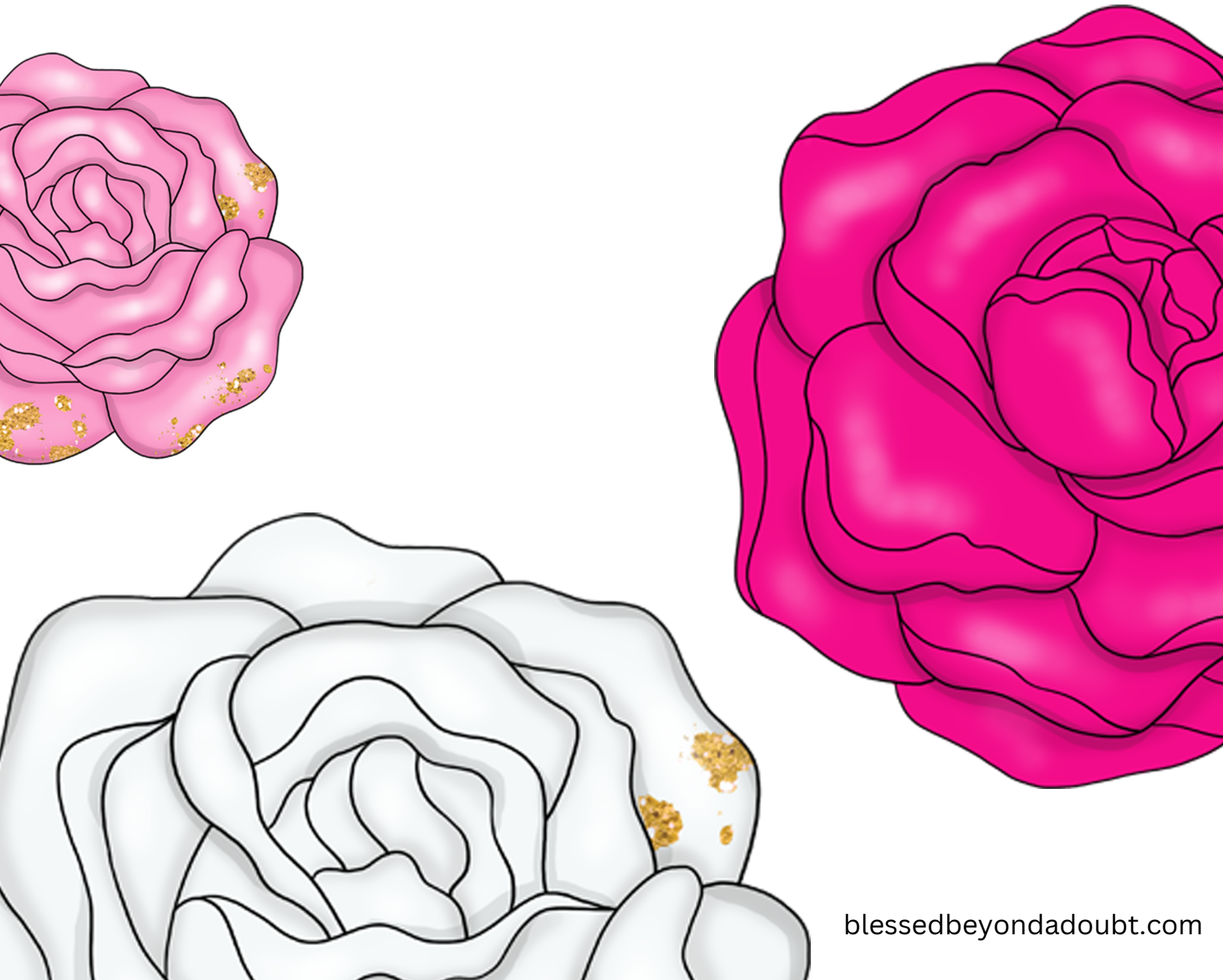
“She was brave, and  
strong, and broken  
all at once.”  
– Anna Funder



"Celebrate what you've  
accomplished, but raise  
the bar a little higher  
each time you succeed."  
— Mia Hamm

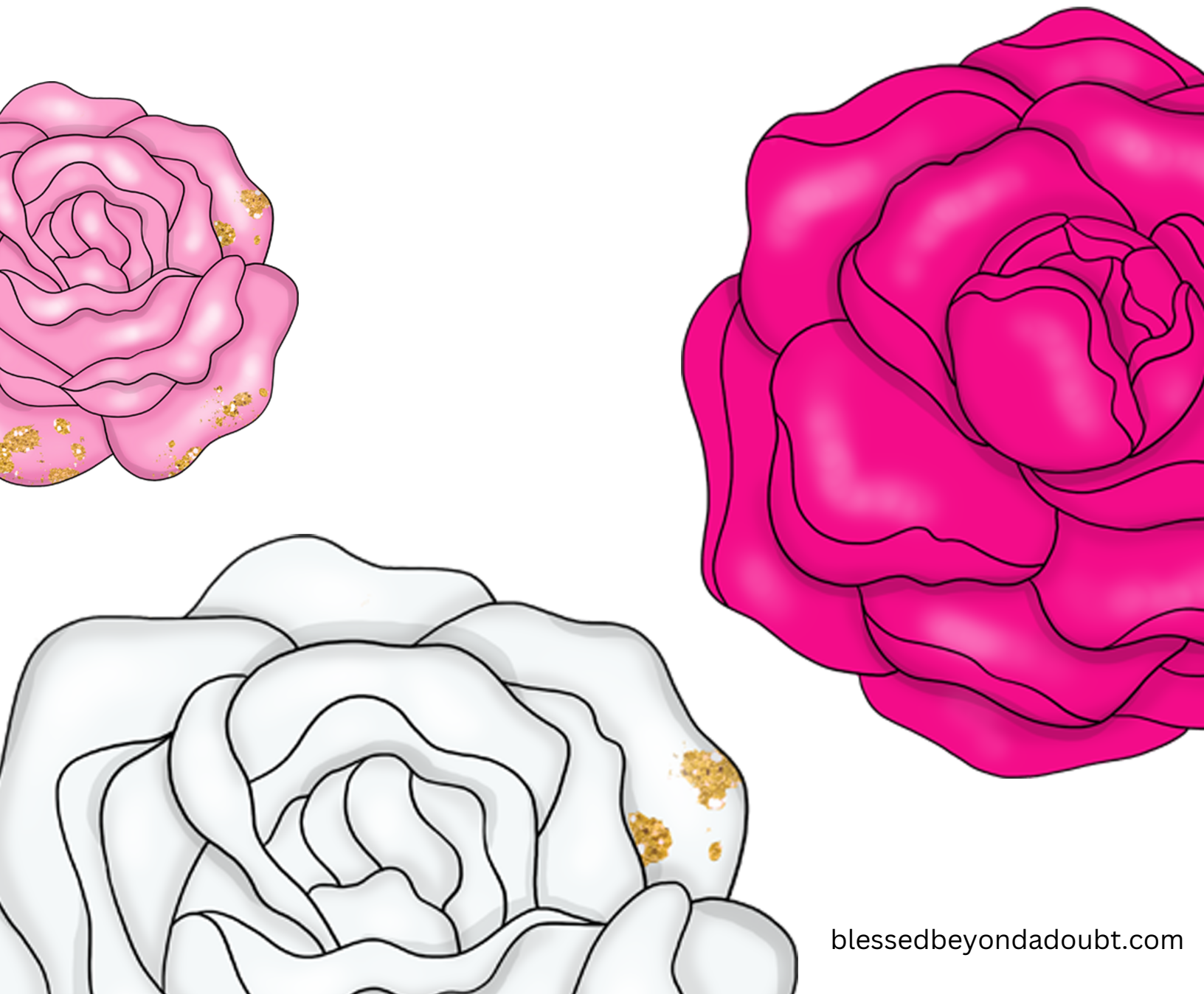


"Be strong, believe in who  
you are; be strong,  
believe in what you feel."  
— Melissa Etheridge



