

THE **pop** IT

PLANNER

The Planner for Perfectionist and Procrastinators.

January 2025- December 2025



THE **POP** IT
PLANNER

The planner specifically designed to give lift off to the dreams and creations of Perfectionist and Procrastinators while making peace with their Inner Critic once and for all.

This Planner will take you places

January 2025- December 2025

Created by Cris Somers



Cheers to 2025, where anything is possible!

Dedicated to all of the Perfectionist, and Procrastinators that have dreams and ideas within them to make this world a better place, but their inner critic keeps getting in the way.

First Printed November
2022

www.popitplanner.com

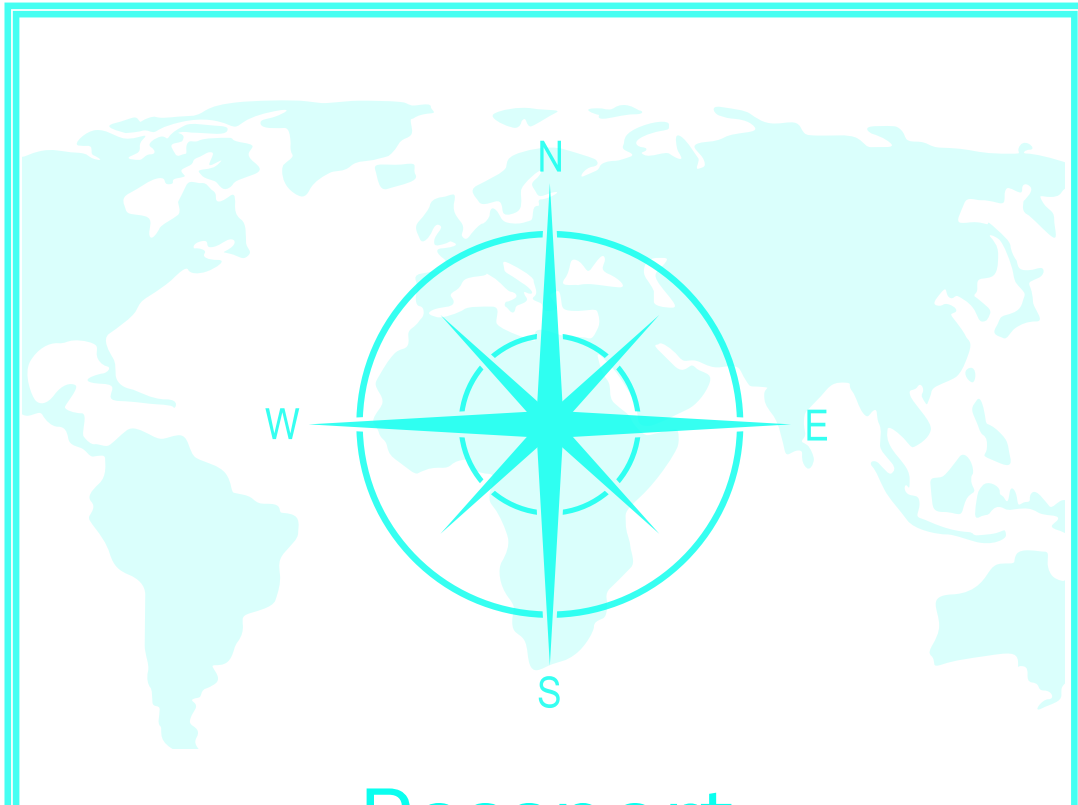
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Oh the Places that you are about to Go



Passport

This Pop-It Planner Belongs to:



Name: _____

Aka Captain: _____

Email: _____

Phone: _____

Word for 2025: _____

Yearly OUTLOOK

2025

JANUARY

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
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FEBRUARY

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JUNE

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JULY

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NOVEMBER

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2026

JANUARY

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FEBRUARY

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MARCH

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APRIL

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JULY

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AUGUST

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SEPTEMBER

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NOVEMBER

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DECEMBER

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Monthly FOCUS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

