

U N D A T E D P L A N N E R

the year ahead.

a kaizen planner • small steps, every day



the kaizen way

Kaizen is a Japanese idea that means "change for the better". It is about getting a little better, a little at a time, and keeping at it. No big overhauls: one small improvement, repeated.

1 · PLAN

Pick one small thing to improve. Make it small enough to start today.

2 · DO

Try it for a week. Keep it easy to repeat.

3 · CHECK

Look back honestly. What worked? What got in the way?

4 · ADJUST

Keep what worked, change what did not, and go again.

HOW THIS PLANNER HELPS

Each week has a "1% better" box for one small improvement. Each month starts with one improvement to focus on, and the habit tracker shows whether it is sticking. The improvement log and five whys pages in the year section are for noticing problems and fixing them at the root.

MY 1% FOR THIS YEAR



the year

ROADMAPS · QUARTERS · GOALS · IMPROVEMENT LOG ·
FIVE WHYS · MONEY OVERVIEW



months one to twelve

OVERVIEW · PRIORITIES · CALENDAR · FIVE WEEKS ·
HABITS · SELF-CARE · BUDGET · EXPENSES · CONTENT



work & study

CLASS NOTES · LEARNING TO ACTION · MEETING NOTES



venture & projects

IDEAS · ONE-PAGE PLAN · LAUNCH · ACCOUNTS ·
PROJECTS · TASKS



content planning

POST PLANNER · IDEAS BANK



money matters

BILLS · SAVINGS · INVESTMENTS · WISHLIST · ORDERS



health & wellness

FITNESS GOALS · WORKOUT PLANS · FOOD DIARY



the kitchen

MEAL PLANNER · GROCERY LIST · RECIPES



life & leisure

MOVIES · BOOKS · TRAVEL



notes & lists

TO-DO LISTS · LINED · DOT · GRID



about me

NAME _____

PHONE _____

EMAIL _____

IN AN EMERGENCY, CALL _____

THREE WORDS FOR THIS YEAR

1

2

3

THINGS THAT MAKE ME HAPPY

THIS YEAR I WANT TO

I AM PROUD OF

NOTE TO SELF

dates to remember



birthdays, anniversaries & big days

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



2026

year at a glance

January

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

February

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

March

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

April

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

May

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

June

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

July

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

August

wk	M	T	W	T	F	S	S
31	27	28	29	30	31	1	2
32	3	4	5	6	7	8	9
33	10	11	12	13	14	15	16
34	17	18	19	20	21	22	23
35	24	25	26	27	28	29	30
36	31	1	2	3	4	5	6

September

wk	M	T	W	T	F	S	S
36	31	1	2	3	4	5	6
37	7	8	9	10	11	12	13
38	14	15	16	17	18	19	20
39	21	22	23	24	25	26	27
40	28	29	30	1	2	3	4

October

wk	M	T	W	T	F	S	S
40	28	29	30	1	2	3	4
41	5	6	7	8	9	10	11
42	12	13	14	15	16	17	18
43	19	20	21	22	23	24	25
44	26	27	28	29	30	31	1

November

wk	M	T	W	T	F	S	S
44	26	27	28	29	30	31	1
45	2	3	4	5	6	7	8
46	9	10	11	12	13	14	15
47	16	17	18	19	20	21	22
48	23	24	25	26	27	28	29
49	30	1	2	3	4	5	6

December

wk	M	T	W	T	F	S	S
49	30	1	2	3	4	5	6
50	7	8	9	10	11	12	13
51	14	15	16	17	18	19	20
52	21	22	23	24	25	26	27
53	28	29	30	31	1	2	3

2027



year at a glance

January

wk	M	T	W	T	F	S	S
53	28	29	30	31	1	2	3
1	4	5	6	7	8	9	10
2	11	12	13	14	15	16	17
3	18	19	20	21	22	23	24
4	25	26	27	28	29	30	31

February

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

March

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

April

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

May

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

June

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

July

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

August

wk	M	T	W	T	F	S	S
30	26	27	28	29	30	31	1
31	2	3	4	5	6	7	8
32	9	10	11	12	13	14	15
33	16	17	18	19	20	21	22
34	23	24	25	26	27	28	29
35	30	31	1	2	3	4	5

September

wk	M	T	W	T	F	S	S
35	30	31	1	2	3	4	5
36	6	7	8	9	10	11	12
37	13	14	15	16	17	18	19
38	20	21	22	23	24	25	26
39	27	28	29	30	1	2	3

October

wk	M	T	W	T	F	S	S
39	27	28	29	30	1	2	3
40	4	5	6	7	8	9	10
41	11	12	13	14	15	16	17
42	18	19	20	21	22	23	24
43	25	26	27	28	29	30	31

November

wk	M	T	W	T	F	S	S
44	1	2	3	4	5	6	7
45	8	9	10	11	12	13	14
46	15	16	17	18	19	20	21
47	22	23	24	25	26	27	28
48	29	30	1	2	3	4	5

December

wk	M	T	W	T	F	S	S
48	29	30	1	2	3	4	5
49	6	7	8	9	10	11	12
50	13	14	15	16	17	18	19
51	20	21	22	23	24	25	26
52	27	28	29	30	31	1	2



notes

the year

start where you are



yearly roadmap

MY WORD FOR THE YEAR _____

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

[illegible]

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.

[illegible]

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.

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 are approximately 10-12 lines visible. The paper has rounded corners and a thin border around the edges.

[illegible]



half-year roadmap • two

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

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quarterly overview

QUARTER _____

BIG THREE GOALS

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MONTH 1

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MONTH 2

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MONTH 3

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WHAT WOULD MAKE THIS QUARTER A WIN?



