

YOUR *future self*
IS GOING TO BE SO
proud of you!

2022-23

PLANNER

2022

at a glance

January

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
2	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

Mo	Tu	We	Th	Fr	Sa	Su
	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

Mo	Tu	We	Th	Fr	Sa	Su
	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

Mo	Tu	We	Th	Fr	Sa	Su
				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

Mo	Tu	We	Th	Fr	Sa	Su
						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

Mo	Tu	We	Th	Fr	Sa	Su
		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

Mo	Tu	We	Th	Fr	Sa	Su
				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

Mo	Tu	We	Th	Fr	Sa	Su
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

Mo	Tu	We	Th	Fr	Sa	Su
			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

Mo	Tu	We	Th	Fr	Sa	Su
					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

November

Mo	Tu	We	Th	Fr	Sa	Su
	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

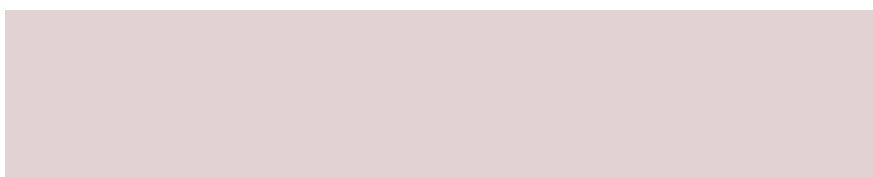
Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

WORD OF THE YEAR

What is something you want to focus on this year? Choose a word that you want 2022 to be all about. Get some ideas from below and try nailing down to just ONE word.

Have some fun and use this puzzle to find your word of the year!

F	P	A	L	I	G	N	F	M	V	B	H	H	C	Y	U	G	S
I	W	A	N	D	E	R	O	R	A	S	U	E	T	G	I	R	S
N	P	I	E	N	E	R	G	Y	I	B	W	S	A	B	X	O	F
T	H	A	P	P	I	N	E	S	S	E	U	E	I	L	S	W	A
E	Q	E	S	U	C	C	E	S	S	G	N	N	A	N	T	T	I
G	R	M	B	F	T	K	T	C	K	S	C	D	D	L	E	H	T
R	S	P	I	R	I	T	U	A	L	I	T	Y	S	A	T	S	H
I	C	O	C	O	G	R	A	T	E	F	U	L	J	H	N	H	S
T	Y	W	N	F	I	B	E	V	O	L	V	E	R	Z	I	C	Y
Y	R	E	L	A	T	I	O	N	S	H	I	P	S	T	B	P	E
V	X	R	G	K	M	O	M	E	N	T	U	M	U	U	C	K	S
L	S	K	D	C	O	N	F	I	D	E	N	C	E	K	U	L	A



NEW YEAR GOALS

GOAL 1

YOUR WHY?

CHECKPOINTS

GOAL 2

YOUR WHY?

CHECKPOINTS

GOAL 3

YOUR WHY?

CHECKPOINTS

ACTION PLAN

TO ACHEIVE GOAL 1

THOUGHTS I'LL THINK	ACTIONS I'LL TAKE
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

TO ACHEIVE GOAL 2

THOUGHTS I'LL THINK	ACTIONS I'LL TAKE
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

TO ACHEIVE GOAL 3

THOUGHTS I'LL THINK	ACTIONS I'LL TAKE
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

EPIC LIFE GOALS

Write down or create a Vision Board of all the goals you want to accomplish in life. Including your wildest dreams! Writing your goals on paper make them a tad bit more real.

2022 isn't the year to shrink your dreams in the name of practicality.

