

My Planner

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WEEKLY INTENTION

TO DO LIST

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NEXT WEEK

BRAIN DUMP



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WEEKLY INTENTION

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NEXT WEEK

BRAIN DUMP



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TODAY, I'M GRATEFUL FOR

TODAY'S GOAL

TO DO LIST

DON'T FORGET

HYDRATION

MEALS

B	L
D	S

REMAINDERS FOR TOMORROW



SCHEDULE

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MEALS

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REMAINDERS FOR TOMORROW



SATURDAY

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TODAY, I'M GRATEFUL FOR

TODAY'S GOAL

TO DO LIST

DON'T FORGET

HYDRATION

MEALS

B	L
D	S

REMAINDERS FOR TOMORROW



TASK | WEEK -

PERSONAL TO - DO

DUE DATE

[illegible]

WORK TO - DO

DUE DATE

[illegible]

BRAIN DUMP | WEEK -

TO - DO

WHEN

RANDOM THOUGHT

CONTACT

[illegible]This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.[illegible]

NEW IDEAS

RESEARCH

THINK AND MAKE A DECISION ABOUT

--

JOURNAL | DATE -

I AM GRATEFUL FOR

[illegible]

HIGHLIGHT

[illegible]

THOUGHT'S

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

MY MOOD



WEATHER

SLEEP

Asleep: _____ Awake: _____

EXERCISE

MEALS

Breakfast:

Lunch:

Dinner:

Dinner:

Snack:

Snack:

Water:        

Water:



LIFE VISION

DREAM BOARD

MY LIFE VISION

MY LIFE ON A SCALE OF 1-10

MY LIFE VISION



GOAL PLANNER

MY LIFE VISION

START DATE

DUE DATE

GOAL INSPIRATION BOARD TO STAY INSPIRED ON YOUR JOURNEY

MY WHY

MOTIVATION

REWARD

HAVITS TO GET ME THERE

STEPS TO MAKE IT HAPPEN

PROGRESS BAR

10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
-----	-----	-----	-----	-----	-----	-----	-----	-----	------

NOTES



HABIT TRACKER

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

[illegible]

MONTHLY REVIEW

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

HOW WAS MY MONTH?

CHALLENGES & LESSONS

WHAT I NEED TO IMPROVE ON

THINGS TO ...

Stop Doing

Start Doing

Keep Doing

THINGS TO ...

HIGHLIGHTS / TOP ACCOMPLISHMENTS

NEXT MONTH I'LL BE FOCUSING ON

NEXT MONTH I'LL BE FOCUSING ON

	1	2	3	3
Personal Growth				
Family Relationships				
Social Relationships				
Work / Career				
Marriage / Romance				
Financial				
Business				



YEAR

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

SELF CARE PLAN | WEEK -

SELF CARE CHECKLIST

S M T W T F S

[illegible]

SELF CARE IDEAS

WHEN I ...

THEN ...

[illegible]

DECISION MAKING WORKSHEET

DECISION TO MAKE

30 MINUTES BRAINSTORM

OPTION 1

OPTION 2

PRO

CON

PRO

CON

FINAL DECISION

THERAPY NOTES | DATES -

TOPICS TO DISCUSS

DISCUSSED ISSUES

[illegible]

SUMMARY

HELPFUL TIPS

EXERCISE

FOR NEXT SESSION

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

THOUGHTS

A full-page view of a blank sheet of graph paper. The grid consists of thin, light gray horizontal and vertical lines forming small squares across the entire page. There are no margins, text, or other markings on the paper.

MOOD TRACKER | DATE -

[illegible][illegible]

IMPOSTER SYNDROME

BELIEF

IS IT TRUE?