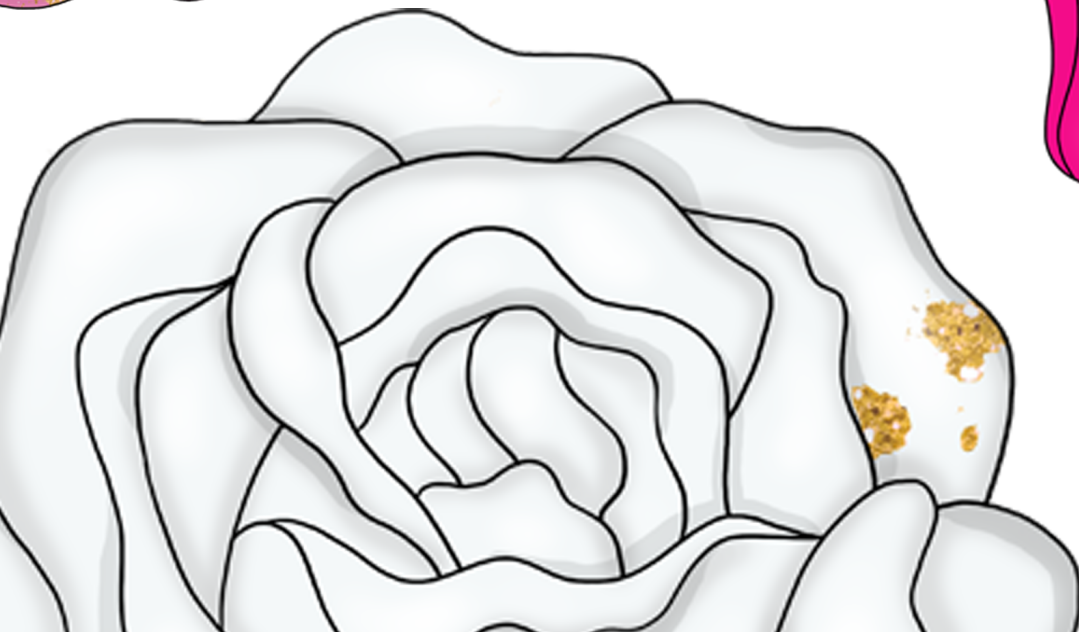
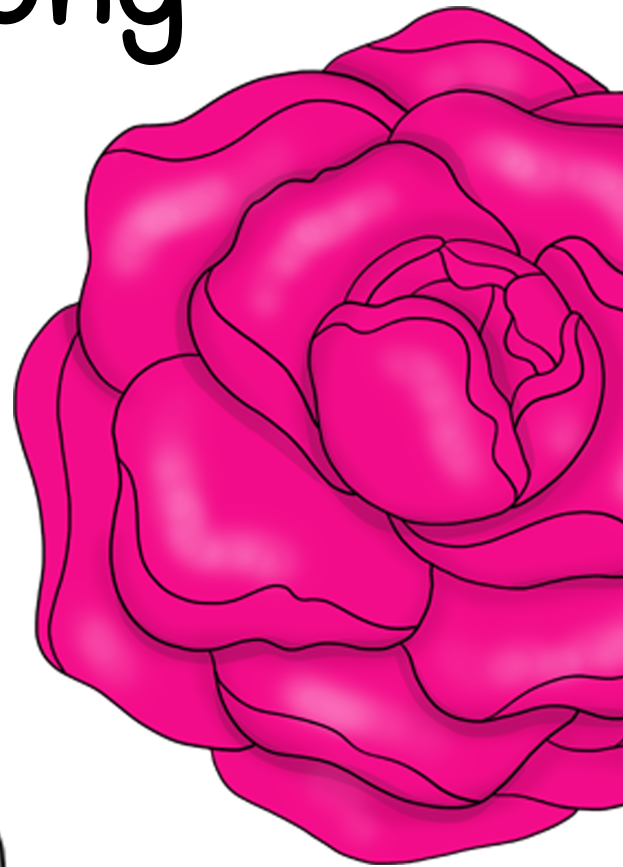
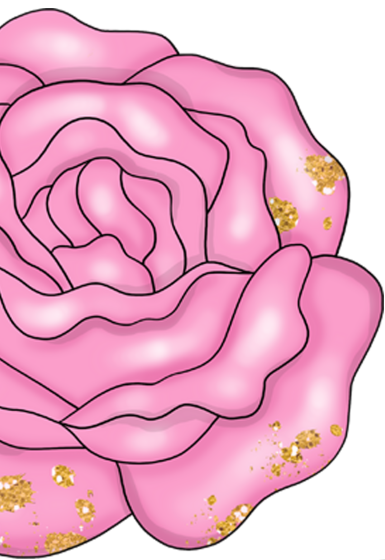


"Stay strong. Stand up.  
Have a voice."  
— Shawn Johnson

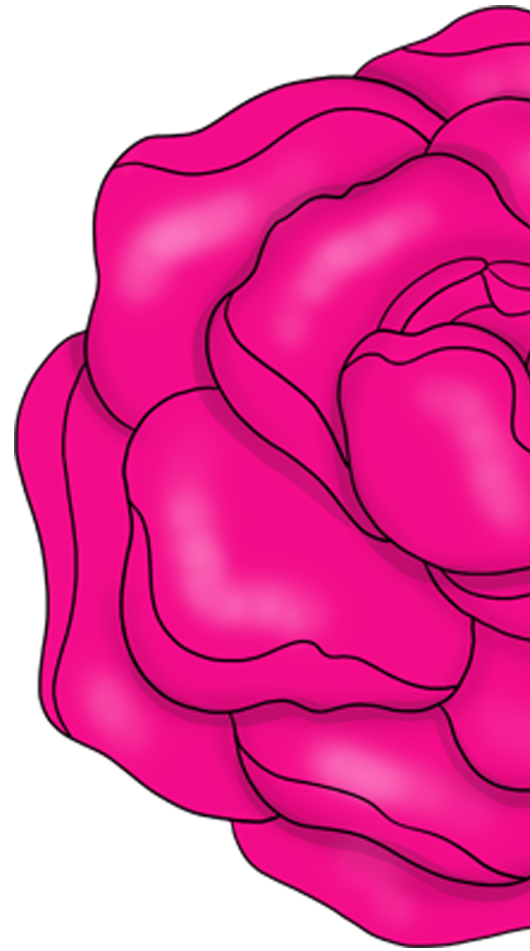
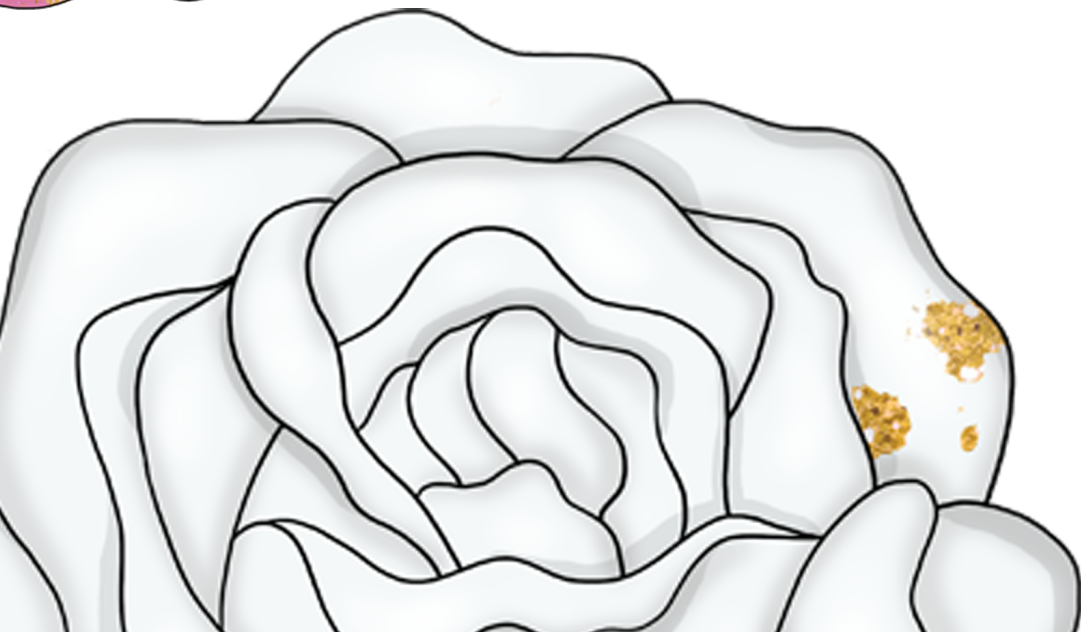
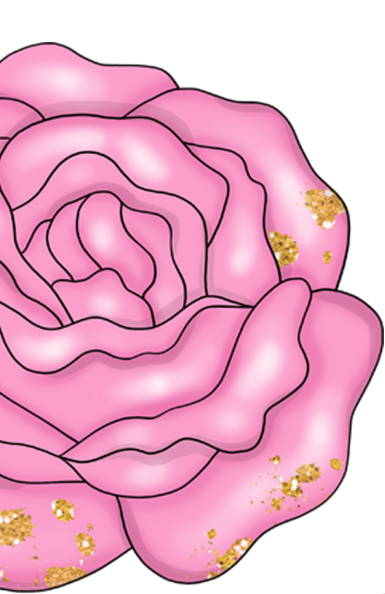


Enjoy life, study hard,  
play hard, be kind to  
other people, set high  
standards, and don't be  
afraid to say 'No.'"