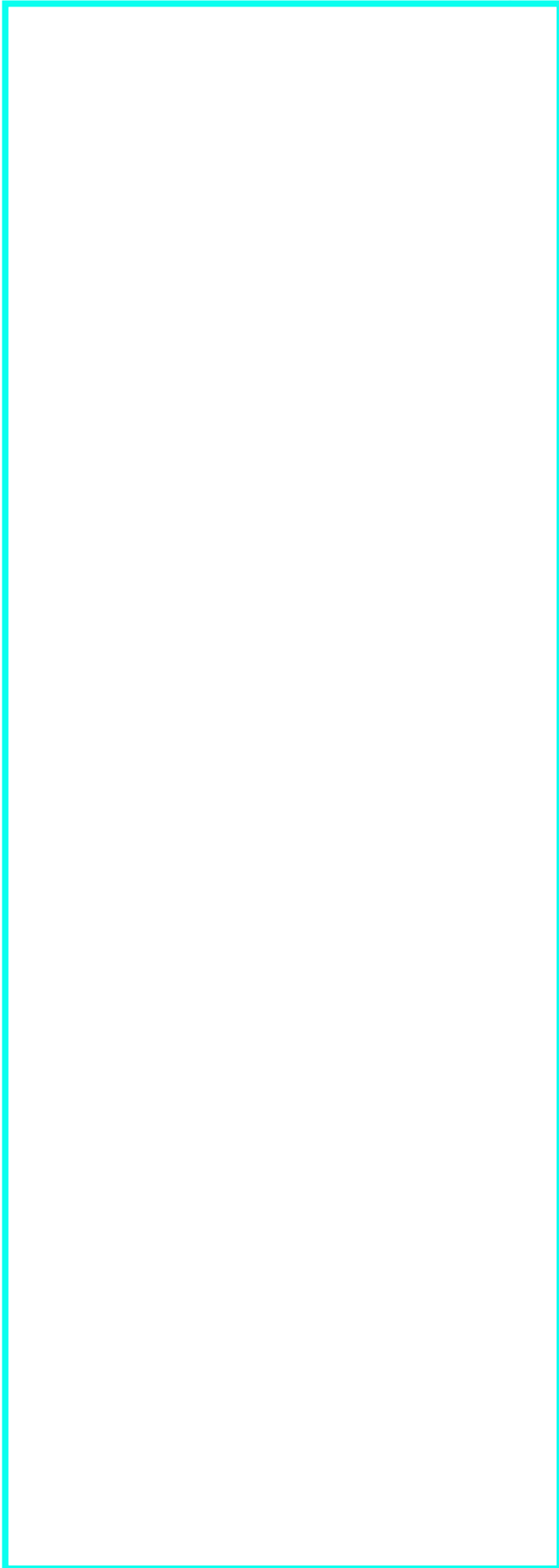
NOVEMBER

DECEMBER

System SETUP

Monday	Tuesday	Wednesday
● ● ● ● ● ● ●	● ● ● ● ● ● ●	● ● ● ● ● ● ●
Thursday	Friday	Saturday
● ● ● ● ● ● ●	● ● ● ● ● ● ●	● ● ● ● ● ● ●
Sunday	Weekly Maintenance	Monthly Maintenance
● ● ● ● ● ● ●	● ● ● ● ● ● ●	● ● ● ● ● ● ●

Confetti RUNWAY



Five horizontal yellow lines for writing.



Five horizontal orange lines for writing.



Five horizontal red lines for writing.



Five horizontal pink lines for writing.



Five horizontal purple lines for writing.



Five horizontal teal lines for writing.



Five horizontal green lines for writing.

Clear for TAKEOFF

Departures

↑  Departures

- ☐
- ☐
- ☐
- ☐
- ☐

Terminals

01

Runway



↑  Departures

- ☐
- ☐
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02



↑  Departures

- ☐
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03



↑  Departures

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04



↑  Departures

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05



↑  Departures

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06



Pick your DESTINATION



01



02



03



04



05



06



Departures & ARRIVALS

→  Departures								
Flight #/Project Name	Destination/Goal	Takeoff Date	Gate/ETA	Progress				Arrival
								
								
								
								
								
								
								
								
								
								

↗  Arrivals						
Flight #/Project Name	Layover/Next Step	Arrival Date	Next Flight	Celebration	Refuel	
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Quarter 1

AT A GLANCE

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Quarter 2

AT A GLANCE

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☿ Mercury Retrograde ● Full Moon ○ New Moon 🌍 Earth Day ☀ Summer Solstice

Quarter 3

AT A GLANCE

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Quarter 4

AT A GLANCE

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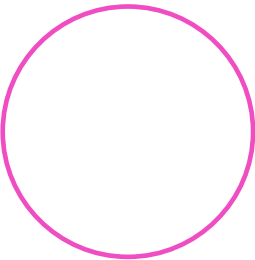
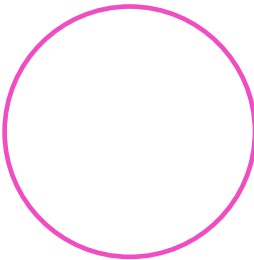
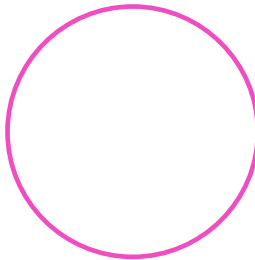
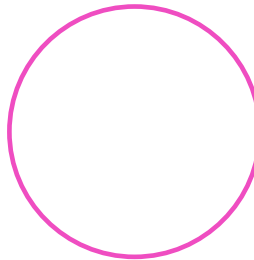
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2025 Business Goals

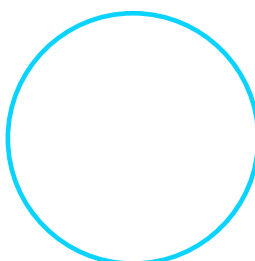
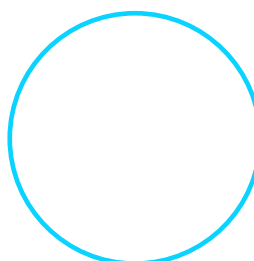
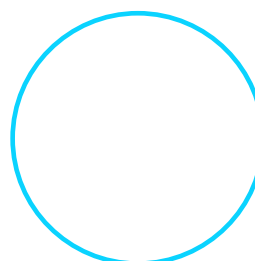
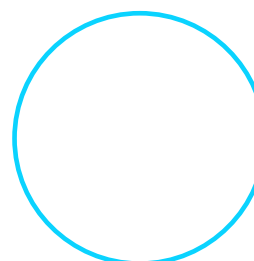
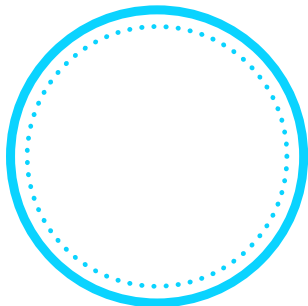
Phase 1 January 1- March 30

