

January

PLANNER PAGES

2021

This Month....

	MONDAY	TUESDAY	WEDNESDAY
Week 1	28	29	30
Week 2	4	5	6
Week 3	11	12	13
Week 4	18	19	20
Week 5	25	26	27

THINGS TO LOOK FORWARD TO THIS MONTH....

January 2021

THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

FEBRUARY 2021

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

GOALS + INTENTIONS

January 2021

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:

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GOAL
02

GOAL:

WHY:

ACTION STEPS:

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-
-
-

LIFE AREA:

DATE TO COMPLETE:

ACHIEVED:

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GOAL
03

GOAL:

WHY:

ACTION STEPS:

-
-
-
-

LIFE AREA:

DATE TO COMPLETE:

ACHIEVED:

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HABITS, ROUTINES + RITUALS TO CREATE...

- 1.
- 2.
- 3.
- 4.
- 5.

ADD TIME BLOCKS AND REMINDERS TO YOUR DIGITAL CALENDAR.

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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...

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

28 MONDAY

29 TUESDAY

30 WEDNESDAY

31 THURSDAY

1 FRIDAY

2 SATURDAY

3 SUNDAY

NOTES + REMINDERS + TO DO'S

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

HABIT TRACKER

[illegible]

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...

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

4 MONDAY

5 TUESDAY

6 WEDNESDAY

7 THURSDAY

8 FRIDAY

9 SATURDAY

10 SUNDAY

NOTES + REMINDERS + TO DO'S

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

HABIT TRACKER

[illegible]

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...

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

11 MONDAY

12 TUESDAY

13 WEDNESDAY

14 THURSDAY

15 FRIDAY

16 SATURDAY

17 SUNDAY

NOTES + REMINDERS + TO DO'S

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

HABIT TRACKER

[illegible]

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...

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

18 MONDAY

19 TUESDAY

20 WEDNESDAY

21 THURSDAY

22 FRIDAY

23 SATURDAY

24 SUNDAY

NOTES + REMINDERS + TO DO'S

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

HABIT TRACKER

[illegible]

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...

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

25

MONDAY

26

TUESDAY

27

WEDNESDAY

28

THURSDAY

29

FRIDAY

30

SATURDAY

31

SUNDAY

NOTES + REMINDERS + TO DO'S

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

HABIT TRACKER

[illegible]

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?

With love from....

Every Little Thing



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