JANUARY

January

TOP GOALS

notes

INSPIRATION

FEBRUARY

February

TOP GOALS

notes

INSPIRATION

MARCH

TOP GOALS

notes

INSPIRATION

APRIL

April

TOP GOALS

notes

INSPIRATION

MAY

May

TOP GOALS

notes

INSPIRATION

JUNE

June

TOP GOALS

notes

INSPIRATION

JULY

July

TOP GOALS

notes

INSPIRATION

AUGUST

August

TOP GOALS

notes

INSPIRATION

SEPTEMBER

September

TOP GOALS

notes

INSPIRATION

OCTOBER

October

TOP GOALS

notes

INSPIRATION

NOVEMBER

November

TOP GOALS

notes

INSPIRATION

DECEMBER

December

TOP GOALS

notes

INSPIRATION

IMPORTANT REMINDERS

DATE

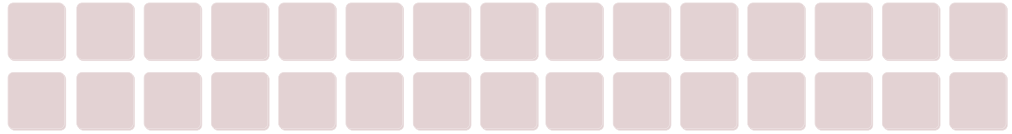
TASKS/ EVENTS

DATE	TASKS/ EVENTS

HABIT TRACKER

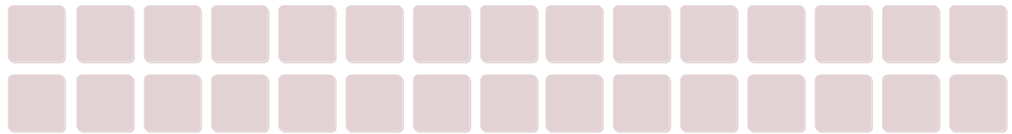
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REWARD



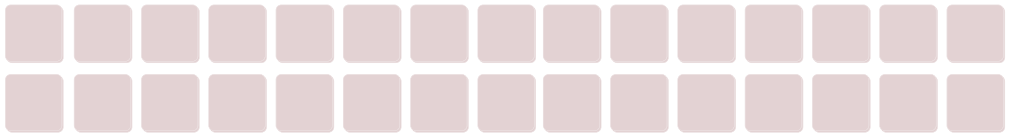
HABIT:

REWARD



HABIT:

REWARD



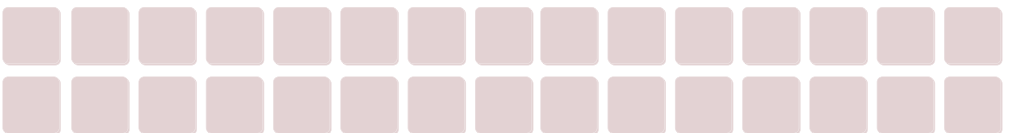
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REWARD



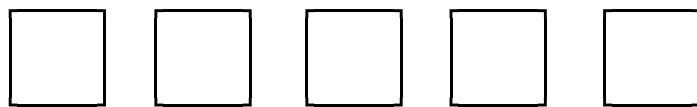
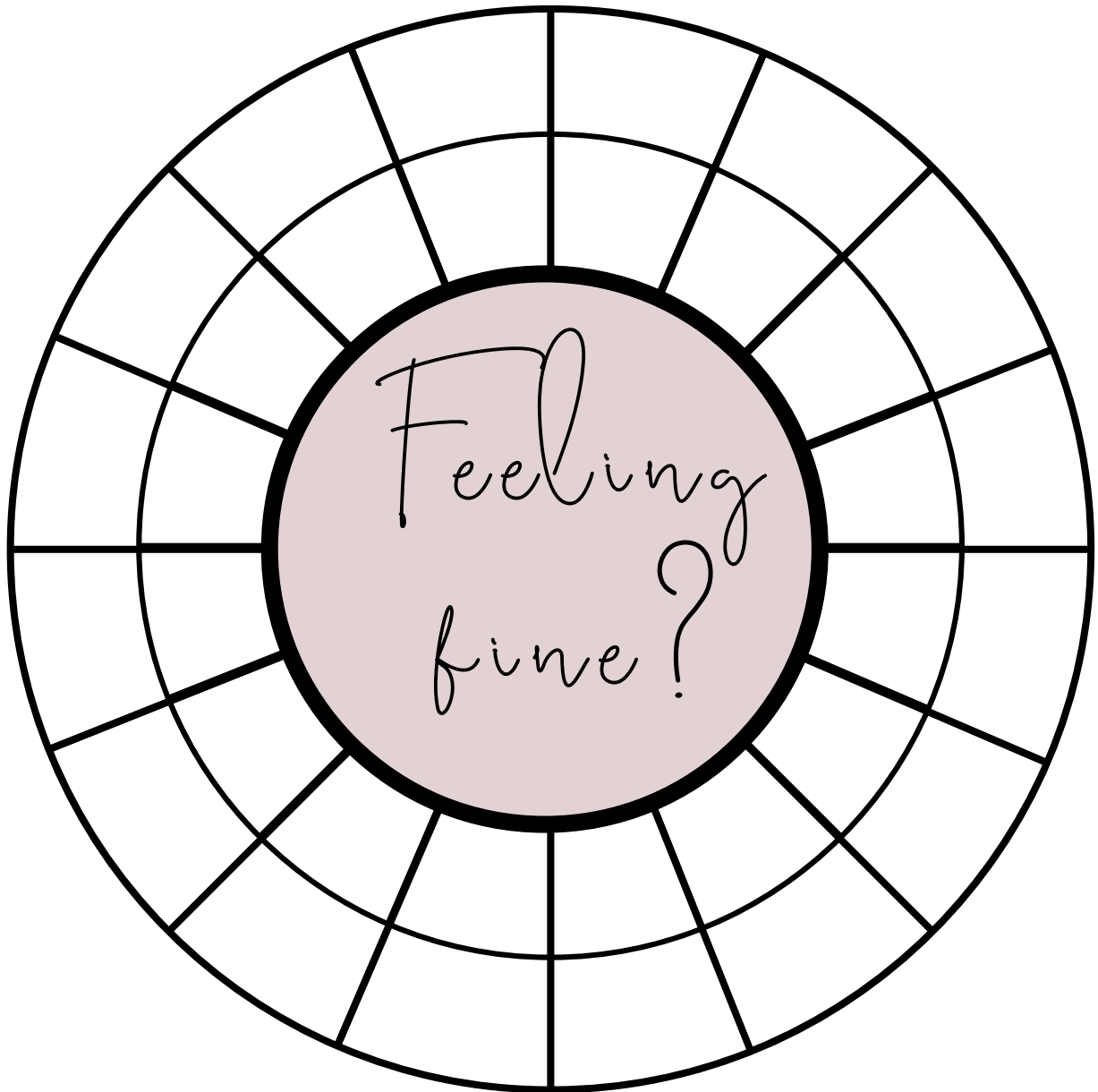
HABIT:

REWARD



Reminder : Don't focus on too many habits at once. Choose 3-5 habits for 30 days and make a decision to stick to them.

MOOD TRACKER



SAD

OKAY

HAPPY

WEEKLY SCHEDULE PLANNER

MONTH

WEEK NO.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GOALS



DAILY PLANNER

DATE : __/__/__

M/T/W/T/F/S/S

TODAY'S INTENTION

TOP PRIORITIES

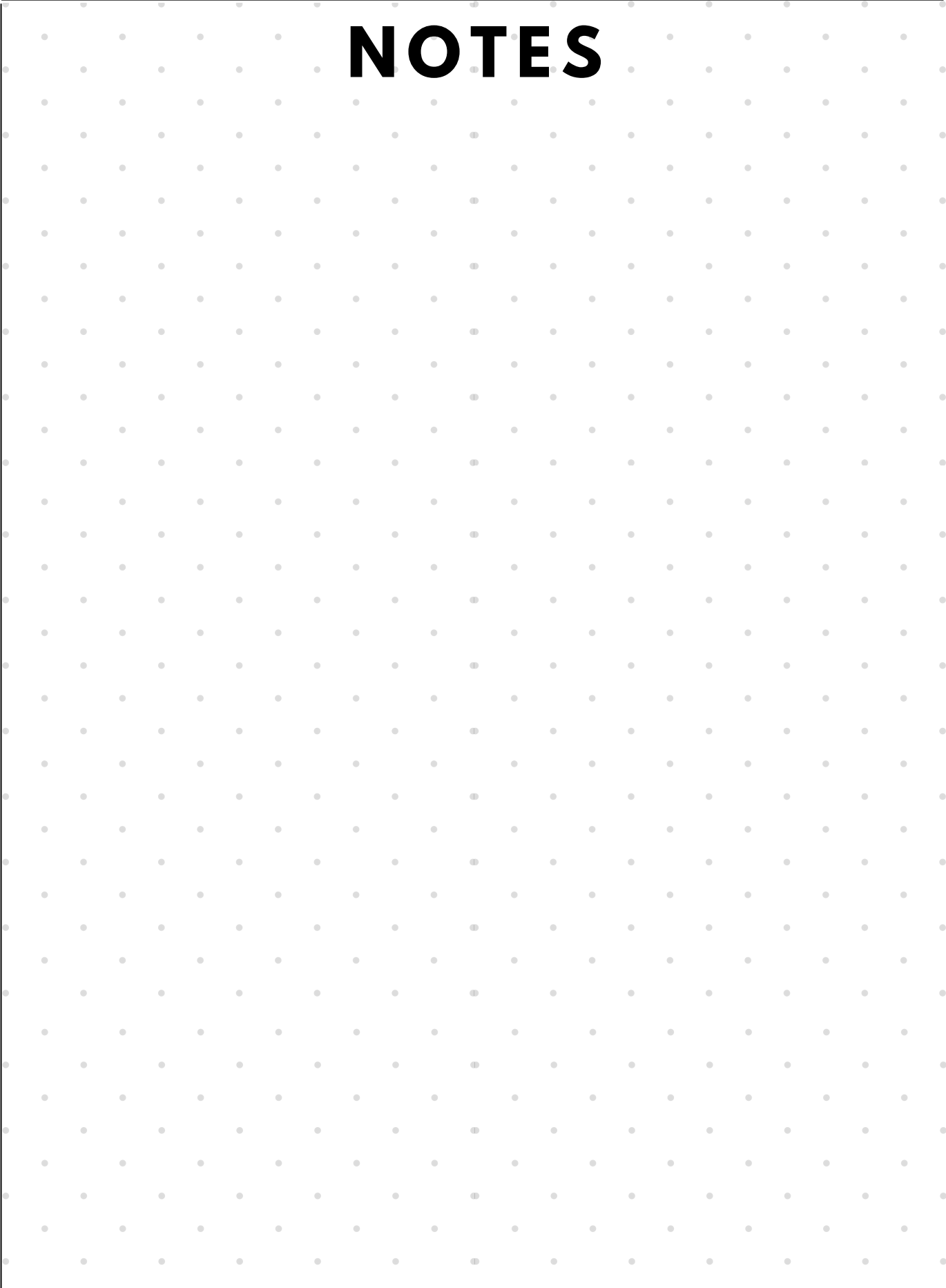
MEAL TRACKER

B :
L :
S :
D :

TODAY I'M GRATEFUL FOR . . .

notes

NOTES



ROUTINES

Am 

Pm 

GOOD VIBES LIST

Write down that fill your heart with love and happiness. Try to make these things a part of your everyday life.

THINGS THAT MAKE ME HAPPY

THINGS THAT I'M BLESSED WITH

SELF CARE ROUTINE

TODAY'S MOOD



TODAY'S AGENDA

-
-
-
-
-
-
-
-
-

Ideas

PHYSICAL SELF CARE

MENTAL SELF CARE

EMOTIONAL SELF CARE

AFFIRMATIONS

INSPIRATION

REMINDER

WEEKLY CHECK IN

Write down everything that you did this week - your habits, actions and thoughts. Then, divide them into these 3 categories.

WEEK : __/__ TO __/__

START

New habits you want to start this week.

STOP

Habits you want to get rid of this week.

REPEAT

Habits you want to continue this week.

MONTHLY CHECK-IN

WHAT WENT RIGHT?

GOALS I ACCOMPLISHED

HABITS I'M CONSISTENT WITH

I'M GRATEFUL THAT THIS MONTH..

HIGHLIGHTS OF THE MONTH

MONTHLY CHECK-IN

WHAT WENT WRONG?

GOALS I DIDN'T ACCOMPLISH

HABITS I DIDN'T FOLLOW CONSISTENTLY

WHAT COULD BE THE REASON?

HOW CAN I ELEMIMATE THE PROBLEM?

QUARTERLY CHECK-IN

WHAT WENT RIGHT?

QUARTERLY GOALS I ACCOMPLISHED

HABITS I BUILD IN 90 DAYS

I'M GRATEFUL FOR..

HIGHLIGHTS OF THE QUARTER

QUARTERLY CHECK-IN

WHAT WENT WRONG?

GOALS I DIDN'T ACCOMPLISH

HABITS I DIDN'T FOLLOW THROUGH

WHAT COULD BE THE REASON?

HOW CAN I ELEMIMATE THESE PROBLEMS IN
THE NEXT 90 DAYS?