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quarterly overview

QUARTER _____

BIG THREE GOALS

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MONTH 1

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WHAT WOULD MAKE THIS QUARTER A WIN?

goal overview



CAREER & BUSINESS

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MONEY

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HEALTH & BODY

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LEARNING

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RELATIONSHIPS

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CREATIVITY & FUN

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goal action plan

MY GOAL

START _____ DEADLINE _____

I WANT THIS BECAUSE

ACTION STEPS

BY WHEN

DONE

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MILESTONE 1

MILESTONE 2

MILESTONE 3

COMPLETED ON _____ MY REWARD _____

goal action plan



MY GOAL

START _____ DEADLINE _____

I WANT THIS BECAUSE

ACTION STEPS	BY WHEN	DONE
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MILESTONE 1

MILESTONE 2

MILESTONE 3

COMPLETED ON _____ MY REWARD _____



goal action plan

MY GOAL

START _____ DEADLINE _____

I WANT THIS BECAUSE

ACTION STEPS

BY WHEN

DONE

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MILESTONE 1

MILESTONE 2

MILESTONE 3

COMPLETED ON _____ MY REWARD _____

goal action plan



MY GOAL

START _____ DEADLINE _____

I WANT THIS BECAUSE

ACTION STEPS	BY WHEN	DONE
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MILESTONE 1

MILESTONE 2

MILESTONE 3

COMPLETED ON _____ MY REWARD _____



goal progress

colour a box for every 10%

GOAL _____ DEADLINE _____



GOAL _____ DEADLINE _____



GOAL _____ DEADLINE _____



GOAL _____ DEADLINE _____



GOAL _____ DEADLINE _____



GOAL _____ DEADLINE _____



GOAL _____ DEADLINE _____







five whys



THE PROBLEM _____

WHY? · 1

WHY? · 2

WHY? · 3

WHY? · 4

WHY? · 5

ROOT CAUSE

SMALLEST FIX I CAN TRY



five whys

THE PROBLEM _____

WHY? · 1

WHY? · 2

WHY? · 3

WHY? · 4

WHY? · 5

ROOT CAUSE

SMALLEST FIX I CAN TRY

annual money overview



YEAR _____

	INCOME₹	SPENT₹	SAVED₹	INVESTED₹	NOTES
Jan					
Feb					
Mar					
Apr					
May					
Jun					
Jul					
Aug					
Sep					
Oct					
Nov					
Dec					
total					



notes

01

month one

begin gently



month at a glance

MONTH _____

M	T	W	T	F	S	S

THIS MONTH'S FOCUS

GOALS

1

2

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4

5

APPOINTMENTS & EVENTS

DATE	TIME	WHAT

TO-DO

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BIRTHDAYS

monthly priorities



MONTH _____

ONE SMALL IMPROVEMENT THIS MONTH

WORK

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LEARNING

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MY VENTURE

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MONEY

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HEALTH

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HOME & FAMILY

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CREATIVE

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JUST FOR ME

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WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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MONDAY

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HABITS

	M	T	W	T	F	S	S

1% BETTER THIS WEEK



my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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MONDAY

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HABITS

	M	T	W	T	F	S	S

1% BETTER THIS WEEK



my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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MONDAY

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HABITS

	M	T	W	T	F	S	S

1% BETTER THIS WEEK



my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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MONDAY

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HABITS

	M	T	W	T	F	S	S

1% BETTER THIS WEEK



my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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MONDAY

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HABITS

	M	T	W	T	F	S	S

1% BETTER THIS WEEK



habit tracker

MONTH

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

self-care check-in



MONTH _____

	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



monthly budget

MONTH _____

INCOME		
SOURCE	EXPECTED	RECEIVED

HOME		
	BUDGET	ACTUAL
rent / emi		
electricity		
internet & phone		
help & maintenance		

FOOD		
	BUDGET	ACTUAL
groceries		
eating out		
coffee & tea		
ordering in		

GETTING AROUND		
	BUDGET	ACTUAL
fuel		
cabs & autos		
travel		

ME		
	BUDGET	ACTUAL
clothes		
beauty & self-care		
fitness		
learning		

FUN		
	BUDGET	ACTUAL
movies & shows		
subscriptions		
outings		
gifts		

OTHER		
	BUDGET	ACTUAL

INCOME ₹ _____ SPENT ₹ _____ SAVED ₹ _____



MONTH _____

BUDGET ₹ _____

TOTAL ₹



content calendar

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

THEMES THIS MONTH

02

month two

one small step



month at a glance

MONTH _____

M	T	W	T	F	S	S

THIS MONTH'S FOCUS

GOALS

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4

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APPOINTMENTS & EVENTS

DATE	TIME	WHAT

TO-DO

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BIRTHDAYS

monthly priorities



MONTH _____

ONE SMALL IMPROVEMENT THIS MONTH

WORK

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LEARNING

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MY VENTURE

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MONEY

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HEALTH

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HOME & FAMILY

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CREATIVE

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JUST FOR ME

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my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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MONDAY

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TUESDAY

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THURSDAY

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HABITS

	M	T	W	T	F	S	S

1% BETTER THIS WEEK



WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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MONDAY

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HABITS

	M	T	W	T	F	S	S

1% BETTER THIS WEEK



WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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1% BETTER THIS WEEK



habit tracker

MONTH

HABIT

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT

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	

HABIT

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

self-care check-in



MONTH _____

	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



monthly budget

MONTH _____

INCOME		
SOURCE	EXPECTED	RECEIVED

HOME		
	BUDGET	ACTUAL
rent / emi		
electricity		
internet & phone		
help & maintenance		

FOOD		
	BUDGET	ACTUAL
groceries		
eating out		
coffee & tea		
ordering in		

GETTING AROUND		
	BUDGET	ACTUAL
fuel		
cabs & autos		
travel		

ME		
	BUDGET	ACTUAL
clothes		
beauty & self-care		
fitness		
learning		

FUN		
	BUDGET	ACTUAL
movies & shows		
subscriptions		
outings		
gifts		

OTHER		
	BUDGET	ACTUAL

INCOME ₹ _____ SPENT ₹ _____ SAVED ₹ _____



MONTH _____

BUDGET ₹ _____

TOTAL ₹



content calendar

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

THEMES THIS MONTH

03

month three

keep going

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1

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monthly priorities



MONTH _____

ONE SMALL IMPROVEMENT THIS MONTH

WORK

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LEARNING

☐☐☐

MY VENTURE

☐☐☐

MONEY

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HEALTH

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HOME & FAMILY

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CREATIVE

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JUST FOR ME

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my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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TOP PRIORITIES