— Nia Long

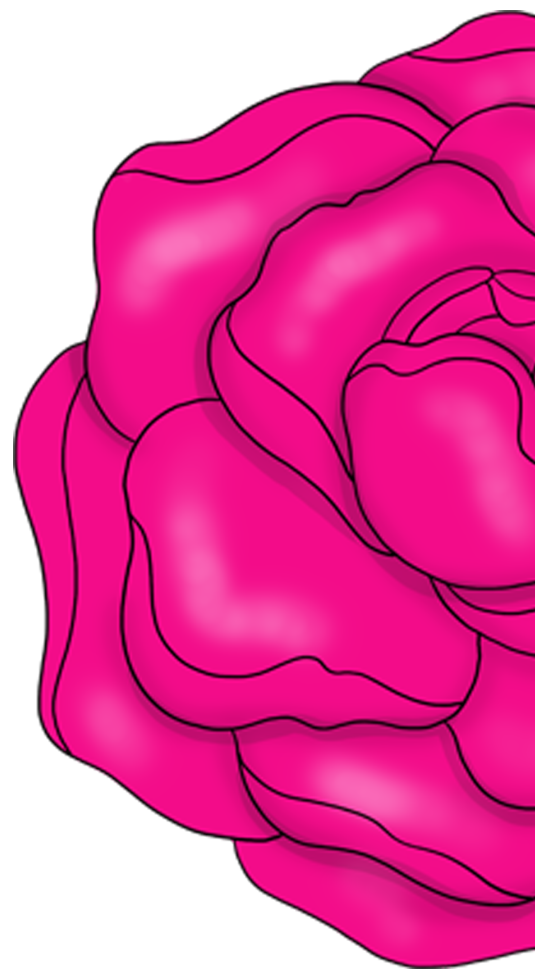
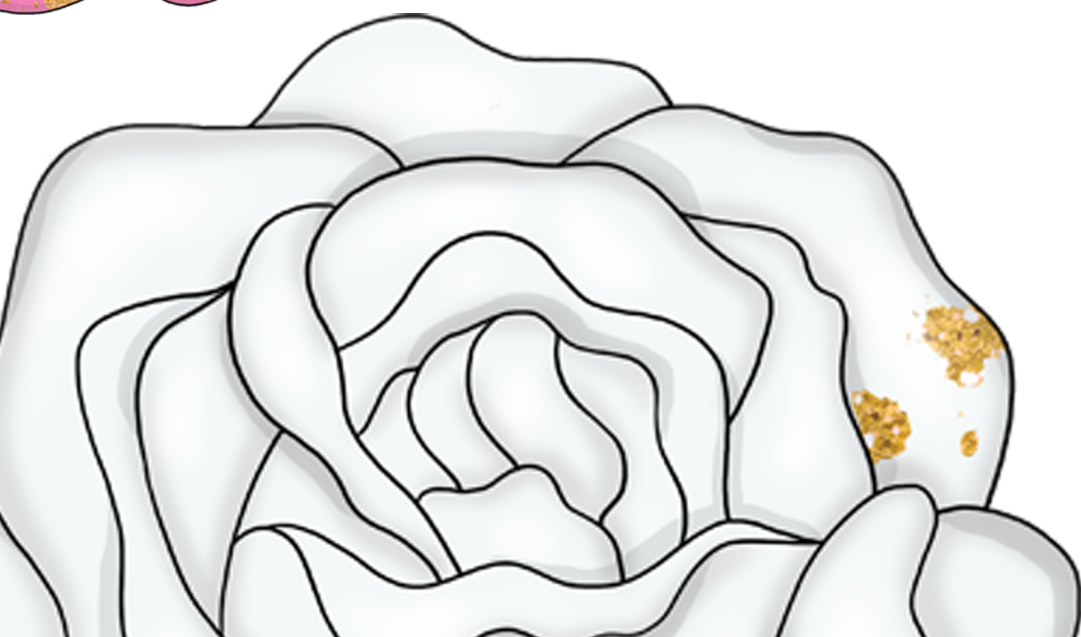
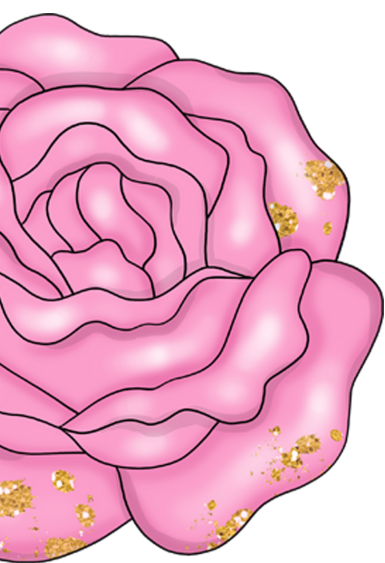


"I alone cannot change  
the world, but I can cast  
a stone across the water  
to create many ripples."  
— Mother Teresa

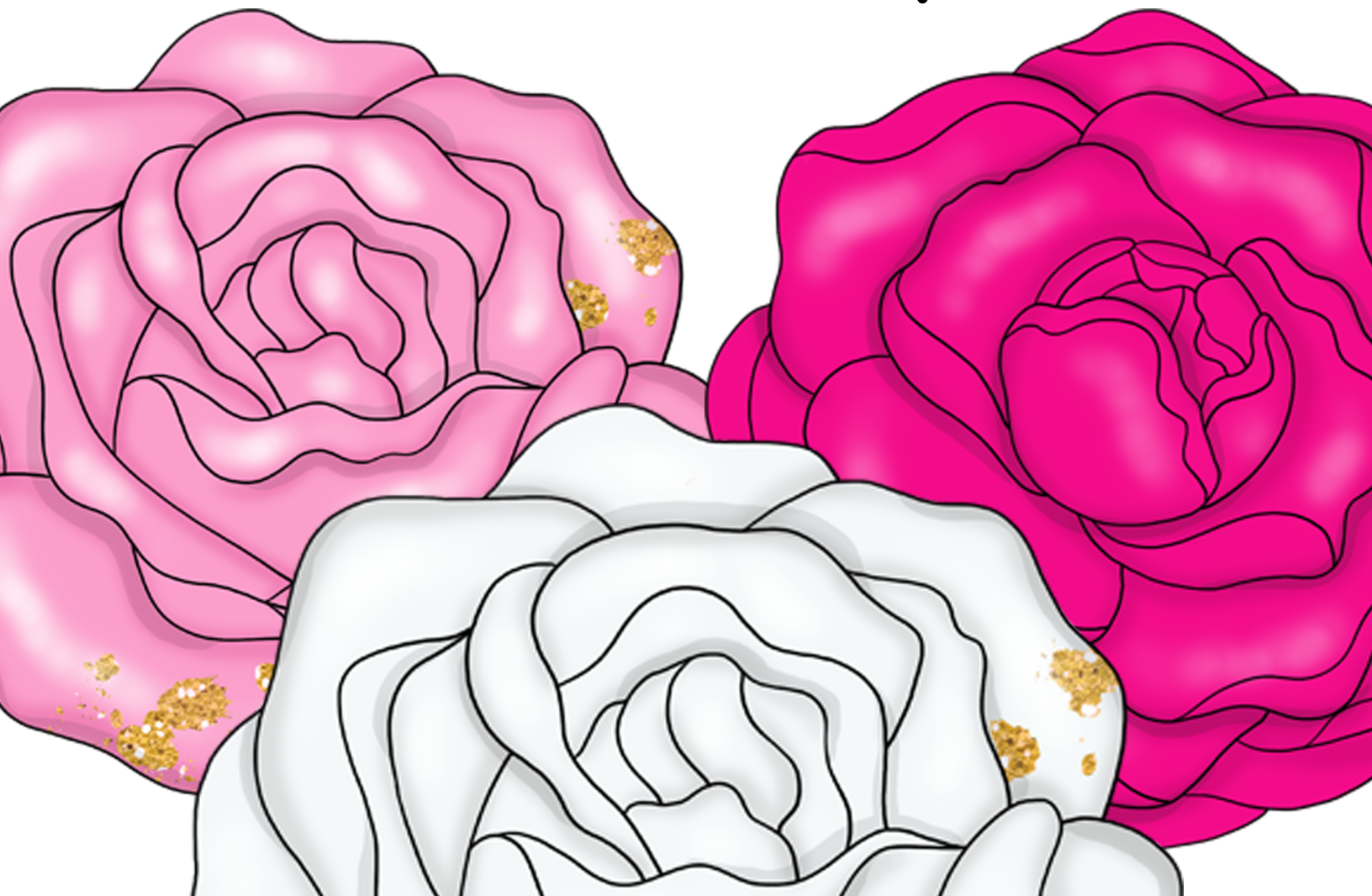




"When you fail you learn  
from the mistakes you  
made and it motivates  
you to work even harder."  
— Natalie Gulbis