Focus

				
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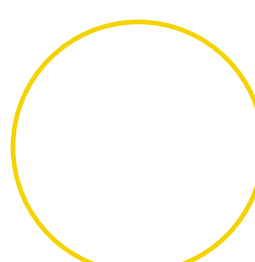
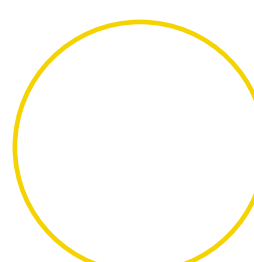
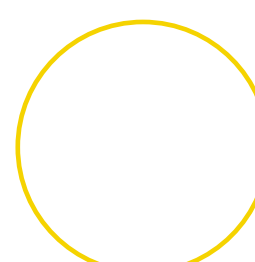
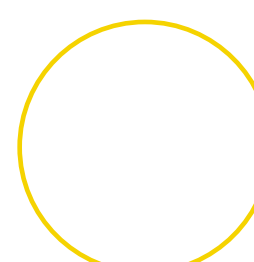
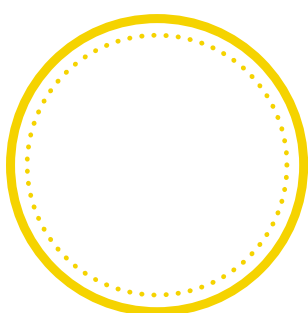
Phase 2 April 1- June 30

Focus

				
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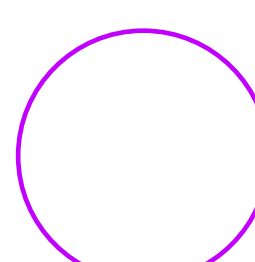
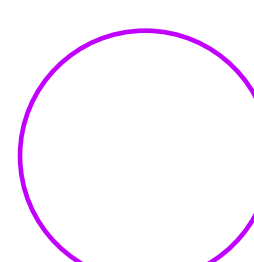
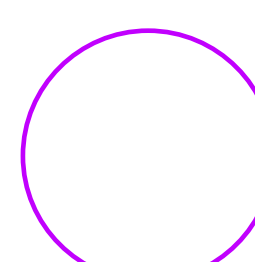
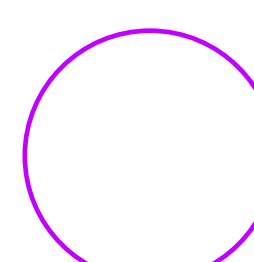
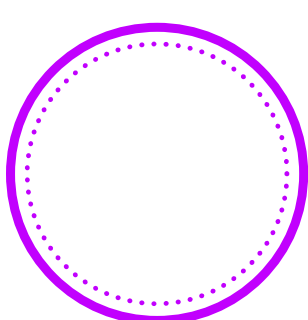
Phase 3 July 1- September 30

Focus

				
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Phase 4 October 1-December 31

Focus

				
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Balance

HEALTH

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BUSINESS

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CONNECTION

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FILL UP

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HOBBIES

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Routines

MORNING ROUTINE

BUSINESS ROUTINE

NIGHT ROUTINE

Anchors

STEPS TO RELEASE

ANCHOR

STEPS TO RELEASE

ANCHOR

STEPS TO RELEASE

ANCHOR

STEPS TO RELEASE

ANCHOR

STEPS TO RELEASE

ANCHOR

Mind

Fun

House Keeping



Health

- ☐
- ☐
- ☐
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Kids

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Pets

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Relationships

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Family

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Friendships

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House Keeping



Vehicles

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Electronics

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Finances

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Business

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Projects

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Charity

- ☐
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House Keeping



My Room

- ☐
- ☐
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- ☐



Kitchen

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Family Room

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Living Room

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Bathrooms

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Front Yard

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House Keeping



Backyard

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Laundry Room

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Kids Room

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Guest Room

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Office

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Garage

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House Keeping



Books

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Courses

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Movies

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Adventures

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Recipes

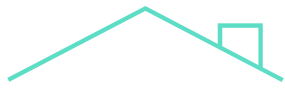
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Hobbies

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House Keeping



Fears to Face

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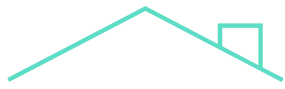
Karma

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Bucket List

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- ☐



Body

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- ☐



Skills/Interests

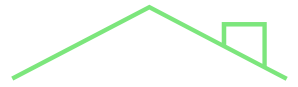
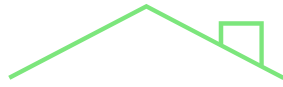
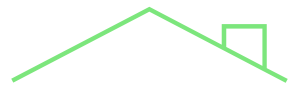
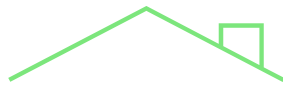
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Spiritual

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House Keeping

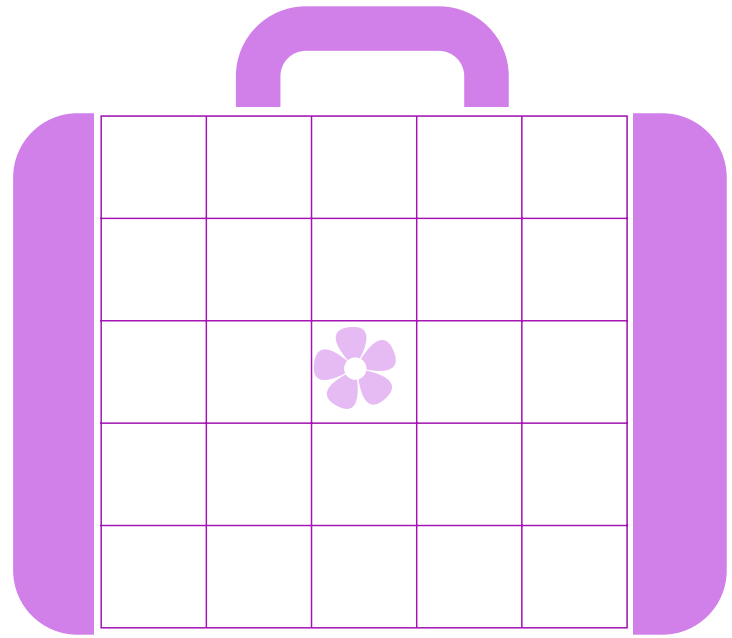
[illegible][illegible][illegible][illegible]