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TOP PRIORITIES

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habit tracker

MONTH

HABIT

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

self-care check-in



MONTH _____

	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



monthly budget

MONTH _____

INCOME		
SOURCE	EXPECTED	RECEIVED

HOME		
	BUDGET	ACTUAL
rent / emi		
electricity		
internet & phone		
help & maintenance		

FOOD		
	BUDGET	ACTUAL
groceries		
eating out		
coffee & tea		
ordering in		

GETTING AROUND		
	BUDGET	ACTUAL
fuel		
cabs & autos		
travel		

ME		
	BUDGET	ACTUAL
clothes		
beauty & self-care		
fitness		
learning		

FUN		
	BUDGET	ACTUAL
movies & shows		
subscriptions		
outings		
gifts		

OTHER		
	BUDGET	ACTUAL

INCOME ₹ _____ SPENT ₹ _____ SAVED ₹ _____



MONTH _____

BUDGET ₹ _____

TOTAL ₹



content calendar

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

THEMES THIS MONTH

04

month four

make room

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monthly priorities



MONTH _____

ONE SMALL IMPROVEMENT THIS MONTH

WORK

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LEARNING

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MY VENTURE

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MONEY

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HEALTH

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HOME & FAMILY

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CREATIVE

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JUST FOR ME

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my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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my week

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HABITS

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habit tracker

MONTH

HABIT

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	

HABIT

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	

HABIT

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	





monthly budget

MONTH _____

INCOME		
SOURCE	EXPECTED	RECEIVED

HOME		
	BUDGET	ACTUAL
rent / emi		
electricity		
internet & phone		
help & maintenance		

FOOD		
	BUDGET	ACTUAL
groceries		
eating out		
coffee & tea		
ordering in		

GETTING AROUND		
	BUDGET	ACTUAL
fuel		
cabs & autos		
travel		

ME		
	BUDGET	ACTUAL
clothes		
beauty & self-care		
fitness		
learning		

FUN		
	BUDGET	ACTUAL
movies & shows		
subscriptions		
outings		
gifts		

OTHER		
	BUDGET	ACTUAL

INCOME ₹ _____ SPENT ₹ _____ SAVED ₹ _____



MONTH _____

BUDGET ₹ _____

TOTAL ₹



content calendar

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

THEMES THIS MONTH

05

month five

slow is fine



month at a glance

MONTH _____

M	T	W	T	F	S	S

THIS MONTH'S FOCUS

GOALS

1

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APPOINTMENTS & EVENTS

DATE	TIME	WHAT

TO-DO

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BIRTHDAYS

monthly priorities



MONTH _____

ONE SMALL IMPROVEMENT THIS MONTH

WORK

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LEARNING

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MY VENTURE

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MONEY

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HEALTH

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HOME & FAMILY

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WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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my week

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TOP PRIORITIES

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HABITS

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1% BETTER THIS WEEK



habit tracker

MONTH

HABIT

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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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	





monthly budget

MONTH _____

INCOME		
SOURCE	EXPECTED	RECEIVED

HOME		
	BUDGET	ACTUAL
rent / emi		
electricity		
internet & phone		
help & maintenance		

FOOD		
	BUDGET	ACTUAL
groceries		
eating out		
coffee & tea		
ordering in		

GETTING AROUND		
	BUDGET	ACTUAL
fuel		
cabs & autos		
travel		

ME		
	BUDGET	ACTUAL
clothes		
beauty & self-care		
fitness		
learning		

FUN		
	BUDGET	ACTUAL
movies & shows		
subscriptions		
outings		
gifts		

OTHER		
	BUDGET	ACTUAL

INCOME ₹ _____ SPENT ₹ _____ SAVED ₹ _____



MONTH _____

BUDGET ₹ _____

TOTAL ₹



content calendar

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

THEMES THIS MONTH

06

month six

show up anyway



month at a glance

MONTH _____

M	T	W	T	F	S	S

THIS MONTH'S FOCUS

GOALS

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APPOINTMENTS & EVENTS

DATE	TIME	WHAT

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BIRTHDAYS

monthly priorities



MONTH _____

ONE SMALL IMPROVEMENT THIS MONTH

WORK

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LEARNING

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MY VENTURE

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MONEY

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HEALTH

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HOME & FAMILY

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CREATIVE

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JUST FOR ME

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WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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HABITS

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WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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TOP PRIORITIES

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habit tracker

MONTH

HABIT

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	





monthly budget

MONTH _____

INCOME		
SOURCE	EXPECTED	RECEIVED

HOME		
	BUDGET	ACTUAL
rent / emi		
electricity		
internet & phone		
help & maintenance		

FOOD		
	BUDGET	ACTUAL
groceries		
eating out		
coffee & tea		
ordering in		

GETTING AROUND		
	BUDGET	ACTUAL
fuel		
cabs & autos		
travel		

ME		
	BUDGET	ACTUAL
clothes		
beauty & self-care		
fitness		
learning		

FUN		
	BUDGET	ACTUAL
movies & shows		
subscriptions		
outings		
gifts		

OTHER		
	BUDGET	ACTUAL

INCOME ₹ _____ SPENT ₹ _____ SAVED ₹ _____



MONTH _____

BUDGET ₹ _____

TOTAL ₹



content calendar

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

THEMES THIS MONTH

07

month seven

trust the work

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monthly priorities



MONTH _____

ONE SMALL IMPROVEMENT THIS MONTH

WORK

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LEARNING

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MY VENTURE

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MONEY

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HEALTH

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my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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habit tracker

MONTH

HABIT

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	



WHAT DRAINED ME

WHAT LIFTED ME



monthly budget

MONTH _____

INCOME		
SOURCE	EXPECTED	RECEIVED

HOME		
	BUDGET	ACTUAL
rent / emi		
electricity		
internet & phone		
help & maintenance		