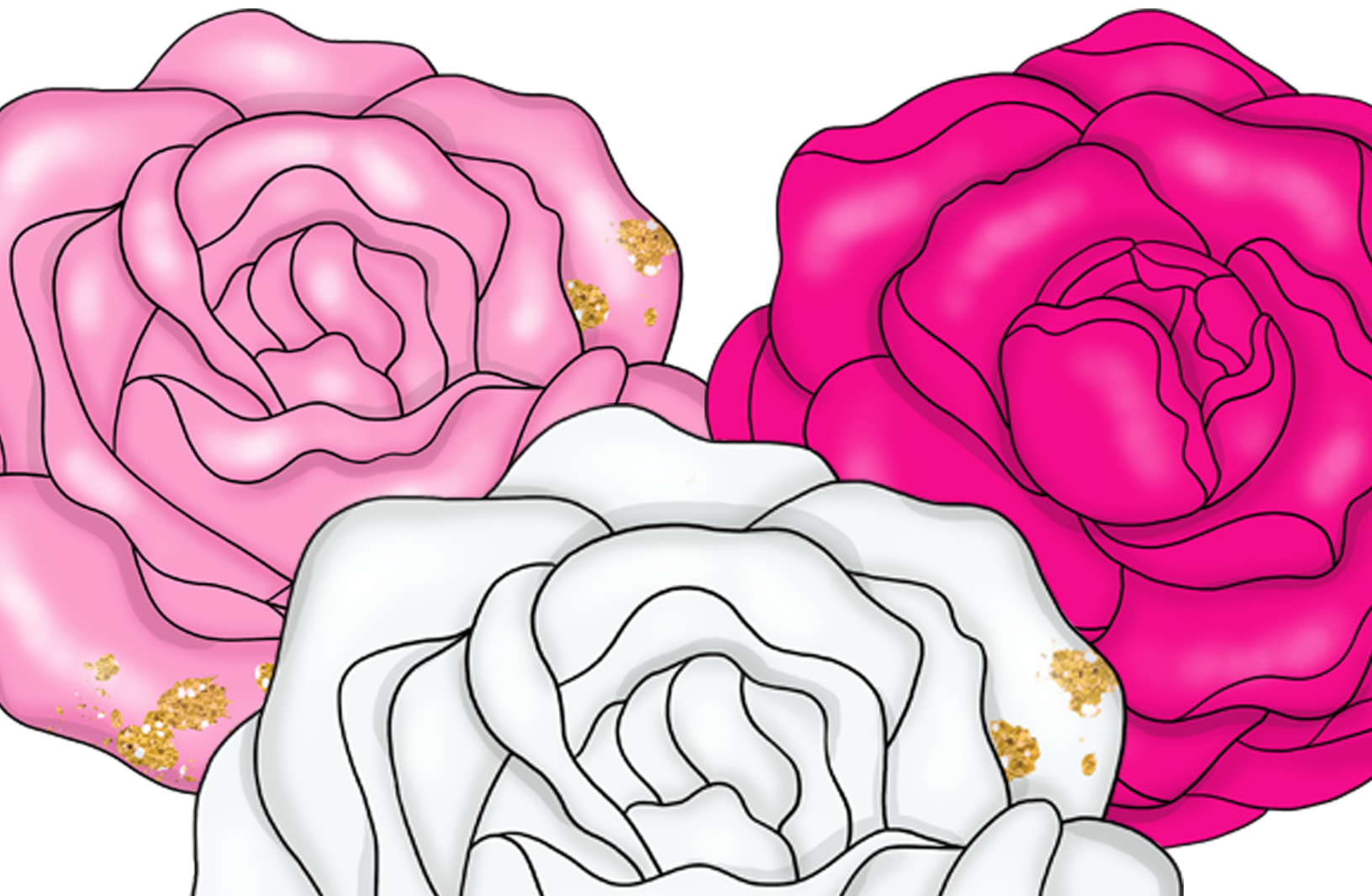


"Strong women don't play the victim. Don't make themselves look pitiful and don't point fingers. They stand and they deal." — Mandy Hale



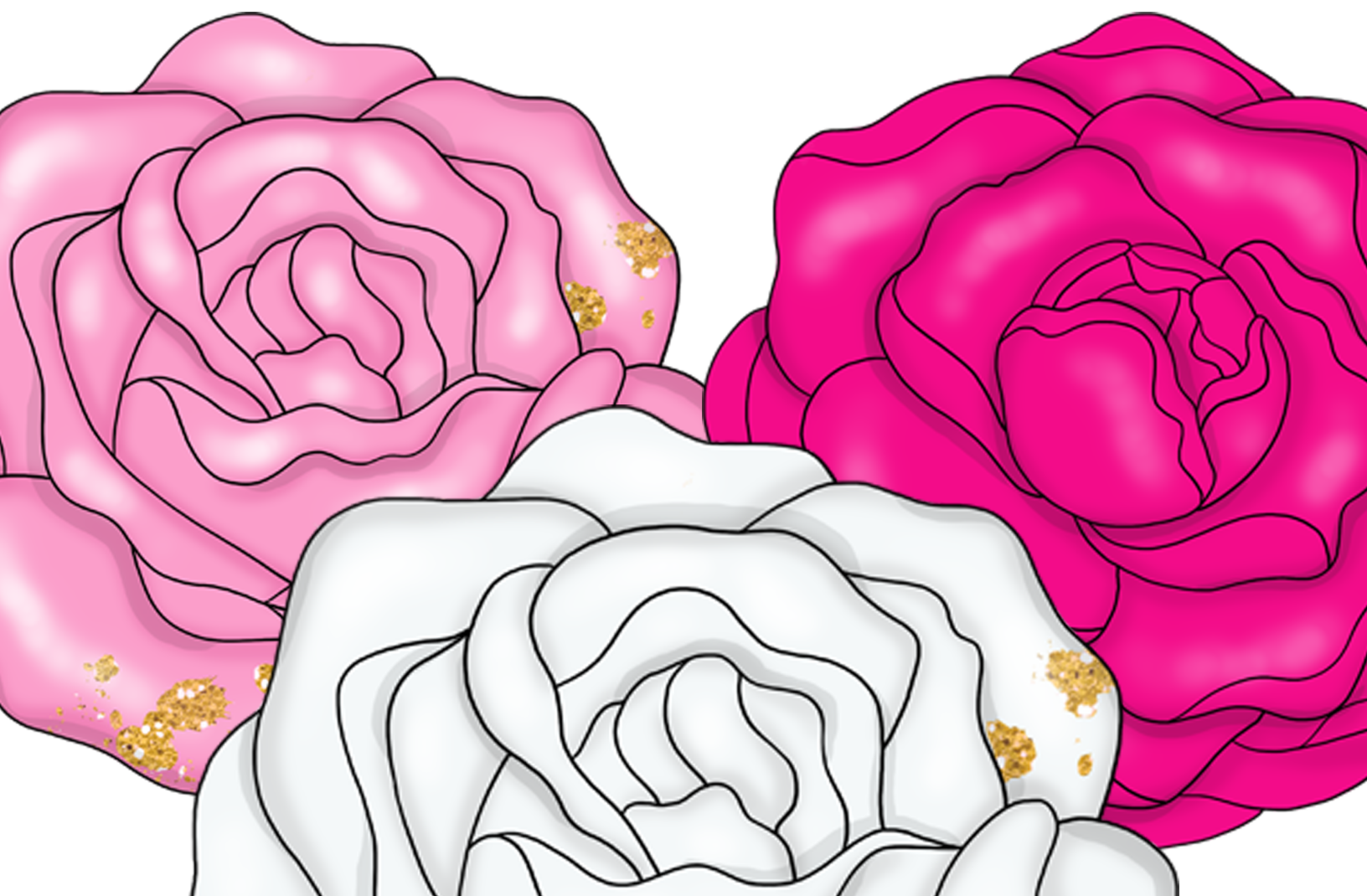


"A really strong woman  
accepts the war she  
went through and is  
ennobled by her scars."  
— Carly Simon