Adventure Awaits

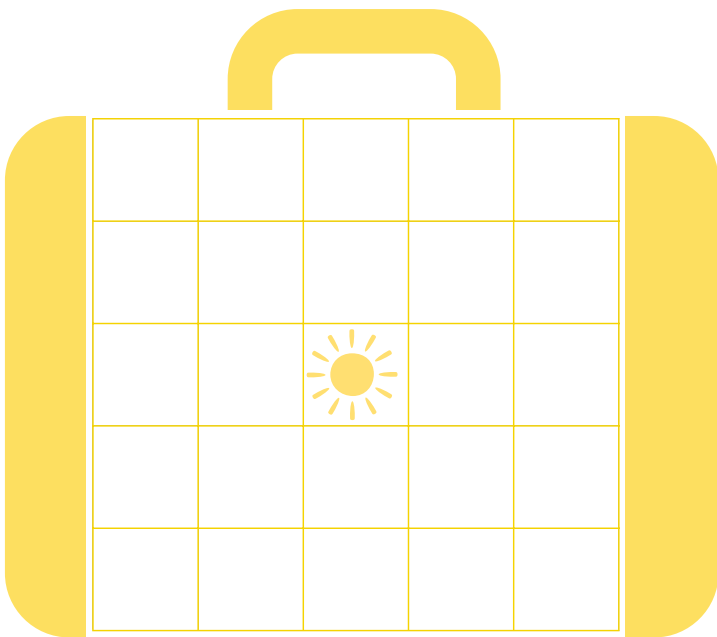
SEASONAL FUN



WINTER



SPRING



SUMMER



FALL

Excess BAGGAGE

JANUARY

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

FEBRUARY

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

MARCH

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

APRIL

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

MAY

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

JUNE

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

JULY

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

AUGUST

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

SEPTEMBER

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

OCTOBER

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

NOVEMBER

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

DECEMBER

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

Airplane Mode

REST

PHYSICAL

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WAYS TO REST

MENTAL

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WAYS TO REST

SENSORY

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WAYS TO REST

CREATIVE

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WAYS TO REST

EMOTIONAL

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WAYS TO REST

SOCIAL

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WAYS TO REST

SPIRITUAL

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WAYS TO REST

RESPONSIBILITY

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WAYS TO REST

SELF-CRITICISM

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WAYS TO REST

IDENTITY

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WAYS TO REST

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WAYS TO REST

CONTROL

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WAYS TO REST

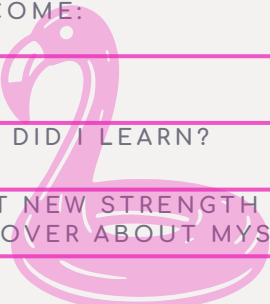
Flamingo BINGO

LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?

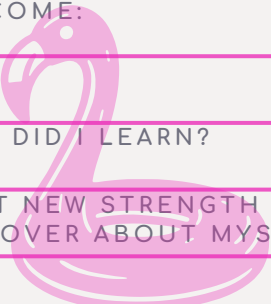


LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?

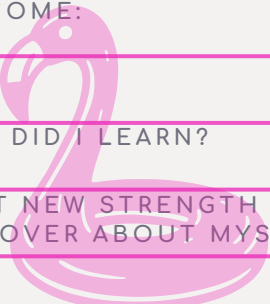


LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?

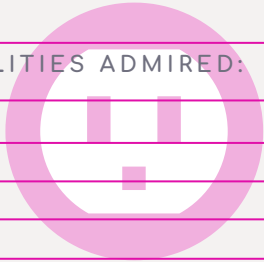


Charging STATION

PLUG INTO

NAME:

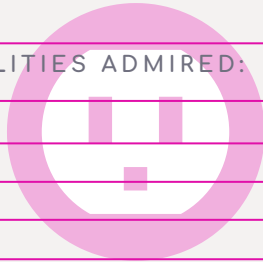
QUALITIES ADMIRER:



PLUG INTO

NAME:

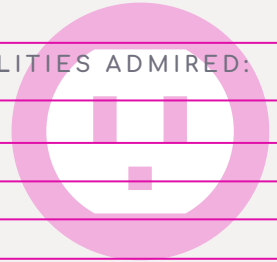
QUALITIES ADMIRER:



PLUG INTO

NAME:

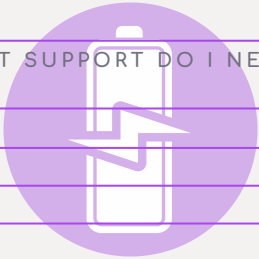
QUALITIES ADMIRER:



CHARGE UP

WHO:

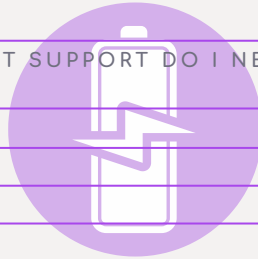
WHAT SUPPORT DO I NEED?



CHARGE UP

WHO:

WHAT SUPPORT DO I NEED?



RESET

WHO:

ACCOUNTABILITY IN PLACE:



DRAIN/DISTRACT

WHO OR WHAT:

WHAT AM I AVOIDING?



DRAIN/DISTRACT

WHO OR WHAT:

WHAT AM I AVOIDING?