FOOD		
	BUDGET	ACTUAL
groceries		
eating out		
coffee & tea		
ordering in		

GETTING AROUND		
	BUDGET	ACTUAL
fuel		
cabs & autos		
travel		

ME		
	BUDGET	ACTUAL
clothes		
beauty & self-care		
fitness		
learning		

FUN		
	BUDGET	ACTUAL
movies & shows		
subscriptions		
outings		
gifts		

OTHER		
	BUDGET	ACTUAL

INCOME ₹ _____ SPENT ₹ _____ SAVED ₹ _____



MONTH _____

BUDGET ₹ _____

TOTAL ₹



content calendar

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

THEMES THIS MONTH

08

month eight

rest counts too



month at a glance

MONTH _____

M	T	W	T	F	S	S

THIS MONTH'S FOCUS

GOALS

1

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APPOINTMENTS & EVENTS

DATE	TIME	WHAT

TO-DO

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BIRTHDAYS

monthly priorities



MONTH _____

ONE SMALL IMPROVEMENT THIS MONTH

WORK

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LEARNING

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MY VENTURE

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my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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habit tracker

MONTH

HABIT

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	





monthly budget

MONTH _____

INCOME

SOURCE	EXPECTED	RECEIVED

HOME

	BUDGET	ACTUAL
rent / emi		
electricity		
internet & phone		
help & maintenance		

FOOD

	BUDGET	ACTUAL
groceries		
eating out		
coffee & tea		
ordering in		

GETTING AROUND

	BUDGET	ACTUAL
fuel		
cabs & autos		
travel		

ME

	BUDGET	ACTUAL
clothes		
beauty & self-care		
fitness		
learning		

FUN

	BUDGET	ACTUAL
movies & shows		
subscriptions		
outings		
gifts		

OTHER

	BUDGET	ACTUAL

INCOME ₹ _____ SPENT ₹ _____ SAVED ₹ _____



MONTH _____

BUDGET ₹ _____

TOTAL ₹



content calendar

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

THEMES THIS MONTH

09

month nine

try again



month at a glance

MONTH _____

M	T	W	T	F	S	S

THIS MONTH'S FOCUS

GOALS

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APPOINTMENTS & EVENTS

DATE	TIME	WHAT

TO-DO

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BIRTHDAYS

monthly priorities



MONTH _____

ONE SMALL IMPROVEMENT THIS MONTH

WORK

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LEARNING

☐☐☐

MY VENTURE

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MONEY

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HEALTH

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HOME & FAMILY

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CREATIVE

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JUST FOR ME

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my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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HABITS

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1% BETTER THIS WEEK



habit tracker

MONTH

HABIT

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	



WHAT DRAINED ME

WHAT LIFTED ME



monthly budget

MONTH _____

INCOME		
SOURCE	EXPECTED	RECEIVED

HOME		
	BUDGET	ACTUAL
rent / emi		
electricity		
internet & phone		
help & maintenance		

FOOD		
	BUDGET	ACTUAL
groceries		
eating out		
coffee & tea		
ordering in		

GETTING AROUND		
	BUDGET	ACTUAL
fuel		
cabs & autos		
travel		

ME		
	BUDGET	ACTUAL
clothes		
beauty & self-care		
fitness		
learning		

FUN		
	BUDGET	ACTUAL
movies & shows		
subscriptions		
outings		
gifts		

OTHER		
	BUDGET	ACTUAL

INCOME ₹ _____ SPENT ₹ _____ SAVED ₹ _____



MONTH _____

BUDGET ₹ _____

TOTAL ₹



content calendar

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

THEMES THIS MONTH

10

month ten

stay curious

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- 3 _____
- 4 _____
- 5 _____

[illegible]

monthly priorities



MONTH _____

ONE SMALL IMPROVEMENT THIS MONTH

WORK

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LEARNING

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MY VENTURE

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MONEY

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HEALTH

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HOME & FAMILY

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CREATIVE

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JUST FOR ME

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WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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TOP PRIORITIES

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my week

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WEEKLY FOCUS

TOP PRIORITIES

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TOP PRIORITIES

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HABITS

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my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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HABITS

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1% BETTER THIS WEEK



habit tracker

MONTH

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

self-care check-in



MONTH _____

	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



monthly budget

MONTH _____

INCOME		
SOURCE	EXPECTED	RECEIVED

HOME		
	BUDGET	ACTUAL
rent / emi		
electricity		
internet & phone		
help & maintenance		

FOOD		
	BUDGET	ACTUAL
groceries		
eating out		
coffee & tea		
ordering in		

GETTING AROUND		
	BUDGET	ACTUAL
fuel		
cabs & autos		
travel		

ME		
	BUDGET	ACTUAL
clothes		
beauty & self-care		
fitness		
learning		

FUN		
	BUDGET	ACTUAL
movies & shows		
subscriptions		
outings		
gifts		

OTHER		
	BUDGET	ACTUAL

INCOME ₹ _____ SPENT ₹ _____ SAVED ₹ _____



MONTH _____

BUDGET ₹ _____

TOTAL ₹



content calendar

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

THEMES THIS MONTH

11

month eleven

nearly there

[illegible][illegible]

1	
2	
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[illegible][illegible]

monthly priorities



MONTH _____

ONE SMALL IMPROVEMENT THIS MONTH

WORK

☐☐☐

LEARNING

☐☐☐

MY VENTURE

☐☐☐

MONEY

☐☐☐

HEALTH

☐☐☐

HOME & FAMILY

☐☐☐

CREATIVE

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JUST FOR ME

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WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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my week

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TOP PRIORITIES

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my week

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TOP PRIORITIES

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TOP PRIORITIES

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HABITS

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habit tracker

MONTH

HABIT

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	

HABIT

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	





monthly budget

MONTH _____

INCOME		
SOURCE	EXPECTED	RECEIVED

HOME		
	BUDGET	ACTUAL
rent / emi		
electricity		
internet & phone		
help & maintenance		