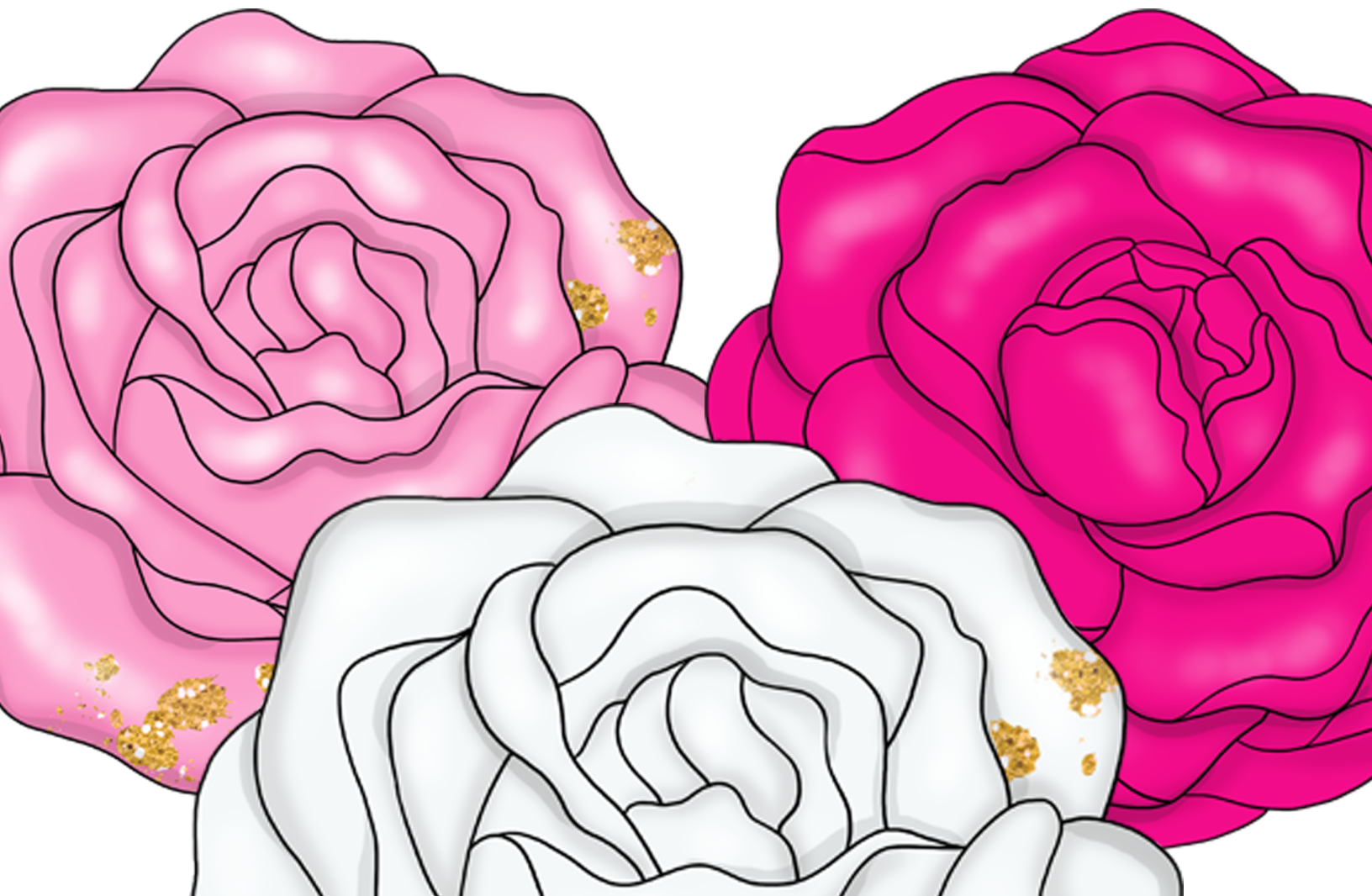


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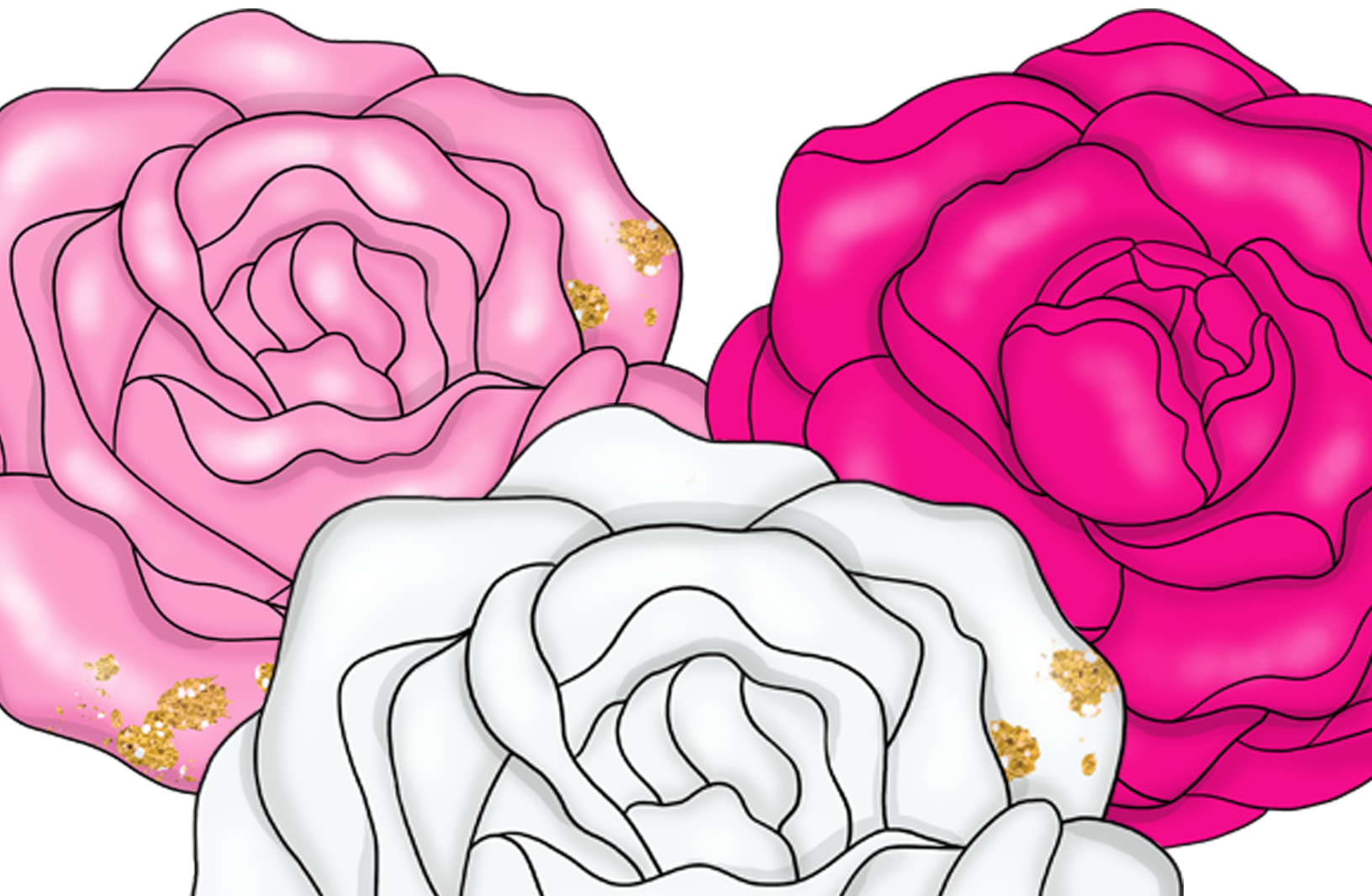
"She never seemed  
shattered; to me, she  
was a breathtaking  
mosaic of the battles  
she's won."

– Matt Baker





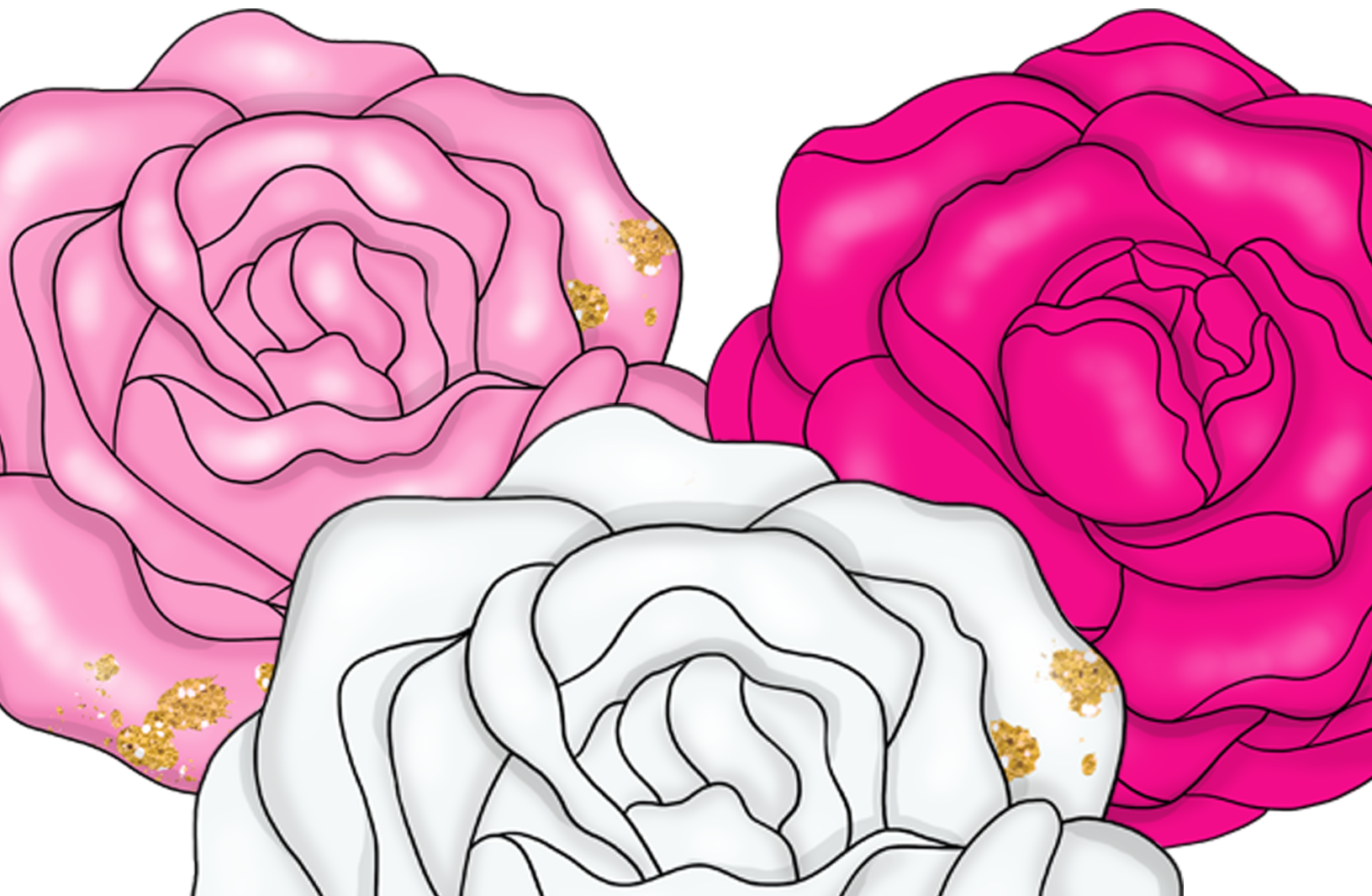
“Women must not depend  
upon the protection of man,  
but must be taught to  
protect herself.”  
– Susan B. Anthony





