

/

MY PLANNER



Calendar 2024

January

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			

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	29		

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	15	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				

DAILY PLANNER

DATE: _____/_____/_____

SCHEDULE

TIME	TASK

TO DO

- _____
- _____
- _____
- _____
- _____
- _____

GRATITUDE

HABITS

- _____
- _____
- _____
- _____
- _____

MEAL

WEEKLY AGENDA PLANNER

Week of: _____ / _____

MONDAY

TUESDAY

SUNDAY

WEDNESDAY

THURSDAY

WEEKLY TO DO LIST

FRIDAY

SATURDAY

NOTES

MONTH

AT A GLANCE

Month/Year:

____/____

M

T

W

T

F

S

S

GOALS

NOTES

WEEKLY PLANNER

Week of:

_____/____

M
T
W
T
F
S
S

TO DO

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

NOTES

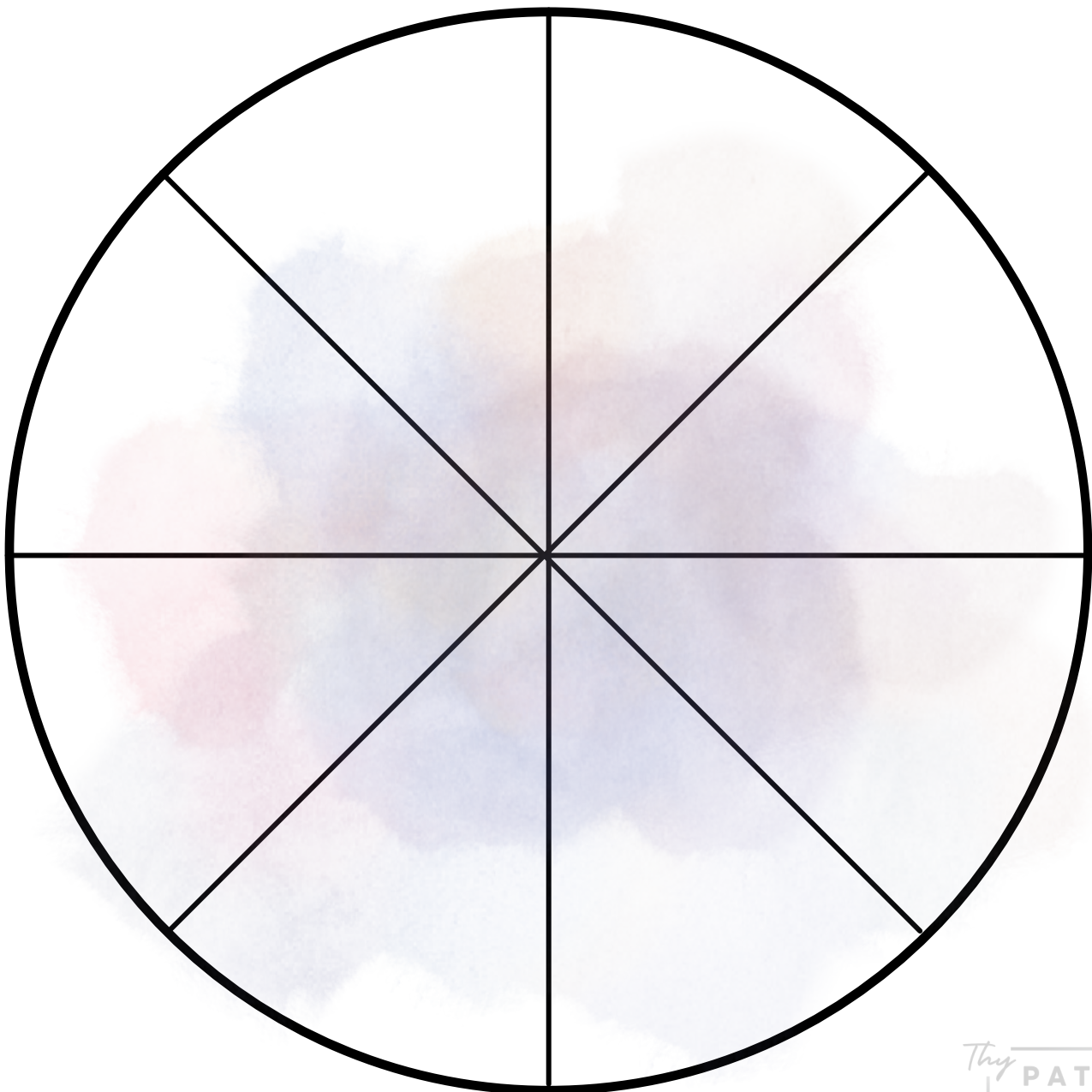
BALANCE WHEEL

HOW IT WORKS?

Date:

_____/____/_____

DIVIDE YOUR LIFE INTO EIGHT IMPORTANT AREAS. EVALUATE EACH SPHERE ON A 10-POINT SYSTEM - THE MINIMUM SCORE IS PLACED CLOSER TO THE CENTER OF THE CIRCLE, THE MAXIMUM - TO THE BORDER. ANALYZE THE RESULT.