FOOD		
	BUDGET	ACTUAL
groceries		
eating out		
coffee & tea		
ordering in		

GETTING AROUND		
	BUDGET	ACTUAL
fuel		
cabs & autos		
travel		

ME		
	BUDGET	ACTUAL
clothes		
beauty & self-care		
fitness		
learning		

FUN		
	BUDGET	ACTUAL
movies & shows		
subscriptions		
outings		
gifts		

OTHER		
	BUDGET	ACTUAL

INCOME ₹ _____ SPENT ₹ _____ SAVED ₹ _____



MONTH _____

BUDGET ₹ _____

TOTAL ₹



content calendar

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

THEMES THIS MONTH

12

month twelve

finish well

[illegible]

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[illegible][illegible]

monthly priorities



MONTH _____

ONE SMALL IMPROVEMENT THIS MONTH

WORK

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LEARNING

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MY VENTURE

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MONEY

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HEALTH

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HOME & FAMILY

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CREATIVE

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JUST FOR ME

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my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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HABITS

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my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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my week

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WEEKLY FOCUS

TOP PRIORITIES

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TOP PRIORITIES

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my week

WEEK OF

WEEKLY FOCUS

TOP PRIORITIES

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HABITS

	M	T	W	T	F	S	S

1% BETTER THIS WEEK



habit tracker

MONTH

HABIT

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	

HABIT

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	

HABIT

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HABIT

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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

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1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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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	





monthly budget

MONTH _____

INCOME		
SOURCE	EXPECTED	RECEIVED

HOME		
	BUDGET	ACTUAL
rent / emi		
electricity		
internet & phone		
help & maintenance		

FOOD		
	BUDGET	ACTUAL
groceries		
eating out		
coffee & tea		
ordering in		

GETTING AROUND		
	BUDGET	ACTUAL
fuel		
cabs & autos		
travel		

ME		
	BUDGET	ACTUAL
clothes		
beauty & self-care		
fitness		
learning		

FUN		
	BUDGET	ACTUAL
movies & shows		
subscriptions		
outings		
gifts		

OTHER		
	BUDGET	ACTUAL

INCOME ₹ _____ SPENT ₹ _____ SAVED ₹ _____



MONTH _____

BUDGET ₹ _____

TOTAL ₹



content calendar

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

THEMES THIS MONTH

work & study

learn it, then use it



HOW I WILL APPLY THIS AT WORK

class notes



COURSE / SESSION _____ DATE _____

KEY IDEAS

1

2

3

4

NOTES

HOW I WILL APPLY THIS AT WORK



HOW I WILL APPLY THIS AT WORK



COURSE / SESSION _____ DATE _____

KEY IDEAS

1

2

3

4

NOTES

HOW I WILL APPLY THIS AT WORK



HOW I WILL APPLY THIS AT WORK

class notes



COURSE / SESSION _____ DATE _____

KEY IDEAS

1

2

3

4

NOTES

HOW I WILL APPLY THIS AT WORK



HOW I WILL APPLY THIS AT WORK

class notes



COURSE / SESSION _____ DATE _____

KEY IDEAS

1

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NOTES

HOW I WILL APPLY THIS AT WORK



HOW I WILL APPLY THIS AT WORK



COURSE / SESSION _____ DATE _____

KEY IDEAS

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NOTES

HOW I WILL APPLY THIS AT WORK



HOW I WILL APPLY THIS AT WORK

class notes



COURSE / SESSION _____ DATE _____

KEY IDEAS

1

2

3

4

NOTES

HOW I WILL APPLY THIS AT WORK



learning to action

turning lessons into practice



turning lessons into practice



meeting notes

MEETING _____ DATE _____

ATTENDEES _____

AGENDA

1

2

3

4

NOTES

DECISIONS

ACTION	OWNER	DUE	DONE
			☐
			☐
			☐
			☐
			☐

meeting notes



MEETING _____ DATE _____

ATTENDEES _____

AGENDA

1

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3

4

NOTES

DECISIONS

ACTION	OWNER	DUE	DONE
			☐
			☐
			☐
			☐
			☐



meeting notes

MEETING _____ DATE _____

ATTENDEES _____

AGENDA

1

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3

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NOTES

DECISIONS

ACTION	OWNER	DUE	DONE
			☐
			☐
			☐
			☐
			☐

meeting notes



MEETING _____ DATE _____

ATTENDEES _____

AGENDA

1

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3

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NOTES

DECISIONS

ACTION	OWNER	DUE	DONE
			☐
			☐
			☐
			☐
			☐



meeting notes

MEETING _____ DATE _____

ATTENDEES _____

AGENDA

1

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4

NOTES

DECISIONS

ACTION	OWNER	DUE	DONE
			☐
			☐
			☐
			☐
			☐

meeting notes



MEETING _____ DATE _____

ATTENDEES _____

AGENDA	
1	
2	
3	
4	

NOTES

DECISIONS

ACTION	OWNER	DUE	DONE
			☐
			☐
			☐
			☐
			☐



notes

venture & projects

small beginnings count





one-page plan

VENTURE NAME _____

THE IDEA IN ONE LINE

WHO IT IS FOR

THE PROBLEM

WHAT I OFFER

PRICING

HOW PEOPLE FIND ME

START-UP COSTS

WHAT MAKES IT DIFFERENT

FIRST THREE MILESTONES

1

2

3

one-page plan



VENTURE NAME

THE IDEA IN ONE LINE

WHO IT IS FOR

THE PROBLEM

WHAT I OFFER

PRICING

HOW PEOPLE FIND ME

START-UP COSTS

WHAT MAKES IT DIFFERENT

FIRST THREE MILESTONES

1

2

3



launch checklist

LAUNCH _____ DATE _____

BEFORE

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

LAUNCH WEEK

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

AFTER

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

NOTES

launch checklist



LAUNCH _____ DATE _____

BEFORE	LAUNCH WEEK	AFTER
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
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☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____