DRAIN/DISTRACT

WHO OR WHAT:

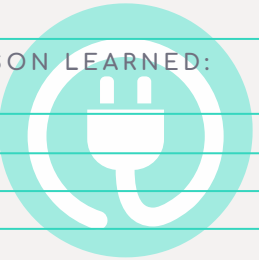
WHAT AM I AVOIDING?



UNPLUG

I CHOOSE TO LET GO OF:

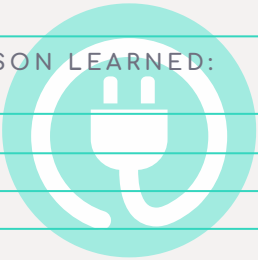
LESSON LEARNED:



UNPLUG

I CHOOSE TO LET GO OF:

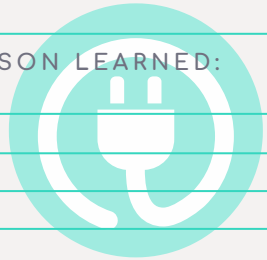
LESSON LEARNED:



UNPLUG

I CHOOSE TO LET GO OF:

LESSON LEARNED:



Champagne

CELEBRATIONS

DATE:

ACHIEVEMENT



HOW I CELEBRATED

DATE:

ACHIEVEMENT



HOW I CELEBRATED

DATE:

ACHIEVEMENT



HOW I CELEBRATED

DATE:

ACHIEVEMENT



HOW I CELEBRATED

DATE:

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HOW I CELEBRATED

DATE:

ACHIEVEMENT



HOW I CELEBRATED

DATE:

ACHIEVEMENT



HOW I CELEBRATED

Seat Swap UNSTUCK

AISLE/ CONNECT

WHAT CAN LIGHTEN YOUR LOAD?



WHO CAN YOU ASK FOR SUPPORT? HOW WILL YOU?



MIDDLE/COURAGE

WHAT'S KEEPING YOU STUCK?



WHAT IS ONE RISK YOU CAN TAKE TODAY?



WINDOW/CLARITY

DO YOU NEED CLARITY OR A NEW STORY? LIST YOUR ANCHOR.



WHAT DECISION WILL GIVE YOU CLARITY OR A NEW STORY?



AISLE/ CONNECT

WHAT CAN LIGHTEN YOUR LOAD?



WHO CAN YOU ASK FOR SUPPORT? HOW WILL YOU?



MIDDLE/COURAGE

WHAT'S KEEPING YOU STUCK?



WHAT IS ONE RISK YOU CAN TAKE TODAY?

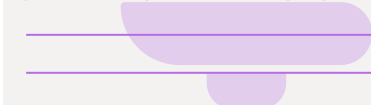


WINDOW/CLARITY

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WHAT DECISION WILL GIVE YOU CLARITY OR A NEW STORY?



AISLE/ CONNECT

WHAT CAN LIGHTEN YOUR LOAD?



WHO CAN YOU ASK FOR SUPPORT? HOW WILL YOU?



MIDDLE/COURAGE

WHAT'S KEEPING YOU STUCK?



WHAT IS ONE RISK YOU CAN TAKE TODAY?

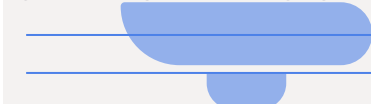


WINDOW/CLARITY

DO YOU NEED CLARITY OR A NEW STORY? LIST YOUR ANCHOR.



WHAT DECISION WILL GIVE YOU CLARITY OR A NEW STORY?



AISLE/ CONNECT

WHAT CAN LIGHTEN YOUR LOAD?



WHO CAN YOU ASK FOR SUPPORT? HOW WILL YOU?

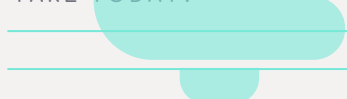


MIDDLE/COURAGE

WHAT'S KEEPING YOU STUCK?



WHAT IS ONE RISK YOU CAN TAKE TODAY?

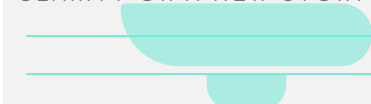


WINDOW/CLARITY

DO YOU NEED CLARITY OR A NEW STORY? LIST YOUR ANCHOR.



WHAT DECISION WILL GIVE YOU CLARITY OR A NEW STORY?



Shoes WE WEAR

SELF

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COMFORT ZONE

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INTEGRITY

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ADULTING

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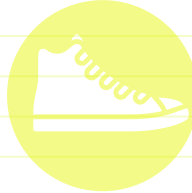
CEO

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STUDENT

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NURTURER

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CARETAKER

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CONNECTING

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BUILDING

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SUPPORTING

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RISKTAKER

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FIREFIGHTING

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BOUNDARIES

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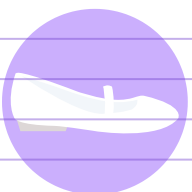
CELEBRATING

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CINDERELLA

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OVERWHELMED

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REBELIOUS

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AVOIDANT

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VULNERABLE

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ISOLATING

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STUCK

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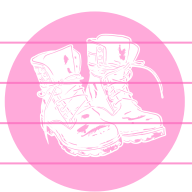
EMOTIONAL

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BURNT OUT

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Words that Lift

Reflection

Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

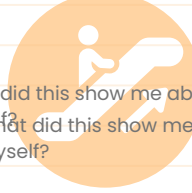
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

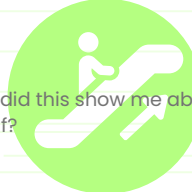
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

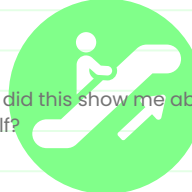
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

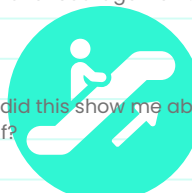
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

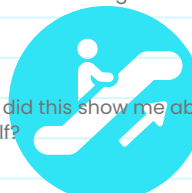
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

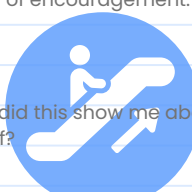
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

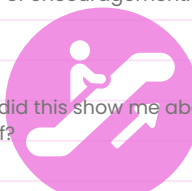
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

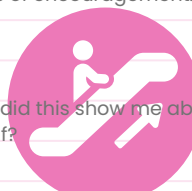
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

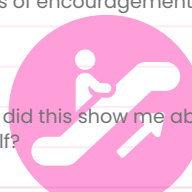
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Gate Closed

SAY NO



GATE 01

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	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

100 Days CHALLENGE

For the next 100 days, I'm committing to a journey to keep a promise to myself.