REWARD SYSTEM

IF I ACHIEVED MY YEARLY GOAL, I'D
REWARD MYSELF WITH



IF I ACHIEVED A QUARTERLY GOAL, I'D
REWARD MYSELF WITH

IF I ACHIEVED A MONTHLY GOAL, I'D
REWARD MYSELF WITH

IF I ACHIEVED A WEEKLY GOAL, I'D REWARD
MYSELF WITH



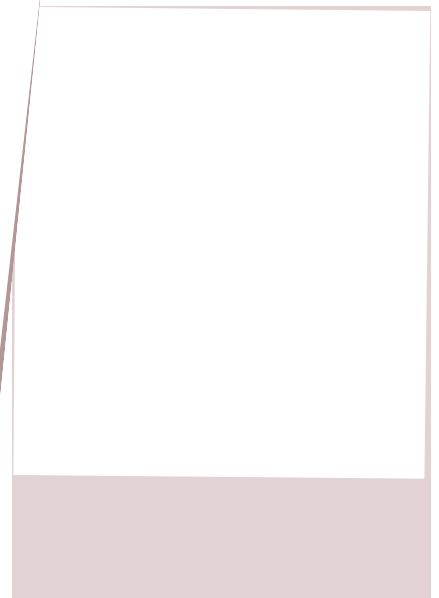
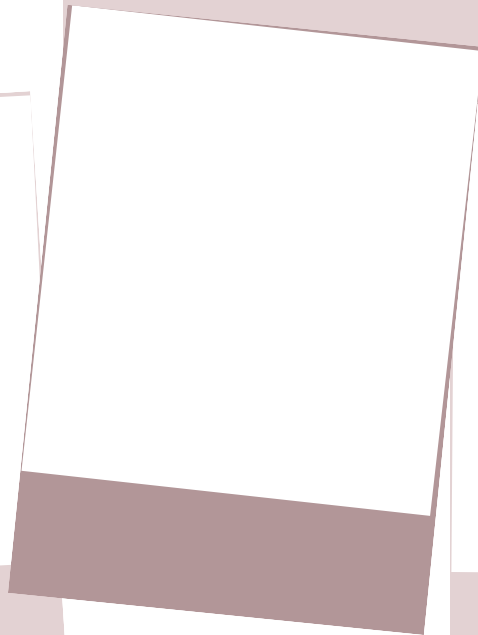
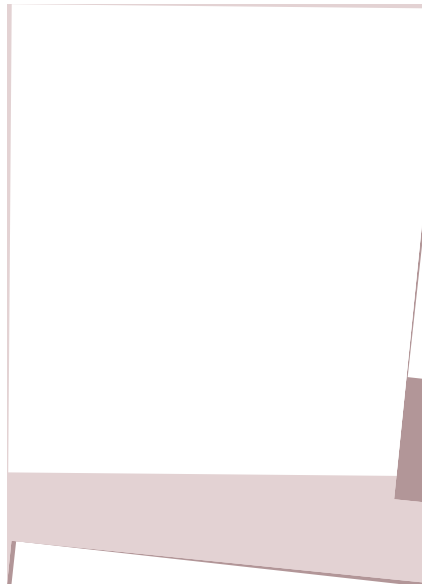
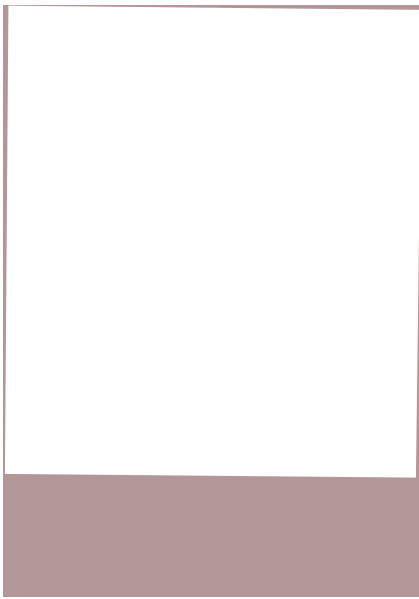
FUTURE ME

Now imagine the best version of you. And write down all the characteristics they have. Get as specific as possible.

Come back to this page on Dec 31st, 2022. And see how closer you are to becoming the BEST version of yourself.