NOTES









project plan

PROJECT _____ DUE _____

GOALS & OBJECTIVES

BRAINSTORM

MILESTONES

1

2

3

4

ACTION STEPS

DUE

DONE

☐☐☐☐☐☐☐☐☐☐☐

STATUS ☐ planning ☐ in progress ☐ done

project plan



PROJECT _____ DUE _____

GOALS & OBJECTIVES

BRAINSTORM

MILESTONES

1 _____

2 _____

3 _____

4 _____

ACTION STEPS	DUE	DONE
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

STATUS ☐ planning ☐ in progress ☐ done





notes

content planning

make things, share things



post planner

TITLE _____ PUBLISH ON _____

PLATFORM ☐ blog ☐ newsletter ☐ instagram ☐ other

HOOK / FIRST LINE

OUTLINE

1

2

3

4

5

6

VISUALS

DRAFT NOTES

TAGS & LINKS

STATUS ☐ idea ☐ drafted ☐ edited ☐ published

post planner



TITLE _____ PUBLISH ON _____

PLATFORM ☐ blog ☐ newsletter ☐ instagram ☐ other

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post planner

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TAGS & LINKS

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post planner

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PLATFORM ☐ blog ☐ newsletter ☐ instagram ☐ other

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TAGS & LINKS

STATUS ☐ idea ☐ drafted ☐ edited ☐ published

post planner



TITLE _____ PUBLISH ON _____

PLATFORM ☐ blog ☐ newsletter ☐ instagram ☐ other

HOOK / FIRST LINE

OUTLINE

1

2

3

4

5

6

VISUALS

DRAFT NOTES

TAGS & LINKS

STATUS ☐ idea ☐ drafted ☐ edited ☐ published







notes

money matters

know where it goes

[illegible]



SAVING FOR

GOAL ₹

BY WHEN _____

STARTING WITH ₹ _____

[illegible]



BY WHEN _____ STARTING WITH ₹ _____

PROGRESS

90%

80%

70%

60%

50%

40%

30%

20%

10%









notes

health & wellness

look after yourself



fitness goals

START DATE _____ GOAL DATE _____

WHY THIS MATTERS TO ME

HOW I WANT TO FEEL

HABITS TO BUILD

1

2

3

4

HABITS TO DROP

1

2

3

4

PROGRESS CHECK-INS

DATE	WEIGHT	WAIST	HIPS	ENERGY / 5	NOTES

I REACHED MY GOAL ON _____ MY REWARD _____

weekly workout plan



WEEK OF _____ GOAL THIS WEEK _____

Mon

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Tue

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Wed

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Thu

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Fri

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Sat

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Sun

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest



weekly workout plan

WEEK OF _____ GOAL THIS WEEK _____

Mon

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Tue

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Wed

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Thu

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Fri

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Sat

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Sun

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

weekly workout plan



WEEK OF _____ GOAL THIS WEEK _____

Mon	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest
Tue	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest
Wed	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest
Thu	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest
Fri	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest
Sat	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest
Sun	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest



weekly workout plan

WEEK OF _____ GOAL THIS WEEK _____

Mon

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Tue

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Wed

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Thu

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Fri

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Sat

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Sun

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

weekly workout plan



WEEK OF _____ GOAL THIS WEEK _____

Mon	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest
Tue	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest
Wed	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest
Thu	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest
Fri	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest
Sat	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest
Sun	☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest



weekly workout plan

WEEK OF _____ GOAL THIS WEEK _____

Mon

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Tue

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Wed

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Thu

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Fri

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Sat

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

Sun

☐ cardio ☐ strength ☐ yoga ☐ walk ☐ rest

food diary



DATE _____



BREAKFAST

WHAT I ATE	TIME	HOW I FELT

LUNCH

WHAT I ATE	TIME	HOW I FELT

DINNER

WHAT I ATE	TIME	HOW I FELT

SNACKS

WHAT I ATE	TIME	HOW I FELT

WATER



SLEEP (HRS)

MOOD



food diary

DATE _____

☐	☐	☐	☐	☐	☐	☐
M	T	W	T	F	S	S

BREAKFAST

WHAT I ATE	TIME	HOW I FELT

LUNCH

WHAT I ATE	TIME	HOW I FELT

DINNER

WHAT I ATE	TIME	HOW I FELT

SNACKS

WHAT I ATE	TIME	HOW I FELT

WATER

☐	☐	☐	☐	☐	☐	☐	☐
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SLEEP (HRS)

--

MOOD

--

food diary



DATE _____



BREAKFAST

WHAT I ATE	TIME	HOW I FELT

LUNCH

WHAT I ATE	TIME	HOW I FELT

DINNER

WHAT I ATE	TIME	HOW I FELT

SNACKS

WHAT I ATE	TIME	HOW I FELT

WATER



SLEEP (HRS)

MOOD



food diary

DATE _____

☐	☐	☐	☐	☐	☐	☐
M	T	W	T	F	S	S

BREAKFAST

WHAT I ATE	TIME	HOW I FELT

LUNCH

WHAT I ATE	TIME	HOW I FELT

DINNER

WHAT I ATE	TIME	HOW I FELT

SNACKS

WHAT I ATE	TIME	HOW I FELT

WATER

☐	☐	☐	☐	☐	☐	☐	☐
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

SLEEP (HRS)

--

MOOD

--

the kitchen

eat well, plan ahead



meal planner

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

grocery list



FRUITS & VEGGIES

☐☐☐☐☐☐☐☐

DAIRY & EGGS

☐☐☐☐☐☐☐☐

ATTA, RICE & DALS

☐☐☐☐☐☐☐☐

MASALAS & OILS

☐☐☐☐☐☐☐☐

SNACKS & DRINKS

☐☐☐☐☐☐☐☐

HOME & OTHER

☐☐☐☐☐☐☐☐



meal planner

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

grocery list



FRUITS & VEGGIES

☐☐☐☐☐☐☐☐

DAIRY & EGGS

☐☐☐☐☐☐☐☐

ATTA, RICE & DALS

☐☐☐☐☐☐☐☐☐

MASALAS & OILS

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SNACKS & DRINKS

☐☐☐☐☐☐☐☐☐

HOME & OTHER

☐☐☐☐☐☐☐☐☐



meal planner

WEEK OF

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

grocery list



FRUITS & VEGGIES

☐☐☐☐☐☐☐☐

DAIRY & EGGS

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ATTA, RICE & DALS

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MASALAS & OILS

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SNACKS & DRINKS

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HOME & OTHER

☐☐☐☐☐☐☐☐



meal planner

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

grocery list



FRUITS & VEGGIES

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DAIRY & EGGS

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ATTA, RICE & DALS

☐☐☐☐☐☐☐☐

MASALAS & OILS

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SNACKS & DRINKS

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HOME & OTHER

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meal planner

WEEK OF

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

grocery list



FRUITS & VEGGIES

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DAIRY & EGGS

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ATTA, RICE & DALS

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MASALAS & OILS

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SNACKS & DRINKS

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HOME & OTHER

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meal planner

WEEK OF

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
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Fri				
Sat				
Sun				