GOAL SETTING

Date:

_____/____/_____

GOAL

START:



END:

WHY IS THIS IMPORTANT TO ME?

HOW WILL I ACHIEVE THIS GOAL?

HOW WILL I FEEL WHEN I ACHIEVE MY GOAL?

GOALS

HOW IT WORKS?

AFTER ANALYZING THE AREAS OF LIFE, WRITE DOWN THE NECESSARY GOALS THAT WILL HELP IMPROVE YOUR LIFE.

RELATIONSHIP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

--

FINANCIAL

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

--

CAREER

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

--

HEALTH

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

--

GOALS

HOW IT WORKS?

AFTER ANALYZING THE AREAS OF LIFE, WRITE DOWN THE NECESSARY GOALS THAT WILL HELP IMPROVE YOUR LIFE.

PERSONAL GROWTH

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

--

RELAXATION

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

--

FAMILY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

--

PHYSICAL ENVIRONMENT

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

--

TO DO LIST

Date:

____ / ____

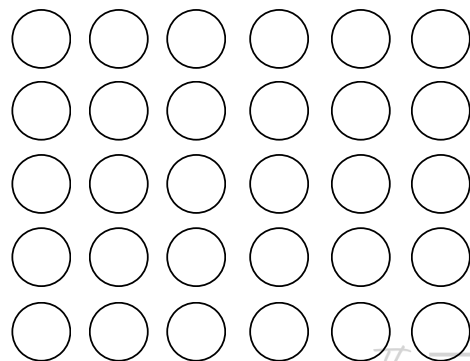
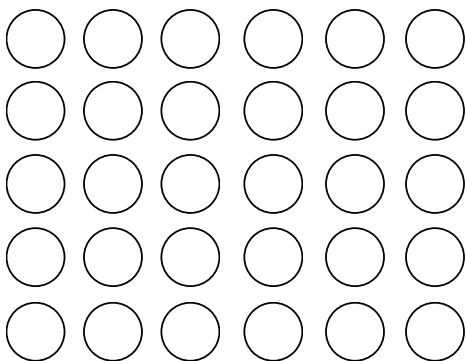
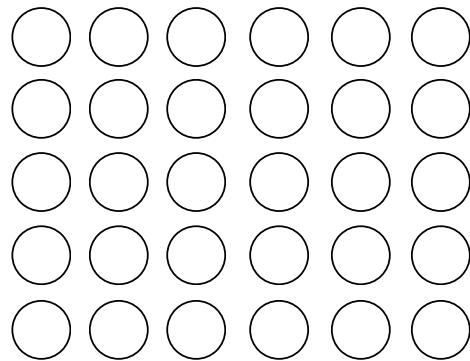
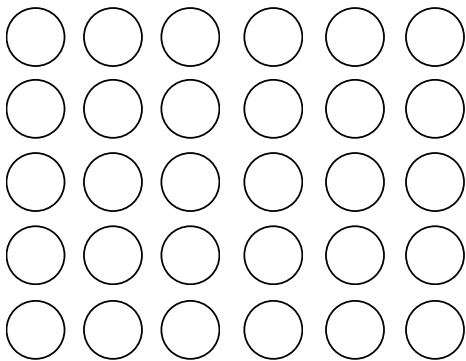
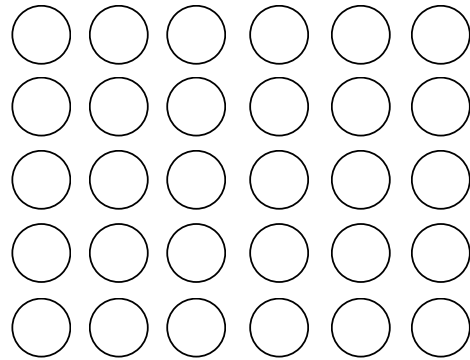
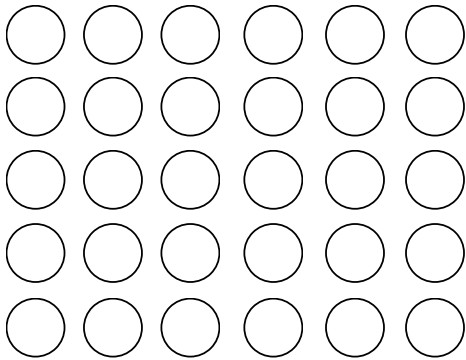
DONE	TASK

PRIORITIES

HABIT TRACKER

Date:

____/____/____



MEAL PLANNER

Week of:

____ / ____

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

SHOPPING LIST

MEAL PLANNER

Week of:

____ / ____

MON

TUE

WED

THU

FRI

SAT

SUN

SHOPPING LIST

Grocery List

DATE:

_____/_____/_____

Fresh

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-

Packaged Foods

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-

Frozen

-
-
-
-
-
-
-
-
-
-
-
-

Spices & Herbs

-
-
-
-
-
-
-
-
-
-
-
-

Other

-
-
-
-
-
-
-
-
-
-
-
-

DEAR DIARY,

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

DATE:

_____/_____/_____
The PATHS