TRAVEL BUCKET LIST

6 I haven't been everywhere,
but it's on my list! 9



TRAVEL PLANNER

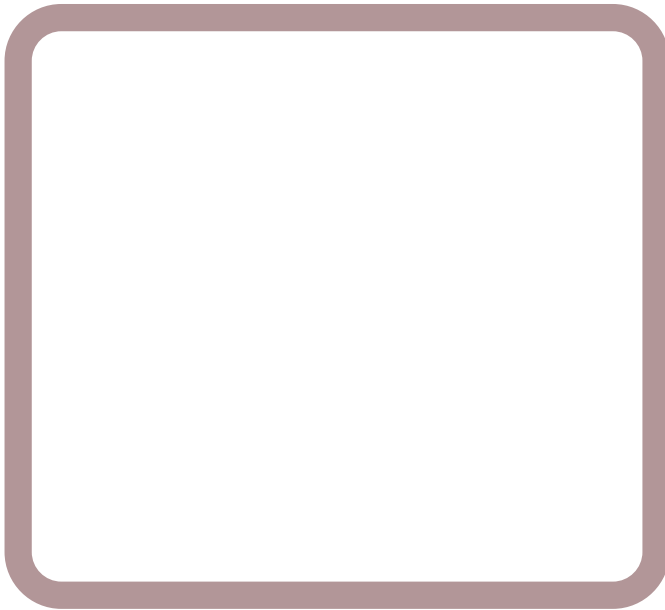
WHERE :

WHEN : __/__/__ TO __/__/__

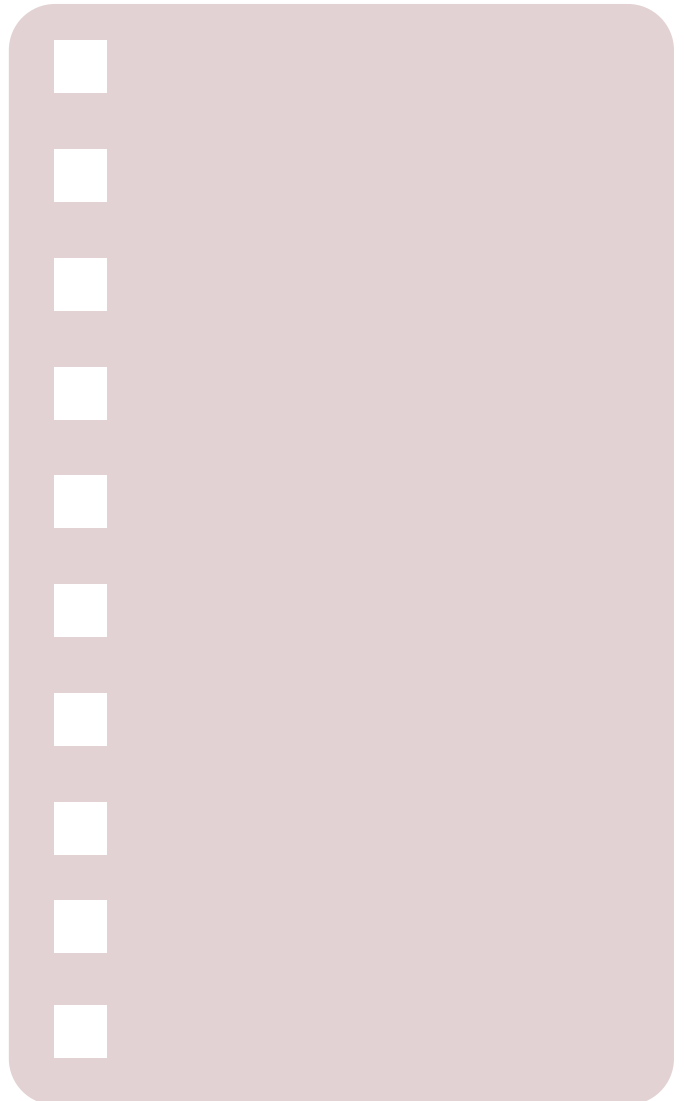
BUDGET :

PLACES TO VISIT

TRAVEL CHECKLIST



THINGS TO DO



Reminder

WORKOUT TRACKER

CURRENT W:

WEEK : __/__/__ TO __/__/__

	DURATION	ACTIVITY
S		
M		
T		
W		
TH		
F		
S		

MEAL TRACKER

WEEK : __/__/__ TO __/__/__

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

GROCERY LIST

NOTES

READING TRACKER

GENRE	TITLE	COMPLETE	RATING

notes

YOUR *dreams* ARE
ONLY YOUR DREAMS
UNTIL
YOU WRITE THEM DOWN,
then they're goals!