PREP AHEAD

grocery list



FRUITS & VEGGIES

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DAIRY & EGGS

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ATTA, RICE & DALS

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MASALAS & OILS

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SNACKS & DRINKS

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HOME & OTHER

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meal planner

WEEK OF

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

grocery list



FRUITS & VEGGIES

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DAIRY & EGGS

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ATTA, RICE & DALS

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MASALAS & OILS

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SNACKS & DRINKS

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HOME & OTHER

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meal planner

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

grocery list



FRUITS & VEGGIES

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DAIRY & EGGS

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ATTA, RICE & DALS

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MASALAS & OILS

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SNACKS & DRINKS

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HOME & OTHER

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meal planner

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

grocery list



FRUITS & VEGGIES

☐☐☐☐☐☐☐☐

DAIRY & EGGS

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ATTA, RICE & DALS

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MASALAS & OILS

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SNACKS & DRINKS

☐☐☐☐☐☐☐☐☐

HOME & OTHER

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meal planner

WEEK OF

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

grocery list



FRUITS & VEGGIES

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DAIRY & EGGS

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ATTA, RICE & DALS

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MASALAS & OILS

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HOME & OTHER

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meal planner

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

grocery list



FRUITS & VEGGIES

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DAIRY & EGGS

☐☐☐☐☐☐☐☐

ATTA, RICE & DALS

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MASALAS & OILS

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SNACKS & DRINKS

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HOME & OTHER

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meal planner

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

PREP AHEAD

grocery list



FRUITS & VEGGIES

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DAIRY & EGGS

☐☐☐☐☐☐☐☐

ATTA, RICE & DALS

☐☐☐☐☐☐☐☐

MASALAS & OILS

☐☐☐☐☐☐☐☐

SNACKS & DRINKS

☐☐☐☐☐☐☐☐

HOME & OTHER

☐☐☐☐☐☐☐☐



recipe

RECIPE _____

FROM _____ SERVES _____ TIME _____

INGREDIENTS

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METHOD

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11

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NOTES & TWEAKS

recipe



RECIPE _____

FROM _____ SERVES _____ TIME _____

INGREDIENTS

METHOD

1

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12

NOTES & TWEAKS



recipe

RECIPE _____

FROM _____ SERVES _____ TIME _____

INGREDIENTS

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METHOD

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NOTES & TWEAKS

recipe



RECIPE _____

FROM _____ SERVES _____ TIME _____

INGREDIENTS

METHOD

1

2

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12

NOTES & TWEAKS



recipe

RECIPE _____

FROM _____ SERVES _____ TIME _____

INGREDIENTS

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METHOD

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NOTES & TWEAKS

recipe



RECIPE _____

FROM _____ SERVES _____ TIME _____

INGREDIENTS

METHOD

1

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4

5

6

7

8

9

10

11

12

NOTES & TWEAKS



life & leisure

time off is time well spent







travel planner

WHERE _____ DATES _____

GETTING THERE

STAYING AT

DAY BY DAY

DAY	PLAN	BOOKED
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

PACKING LIST

☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐

MUST EAT / SEE / BUY

travel planner



WHERE _____ DATES _____

GETTING THERE

STAYING AT

DAY BY DAY

DAY	PLAN	BOOKED
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

PACKING LIST

☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐

MUST EAT / SEE / BUY



notes

notes & lists

write it down



to-do list

to-do list



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notes



Lined area for taking notes, consisting of multiple horizontal lines.



notes



A series of horizontal lines for writing notes, alternating between light gray and white background bands.