My promise to myself is to _____ every single day for the next 100 days!

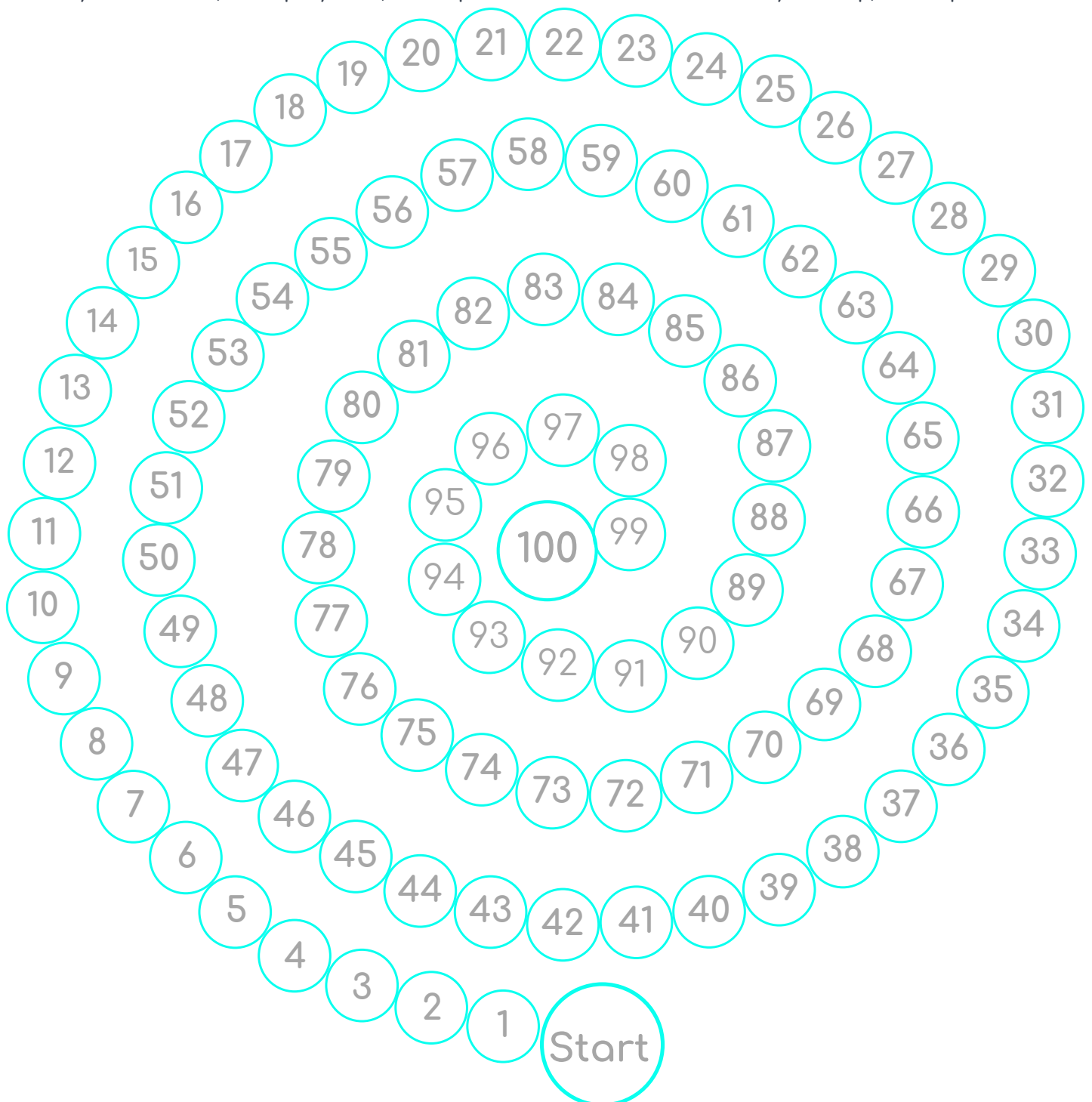
To make room for this commitment to myself, I'm letting go of: _____.

This journey isn't about reaching a final destination—it's about showing up for myself every day, taking imperfect action. Whether giving 100% or 2%, I will show up for myself and keep my promise to myself.

My adventure begins on: _____, and I'll celebrate 100 days of staying true to myself on: _____.

I will Celebrate by: _____.

This is my time to shine, to keep my word, and to prove that I can count on me. Tray table up, heart open—let's soar!