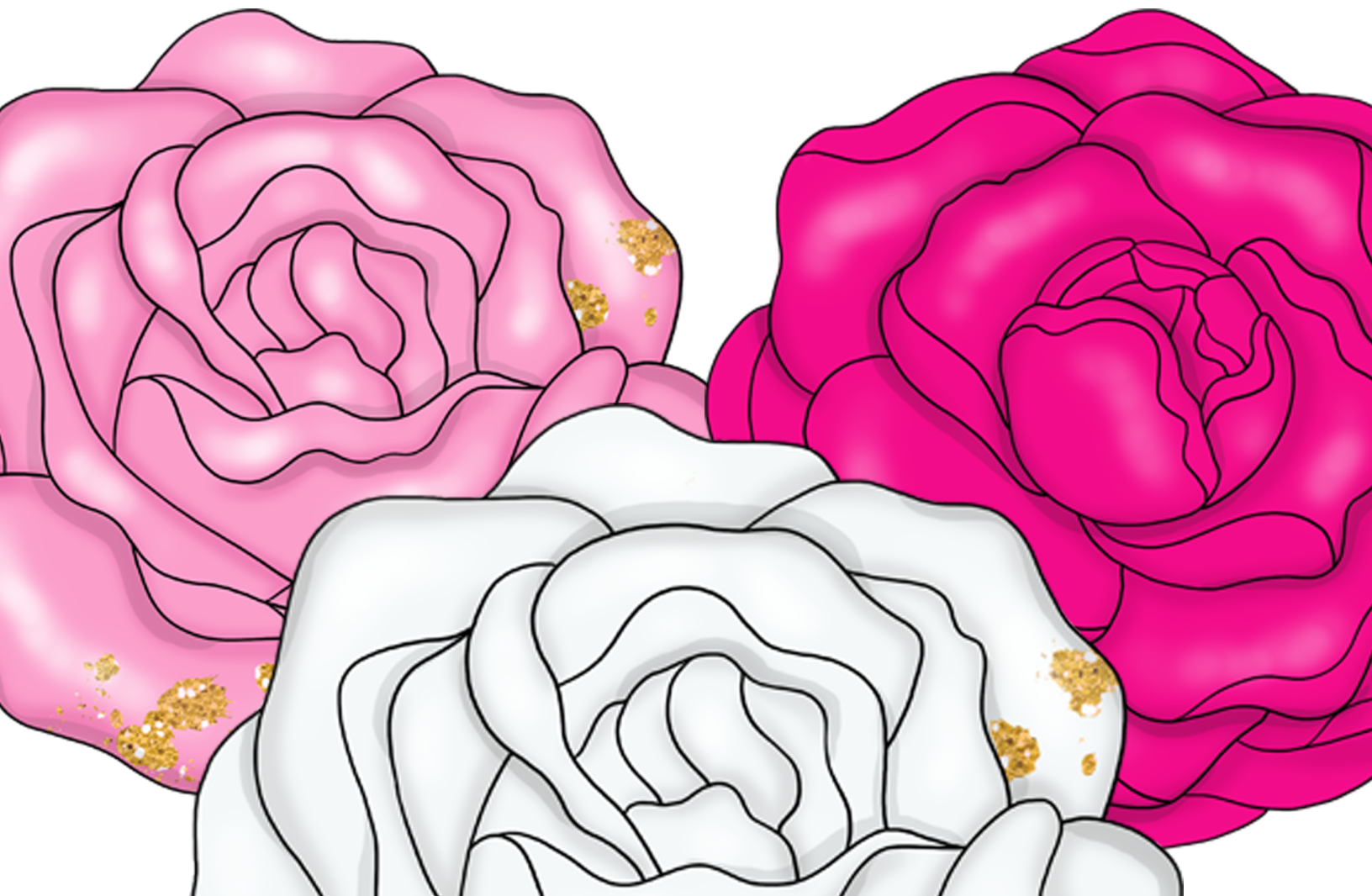
"A woman is the full circle.  
Within her is the power to  
create, nurture and  
transform."

– Diane Mariechild



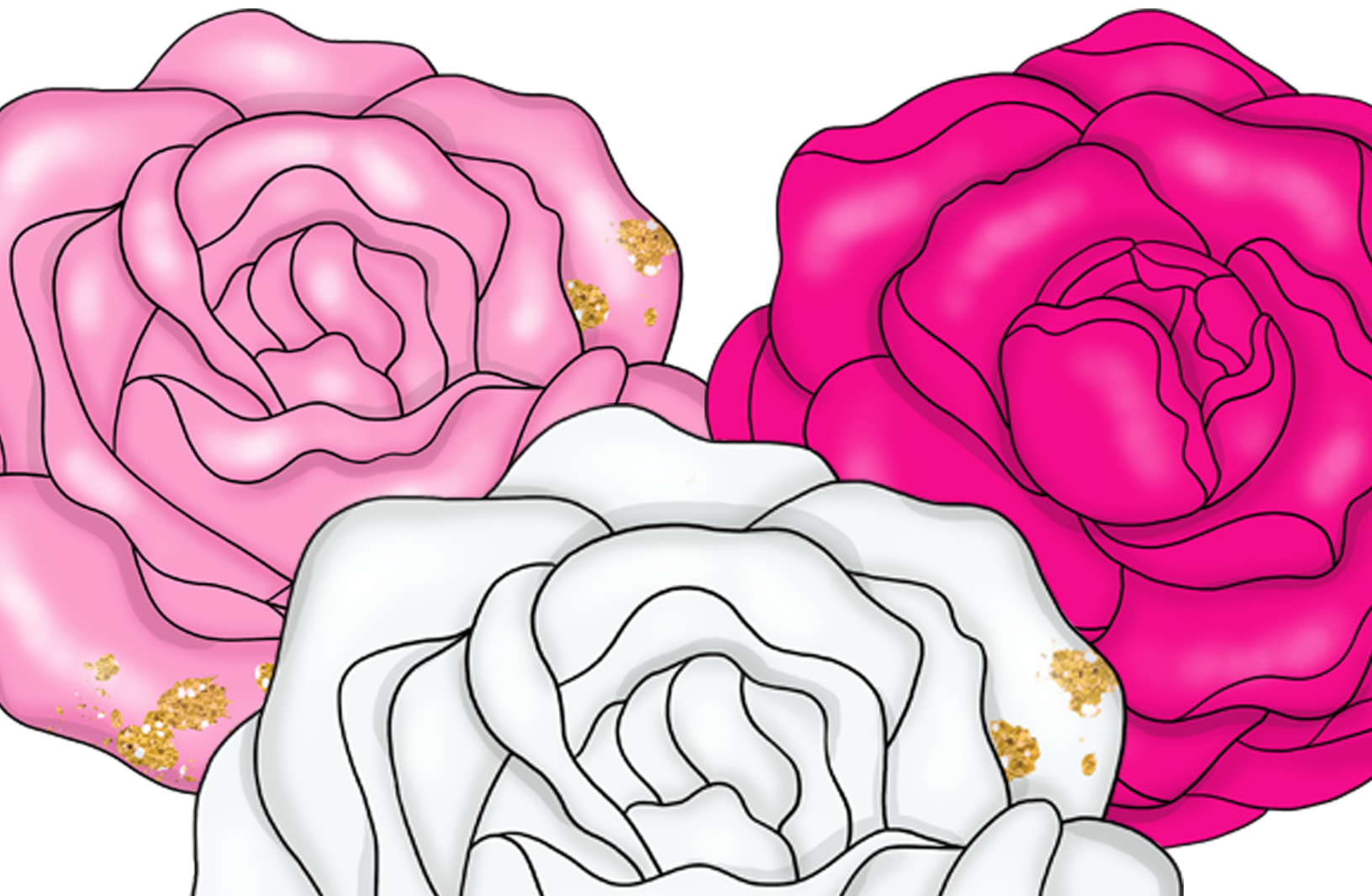
“You have to have confidence  
in your ability, and then be  
tough enough to follow  
through.”