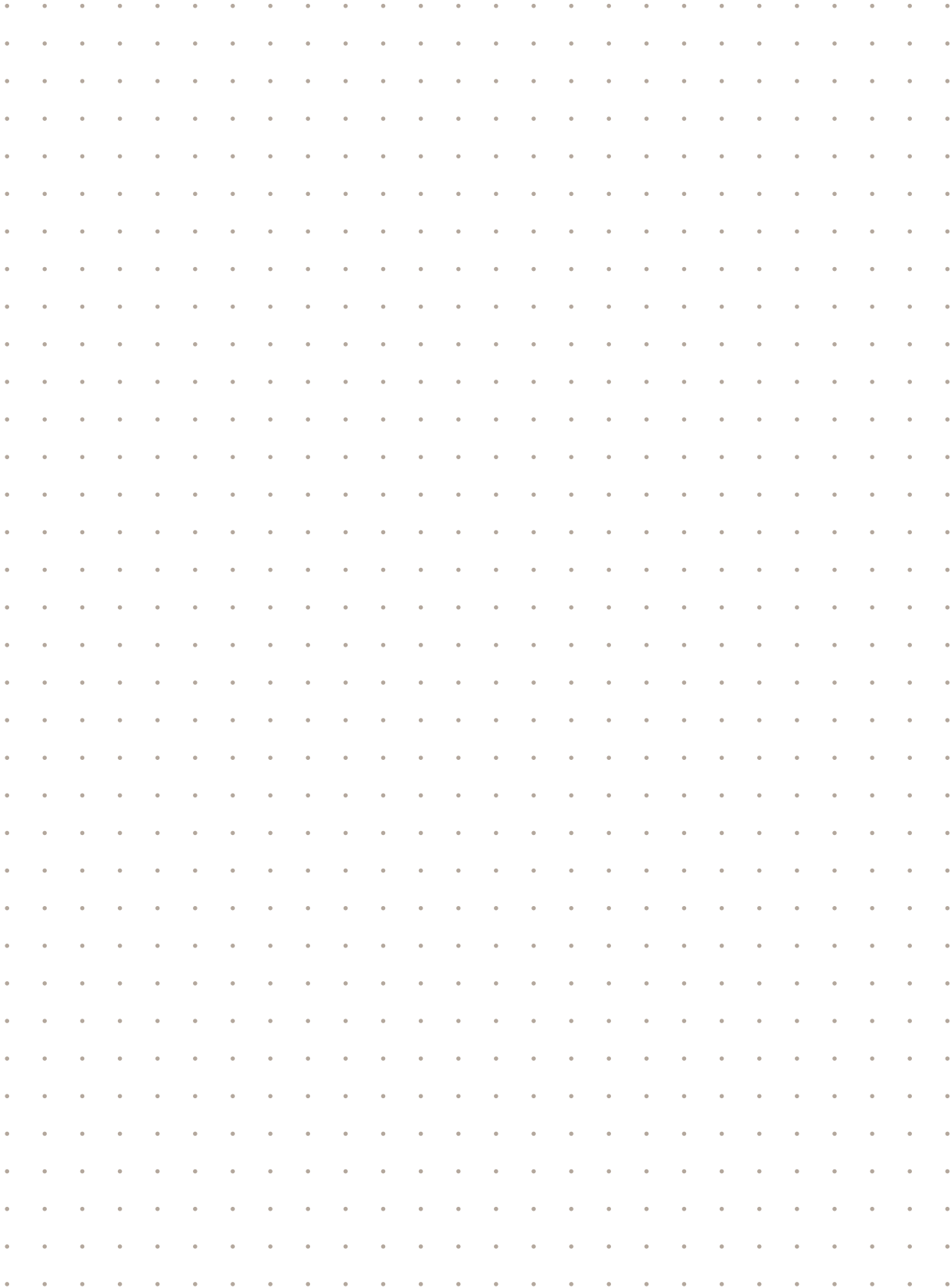


notes

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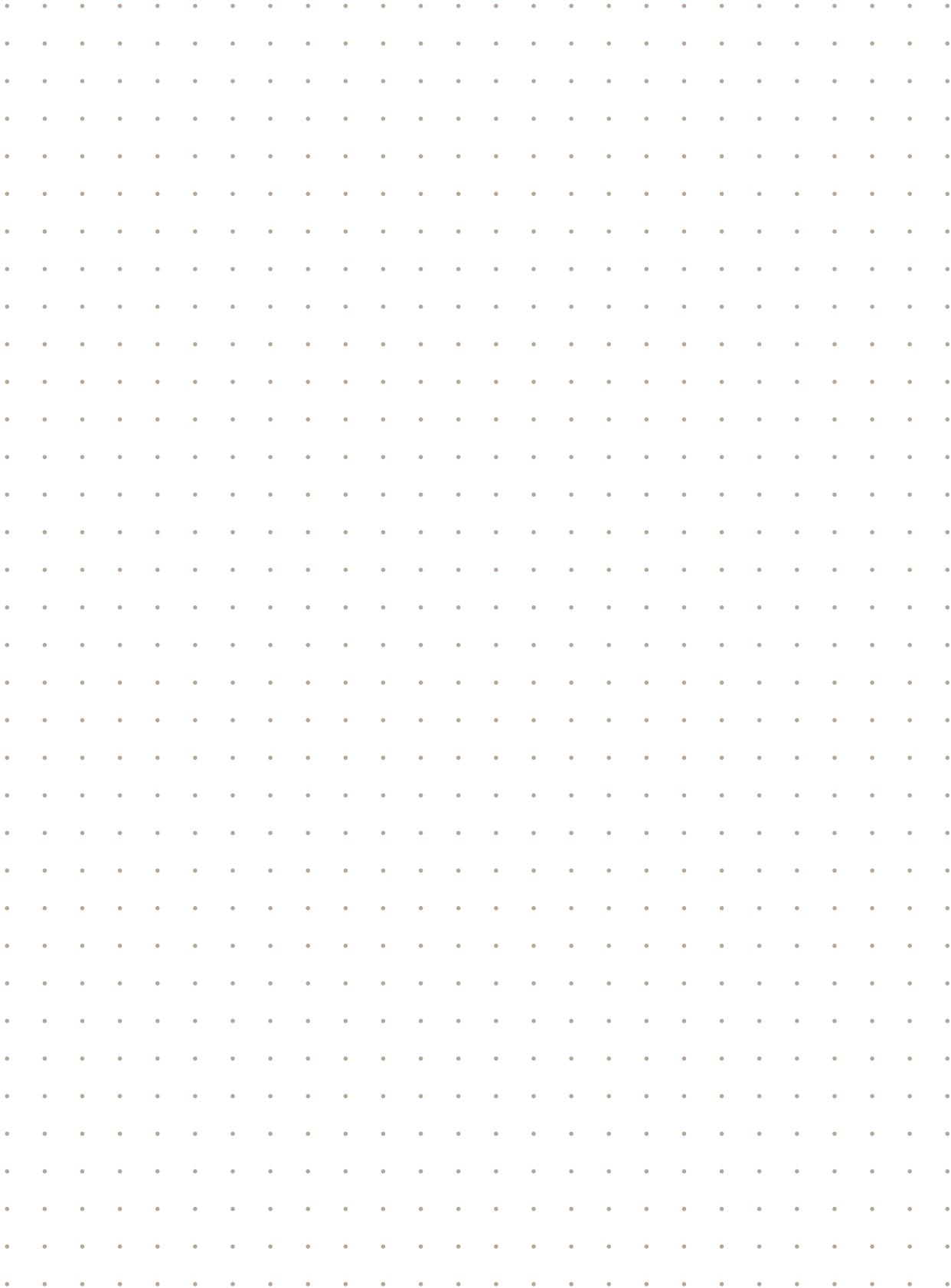


A series of horizontal lines for writing notes, alternating between light gray and white background bands.





A large grid of dots for note-taking, consisting of 25 columns and 30 rows of small, evenly spaced dots.









notes