



Courtesy of

MENTI  **VO**

Your Path to Wellness

2024

January

M	T	W	T	F	S	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				

February

M	T	W	T	F	S	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			

March

M	T	W	T	F	S	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

M	T	W	T	F	S	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

M	T	W	T	F	S	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

M	T	W	T	F	S	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

M	T	W	T	F	S	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

M	T	W	T	F	S	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

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

October

M	T	W	T	F	S	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			

November

M	T	W	T	F	S	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

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

01

January

2024



MON	TUE	WED	THU	FRI	SAT	SUN
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				

TO DO LIST

NOTES



01 |

January



MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

PRAYER REQUESTS

ANSWERED PRAYER

The fear of the Lord is the beginning of knowledge.

Proverbs 1:7

02

February

2024



MON	TUE	WED	THU	FRI	SAT	SUN
			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			

TO DO LIST

NOTES



02 |

February



MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

PRAYER REQUESTS

ANSWERED PRAYER

It is God who arms me with strength and keeps my way secure.

Psalm 18:32

03

March

2024



MON	TUE	WED	THU	FRI	SAT	SUN
				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

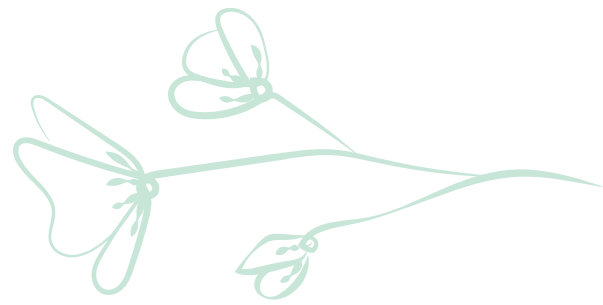
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NOTES



03 |

March



MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

PRAYER REQUESTS

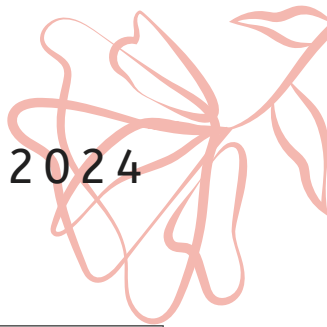
ANSWERED PRAYER

The Lord himself goes before you and will be with you... Deuteronomy 31:8

04

April

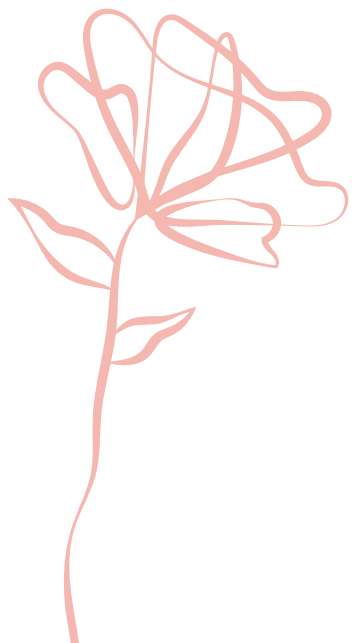
2024



MON	TUE	WED	THU	FRI	SAT	SUN
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					

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04 |

April



MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

PRAYER REQUESTS

ANSWERED PRAYER

For I know the plans I have for you, declares the Lord, plans for welfare & not for evil. Jer 29:11

05

May

2024



MON	TUE	WED	THU	FRI	SAT	SUN
		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		

TO DO LIST

NOTES



05 |

May



MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

PRAYER REQUESTS

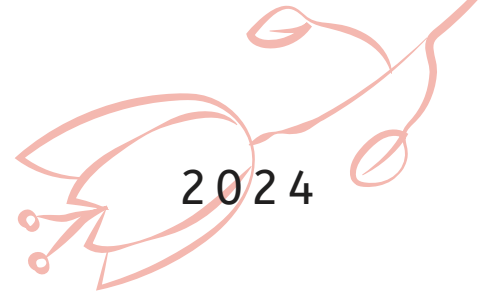
ANSWERED PRAYER

May the God of hope fill you with all joy and peace
as you trust in Him. Romans 15:13

06

June

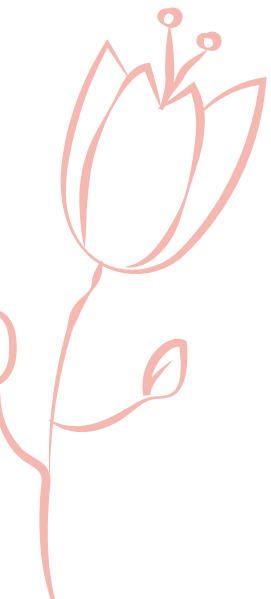
2024



MON	TUE	WED	THU	FRI	SAT	SUN
					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

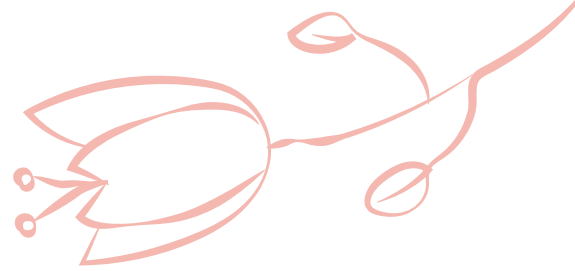
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06 |