– Rosalynn Carter



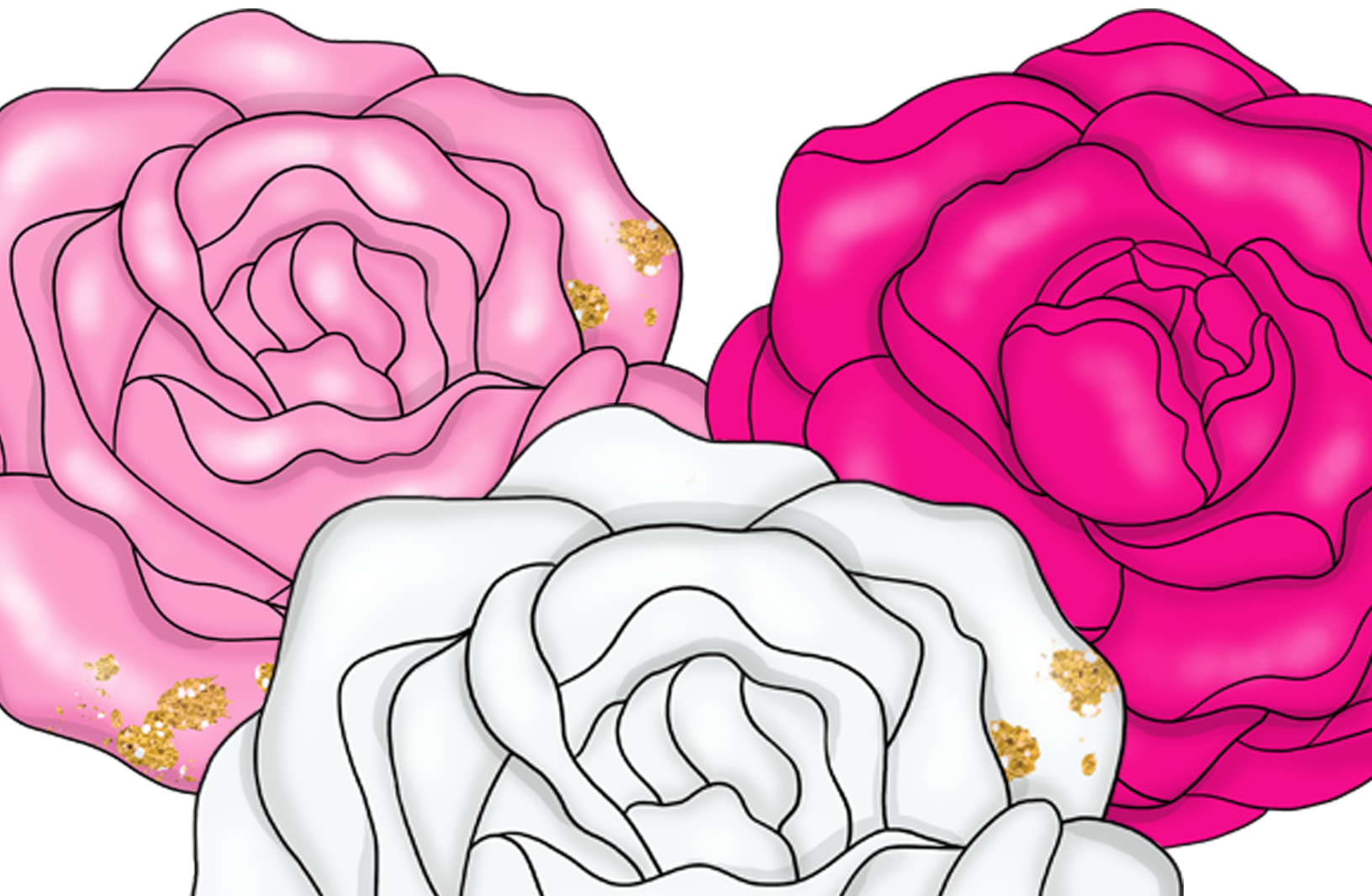


“Beneath every strong,  
independent woman lies a  
broken little girl who had to  
learn how to get back up and  
to never depend on anyone.”  
– Anonymous