Let's get SOCIAL



JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

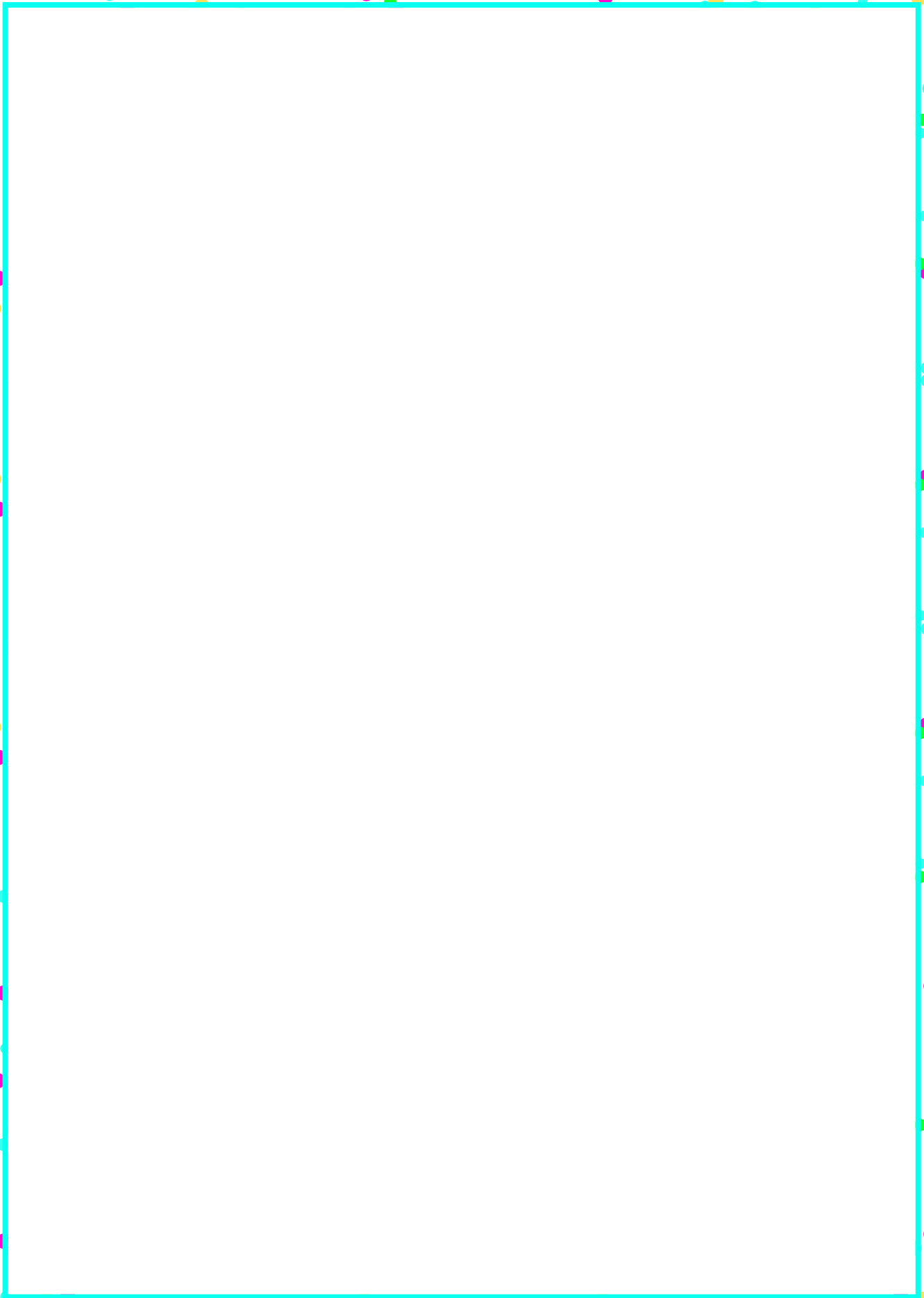
SEPTEMBER

OCTOBER

