April

PLANNER PAGES

2020

This Month....

	MONDAY	TUESDAY	WEDNESDAY
Week 1	30	31	1
Week 2	6	7	8
Week 3	13	14	15
Week 4	20	21	22
Week 5	27	28	29

THINGS TO LOOK FORWARD TO THIS MONTH....

April 2020

THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	1	2	3

MAY 2020

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	

GOALS + INTENTIONS

April 2020

HOME	SELF-CARE, HEALTH + FITNESS
FAMILY	FINANCE
PERSONAL GROWTH + DEVELOPMENT	LOVE + ROMANCE
SOCIAL	RECREATION, FUN + LEISURE
WORK, CAREER + BUSINESS	CONTRIBUTION + COMMUNITY

THIS MONTHS FOCUS...

GOAL 01	GOAL:	WHY:	ACTION STEPS:
	LIFE AREA:	DATE TO COMPLETE:	ACHIEVED:

GOAL 02	GOAL:	WHY:	ACTION STEPS:
	LIFE AREA:	DATE TO COMPLETE:	ACHIEVED:

GOAL 03	GOAL:	WHY:	ACTION STEPS:
	LIFE AREA:	DATE TO COMPLETE:	ACHIEVED:

HABITS, ROUTINES + RITUALS TO CREATE...

1.
2.
3.
4.
5.

ADD TIME BLOCKS AND REMINDERS TO YOUR DIGITAL CALENDAR.

This Week...

Set your intentions for this week.

What things are you going to do this week to help you to achieve your goals...

MAIN EVENTS, APPOINTMENTS AND THINGS TO LOOK FORWARD TO, OR FOCUS FOR EACH DAY...

30 MONDAY

31 TUESDAY

1 WEDNESDAY

2 THURSDAY

3 FRIDAY

4 SATURDAY

5 SUNDAY

SIMPLICITY IS ABOUT SUBTRACTING THE OBVIOUS AND ADDING THE MEANINGFUL
~ John Maeda.

NOTES + REMINDERS + TO DO'S

THINGS I ACHIEVED, AM GRATEFUL FOR + MADE ME HAPPY:

HABIT TRACKER

	M	T	W	T	F	S	S

HEALTH: Meal Planning + Exercise

M

T

W

T

F

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This Week...

Set your intentions for this week.

What things are you going to do this week to help you to achieve your goals...

MAIN EVENTS, APPOINTMENTS AND THINGS TO LOOK FORWARD TO, OR FOCUS FOR EACH DAY...

6 MONDAY

7 TUESDAY

8 WEDNESDAY

9 THURSDAY

10 FRIDAY

11 SATURDAY

12 SUNDAY

NOTES + REMINDERS + TO DO'S

THINGS I ACHIEVED, AM GRATEFUL FOR + MADE ME HAPPY:

HABIT TRACKER

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

HEALTH: Meal Planning + Exercise

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This Week...

Set your intentions for this week.

What things are you going to do this week to help you to achieve your goals...

MAIN EVENTS, APPOINTMENTS AND THINGS TO LOOK FORWARD TO, OR FOCUS FOR EACH DAY...

13 MONDAY

14 TUESDAY

15 WEDNESDAY

16 THURSDAY

17 FRIDAY

18 SATURDAY

19 SUNDAY

NOTES + REMINDERS + TO DO'S

THINGS I ACHIEVED, AM GRATEFUL FOR + MADE ME HAPPY:

HABIT TRACKER

	M	T	W	T	F	S	S

HEALTH: Meal Planning + Exercise

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This Week...

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What things are you going to do this week to help you to achieve your goals...

MAIN EVENTS, APPOINTMENTS AND THINGS TO LOOK FORWARD TO, OR FOCUS FOR EACH DAY...

20 MONDAY

21 TUESDAY

22 WEDNESDAY

23 THURSDAY

24 FRIDAY

25 SATURDAY

26 SUNDAY

NOTES + REMINDERS + TO DO'S

THINGS I ACHIEVED, AM GRATEFUL FOR + MADE ME HAPPY:

HABIT TRACKER

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

HEALTH: Meal Planning + Exercise

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This Week...

Set your intentions for this week.

What things are you going to do this week to help you to achieve your goals...

MAIN EVENTS, APPOINTMENTS AND THINGS TO LOOK FORWARD TO, OR FOCUS FOR EACH DAY...

27 MONDAY

28 TUESDAY

29 WEDNESDAY

30 THURSDAY

1 FRIDAY

2 SATURDAY

3 SUNDAY

NOTES + REMINDERS + TO DO'S

THINGS I ACHIEVED, AM GRATEFUL FOR + MADE ME HAPPY:

HABIT TRACKER

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

HEALTH: Meal Planning + Exercise

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MONTHLY REFLECTION

Good things that happened this month...

WHAT WENT WELL...

WHAT DIDN'T GO SO WELL...

WHAT CAN I CHANGE NEXT MONTH...

DID YOU ACHIEVE YOUR GOALS THIS MONTH?

Go back to your goals and intentions page for this month and highlight all the ones that you managed to achieve.

HOW WOULD YOU RATE THIS MONTH OUT OF 10?