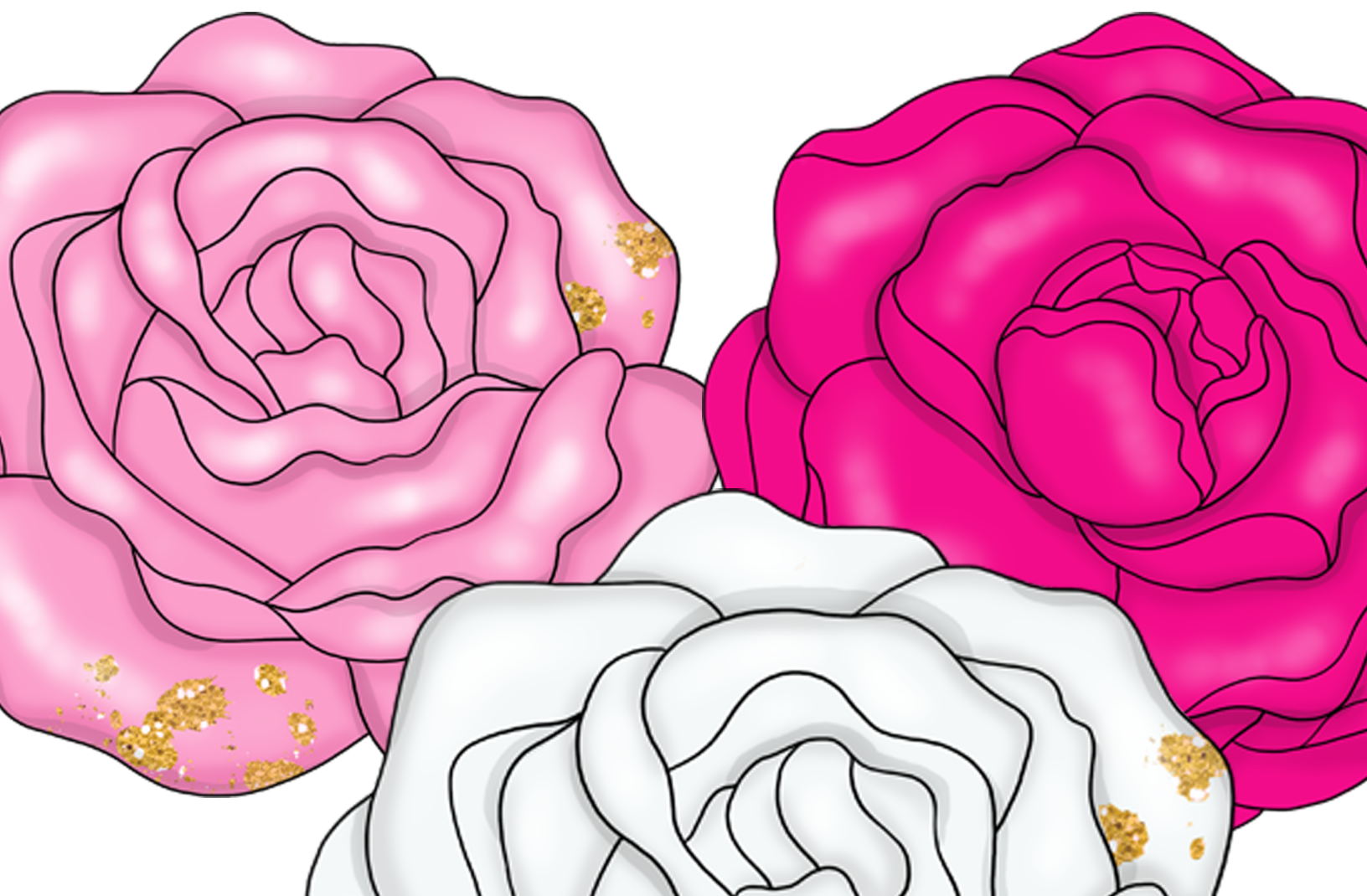




“A girl should be two  
things: who and  
what she wants.”  
— Coco Chanel

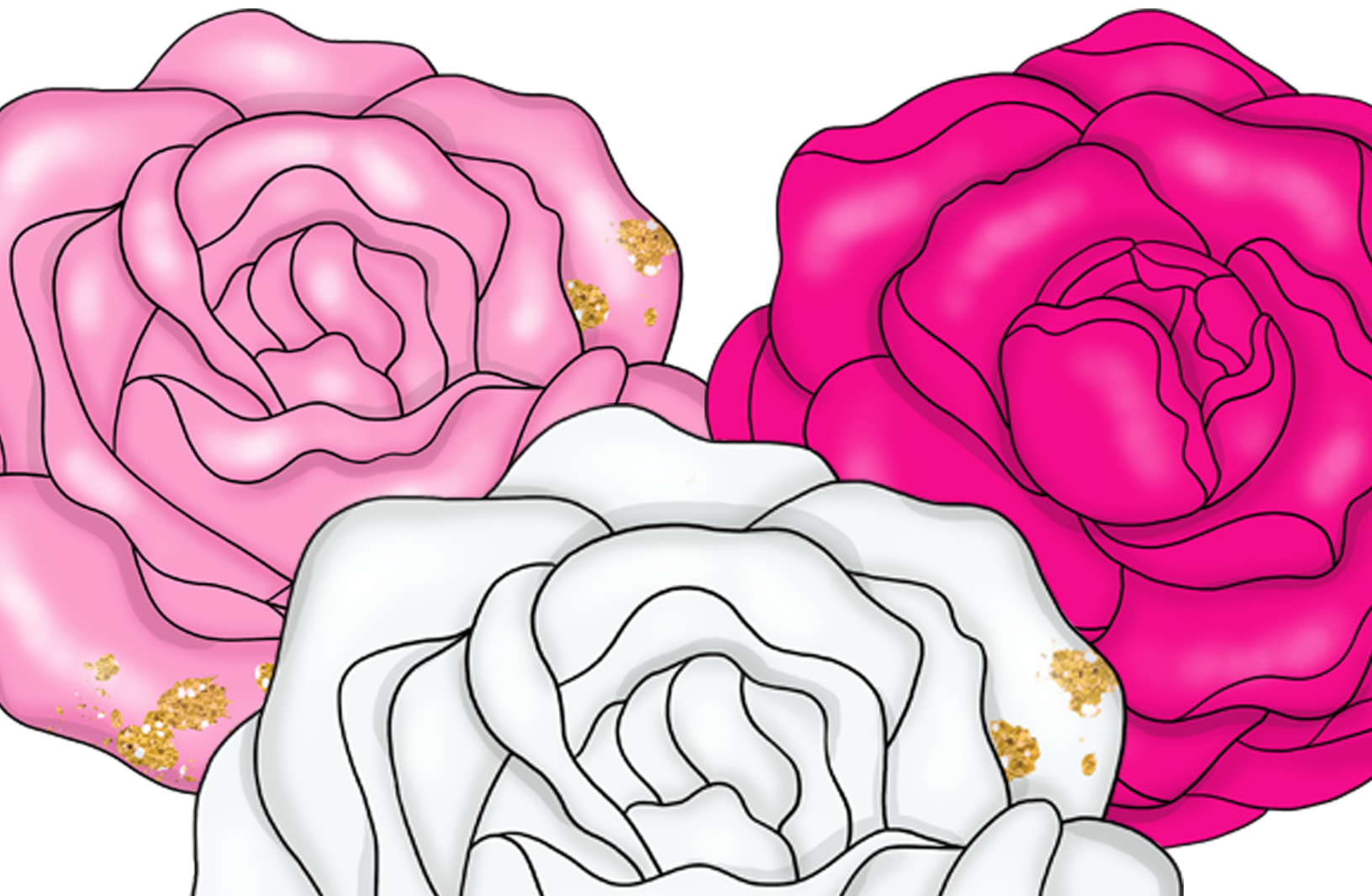


"A really strong woman  
accepts the war she  
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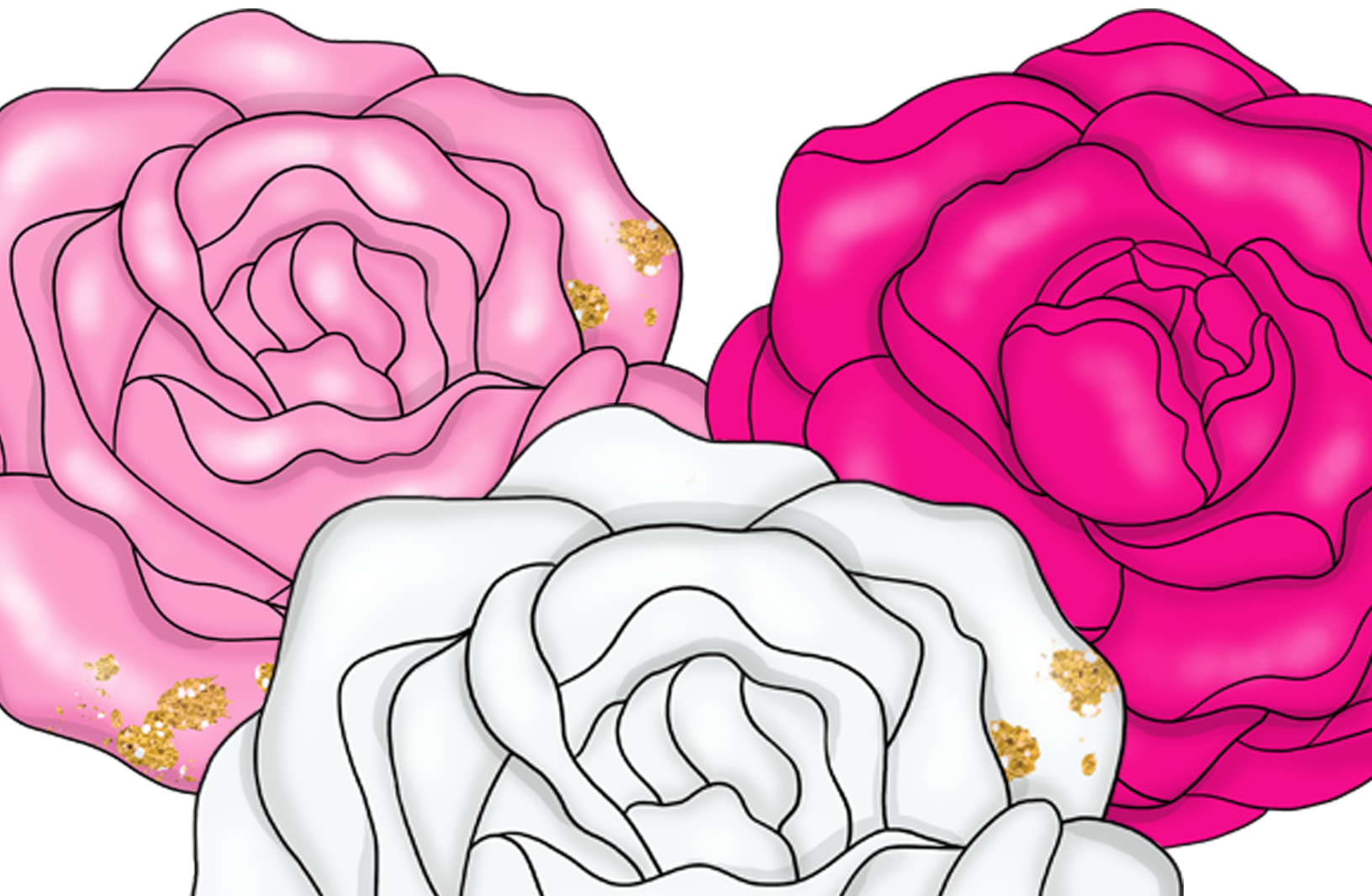


"She is clothed in strength  
and dignity, and she  
laughs without fear of  
the future." – Proverbs  
31:25





"If my strength  
intimidates you, I hope you  
realize that's a weakness  
of yours."  
– Anonymous



“Ignore the glass ceiling and do your work. If you’re focusing on the glass ceiling, focusing on what you don’t have, focusing on the limitations, then you will be limited.”  
— Ava DuVernay





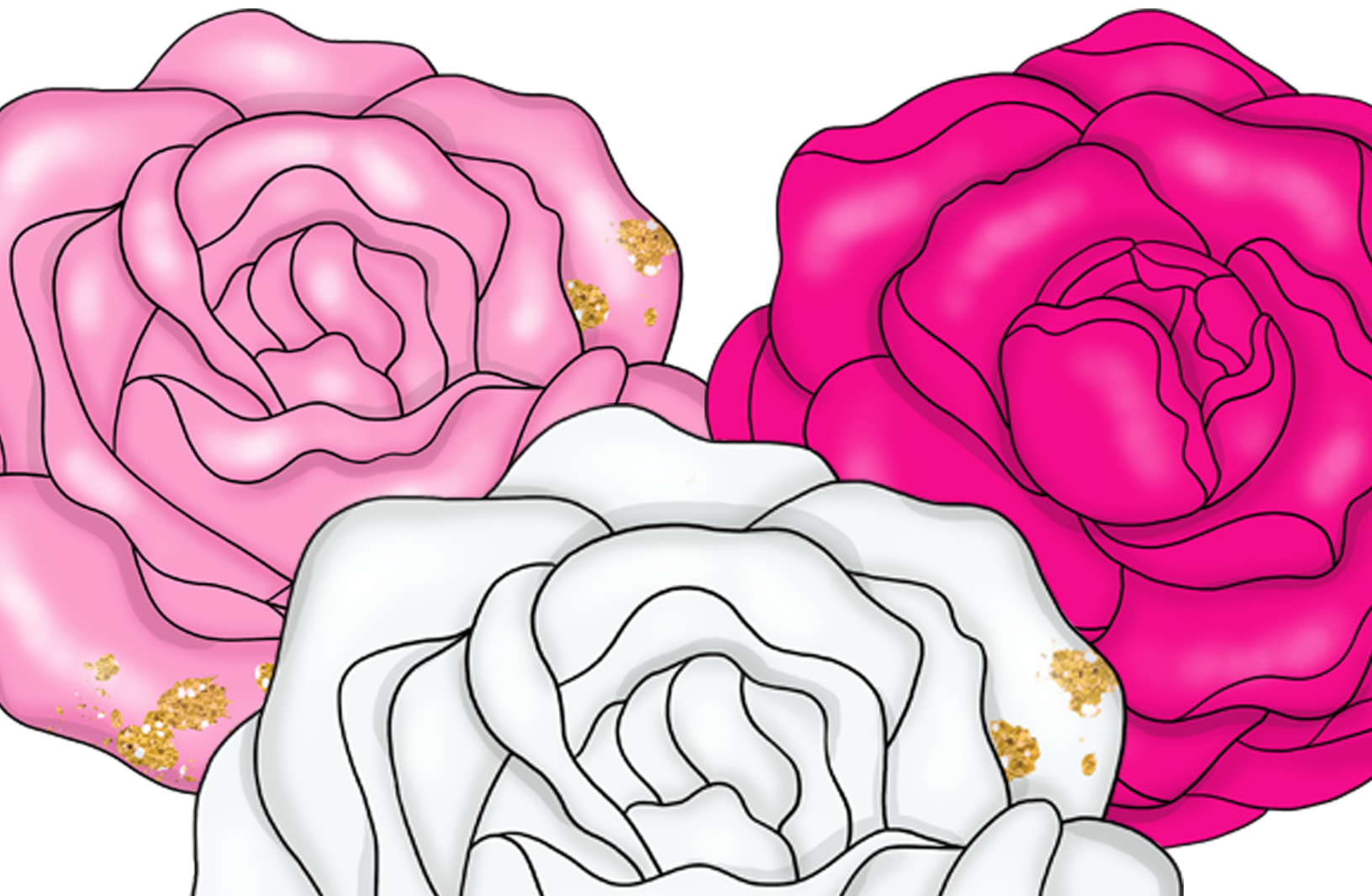
“Champions keep  
playing until  
they get it  
right.”

-Billie Jean





"The most alluring thing a  
woman can have is  
confidence."  
-Beyoncé Knowles







# Daily Planner



Su Mo Tu We Th Fr Sa

Date: .....

lee

Words of  
affirmation

To Do List

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

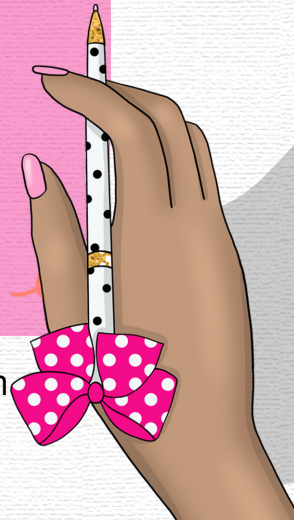
My Reflections

Goal for today:

Notes:

blessedbeyondadoubt.com

lellle







# Daily Planner



SU MO TU WE TH FR SA

Date: .....

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Words of  
affirmation

To Do List

- .....
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- .....

My Reflections

Goal for today:

Notes:



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# 2023 *Calendar*

## *January*

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
14	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## *February*

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## *March*

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## *April*

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## *May*

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## *June*

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## *July*

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## *August*

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## *September*

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## *October*

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
14	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## *November*

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## *December*

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

31

SUNDAY

[illegible]

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