MY LIFE VISION



NOT- TO- DO LIST

THINGS THAT WASTE MY TIME

THINGS THAT I CAN DELEGATE

THINGS THAT DRAIN MY ENERGY

THINGS THAT ARE OUT OF MY CONTROL

THINGS THAT AREN'T MY RESPONSIBILITIES

THINGS I THINK I MUST DO



⋮

YEAR

JAN

FEB

MAR

APR

MAY

JUN

JUL

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OCT

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MEDICATION TRACKER

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

[illegible]

MEDICATION
DOSAGE
TREATMENT FOR
NOTES
MEDICATION
DOSAGE
TREATMENT FOR
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NOTES



MEDICAL APPOINTMENTS

[illegible]

WORKOUT PLANNER

FITNESS GOALS

[illegible]

NOTES

[illegible]

STEPUPDCS

WK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							



TO - FINISH LIST

[illegible][illegible]

DIGITAL DECLUTTER CHECKLIST

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

[illegible]

HOME DECLUTTER
CHECKLIST

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER



⋮

YEAR

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

CLEANING SCHEDULE

[illegible][illegible]

PLANT CARE TRACKER

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

[illegible]

9

WATER

9

FERTILIZE

9

REPO T

9

MIST



FOOD INVENTORY

[illegible]

FRIDGE & FREEZER

[illegible]

PANTRY



MEAL PLANNER

BREAKFAST

LUNCH

DINNER

SNACK

GROCERIES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

[illegible]

ORDER TRACKER

[illegible]

MONTHLY BUDGET

JANUARY • FEBRUARY • MARCH • APRIL • MAY • JUNE • JULY • AUGUST • SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

INCOME			BUDGET			ACTUAL			FIXED EXPENSES			BUDGET			ACTUAL			VARIABLE EXPENSES			BUDGET			ACTUAL			SUMMARY	
																										TOTAL INCOME		
																										TOTAL EXPENSES		
																										TOTAL SAVINGS		



BILLS

[illegible]

DEBTS

DATE _____

START DATE

STARTING BALANCE

INTEREST RATE

MINIMUM PAYMENT

DUE DATE

GOAL MONTHLY REPAYMENT

GOAL PAYOFF DATE

10%

GOOD JOB

20%

I GOT THIS!

30%

AWESOME!

40%

SO PROUD OF MYSELF!

50%

KEEP ON KEEPING ON!

60%

YES!

70%

I CAN DO IT!

80%

SO CLOSE

90%

ALMOST THERE!

100%

TIME TO CELEBRATE!

[illegible]

SAVINGS

SAVINGS GOAL

START DATE

STARTING BALANCE

GOAL DATE

SAVING FOR

10%
20%
30%
40%
50%
60%
70%
80%
90%
100%

GOOD JOB

I GOT THIS!

AWESOME!

SO PROUD OF MYSELF!

KEEP ON KEEPING ON!

YES!

I CAN DO IT!

SO CLOSE

ALMOST THERE!

TIME TO CELEBRATE!

[illegible]

WISHLIST

ITEM

STORE

PRICE

I WANT IT BECAUSE

ITEM

STORE

PRICE

I WANT IT BECAUSE

ITEM

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I WANT IT BECAUSE

ITEM

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ITEM

STORE

PRICE

I WANT IT BECAUSE



PROMODORO TRACKER | DATE -

SUNDAY • MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY • SATURDAY

PROJECT	TARGET	ACTUAL	TIME SPENT
○			
○			
○			
○			
○			

[illegible][illegible]

BREAKS

10-MINUTE PLANNER | DATE -

SUNDAY • MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY • SATURDAY

TASK		10	20	30	40	50	60
		5:00					
		6:00					
		7:00					
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		3:00					
		4:00					

DO FIRST

DO AFTER

TOMORROW

THOUGHTS





DEC

NOV

OCT

SEP

AUG

JUL

JUN

MAY

APR

MAR

FEB

JAN

YEAR





DEC

NOV

OCT

SEP

AUG

JUL

JUN

MAY

APR

MAR

FEB

JAN

YEAR





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YEAR