June



MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

PRAYER REQUESTS

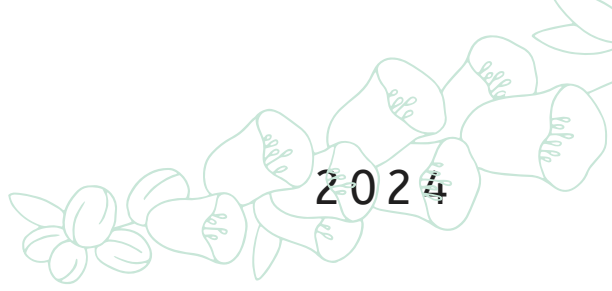
ANSWERED PRAYER

Trust in the Lord with all your heart, and do not lean on your own understanding. Proverbs 3:5

07

July

2024



MON	TUE	WED	THU	FRI	SAT	SUN
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				

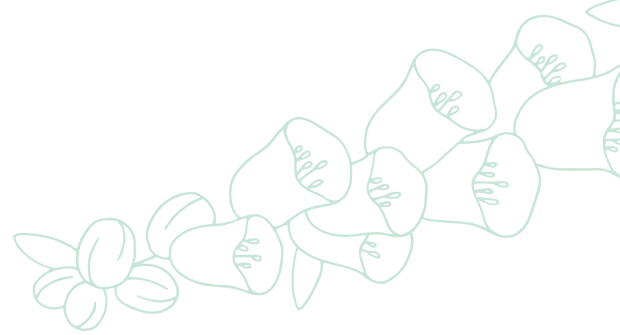
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07 |

July



MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

PRAYER REQUESTS

ANSWERED PRAYER

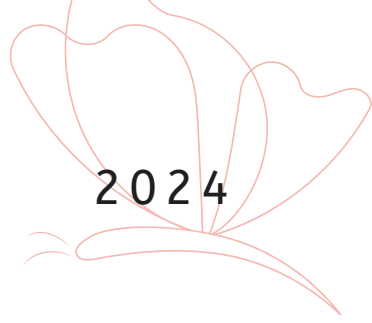
...where the Spirit of the Lord is, there is freedom.

II Corinthians 3:17

08

August

2024



MON	TUE	WED	THU	FRI	SAT	SUN
			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	

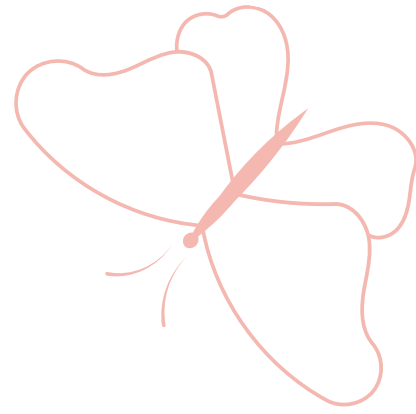
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08

August



MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

PRAYER REQUESTS

ANSWERED PRAYER

Do not be frightened, and do not be dismayed, for the Lord your God is with you. Joshua 1:9

09

September

2024



MON	TUE	WED	THU	FRI	SAT	SUN
						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						

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09

September



MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

PRAYER REQUESTS

ANSWERED PRAYER

...casting all your anxieties on Him, because he cares for you. 1 Peter 5:7

10

October

2024



MON	TUE	WED	THU	FRI	SAT	SUN
	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			

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October



MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

PRAYER REQUESTS

ANSWERED PRAYER

For God gave us a spirit not of fear but of power
and love and of a sound mind. II Timothy 1:7

11

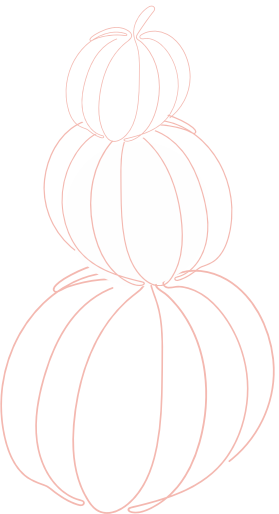
November



MON	TUE	WED	THU	FRI	SAT	SUN
				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	

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11 |

November



MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

PRAYER REQUESTS

ANSWERED PRAYER

Give thanks to the Lord for He is Good. His love endures forever. Psalm 136:1

12

December

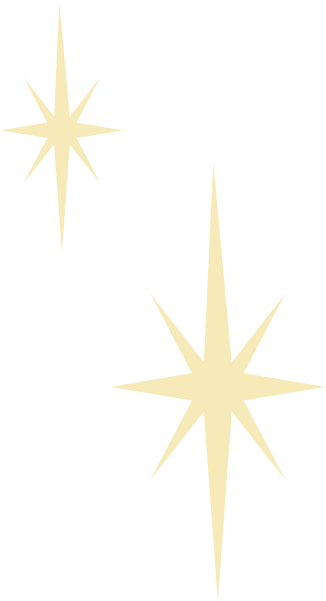
2024



MON	TUE	WED	THU	FRI	SAT	SUN
						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					

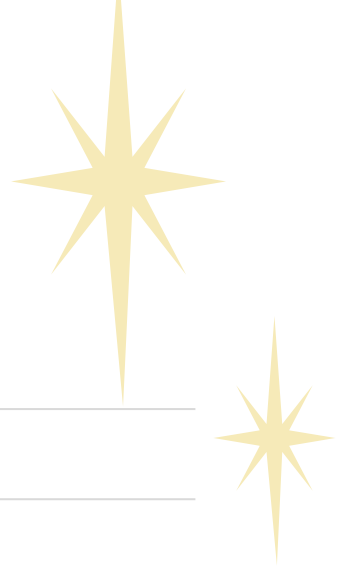
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12 |

December



MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

PRAYER REQUESTS

ANSWERED PRAYER

The heaves declare the glory of God; and the
firmament shows his handiworks. Psalm 19:1