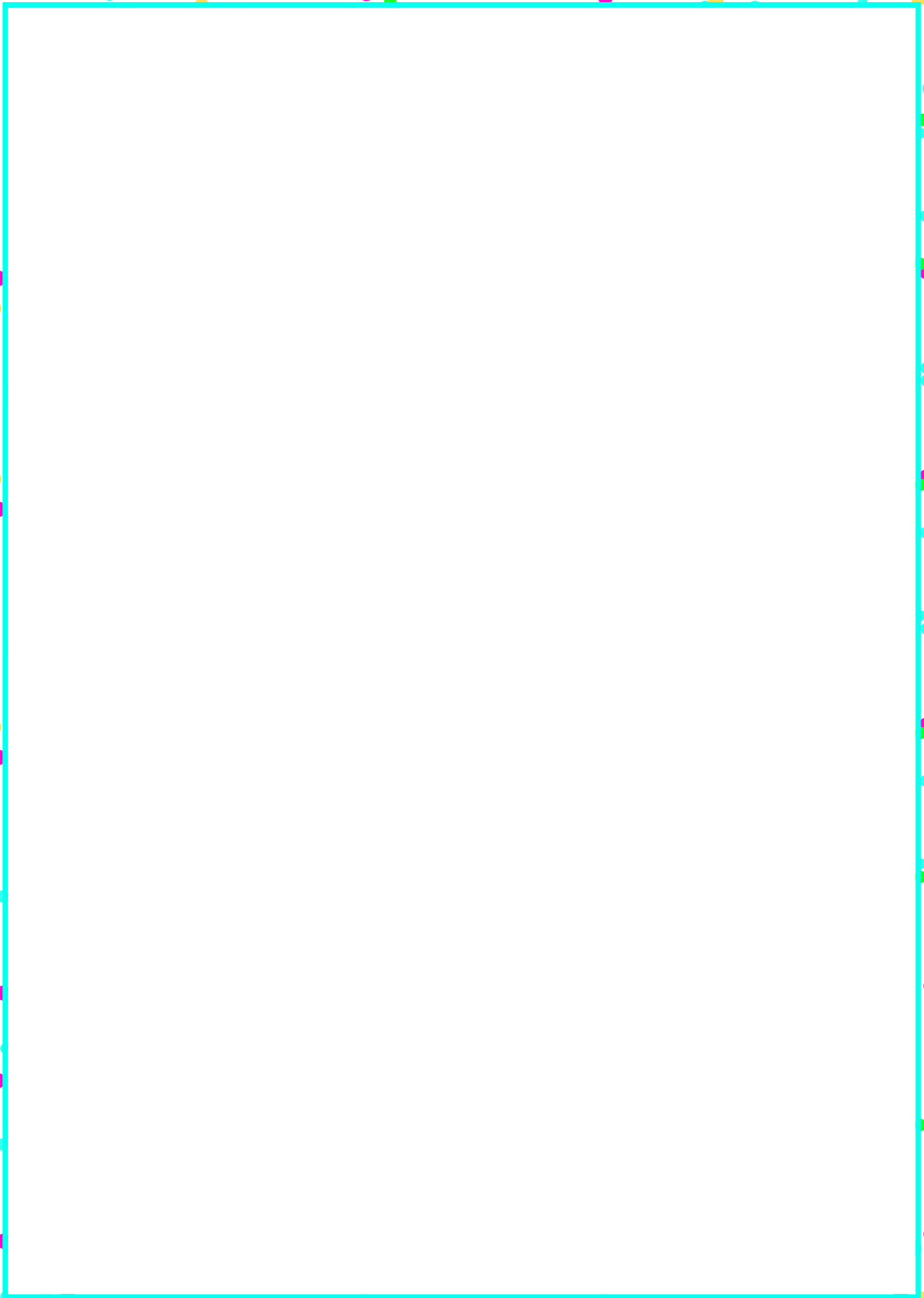
NOVEMBER

DECEMBER

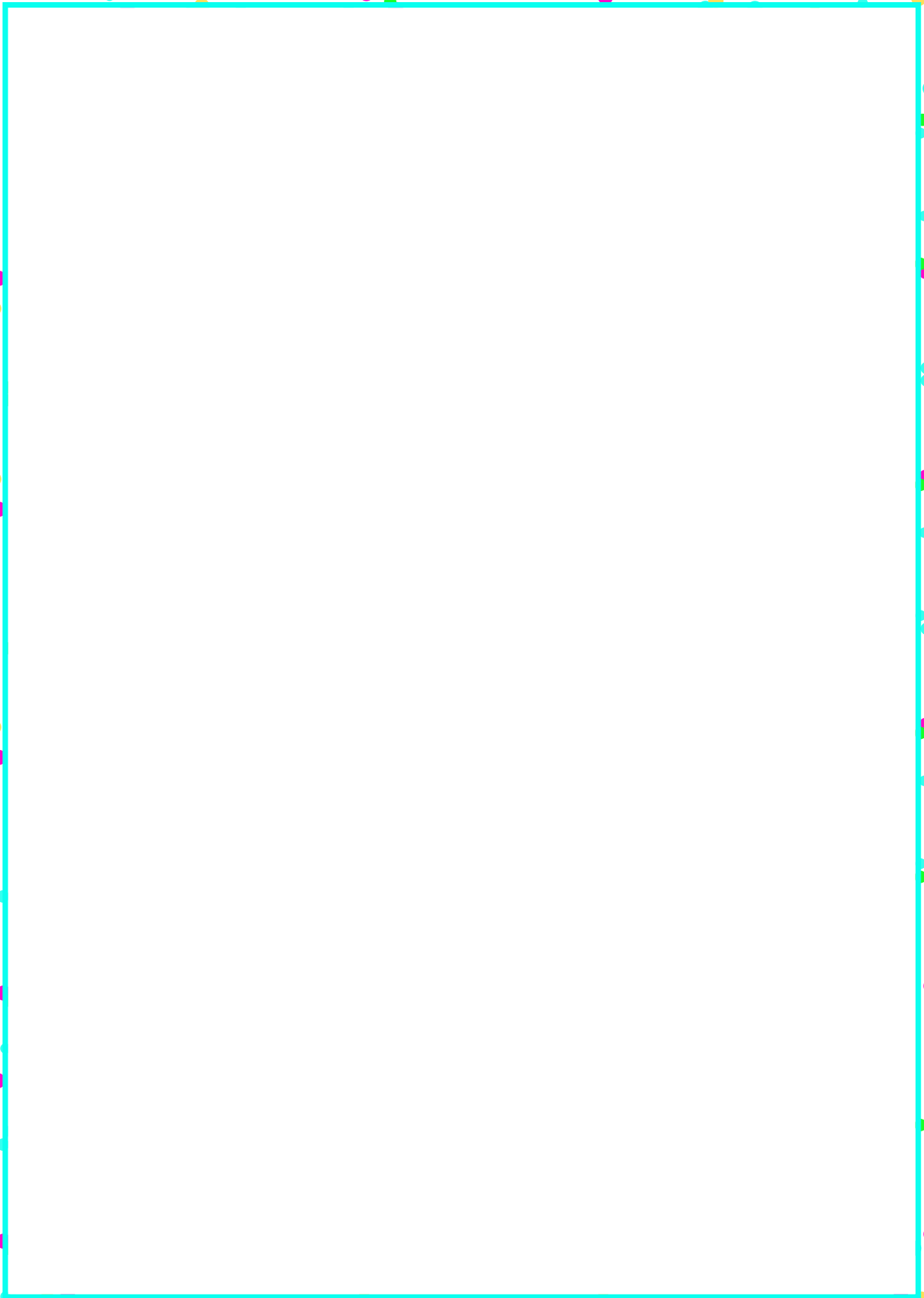
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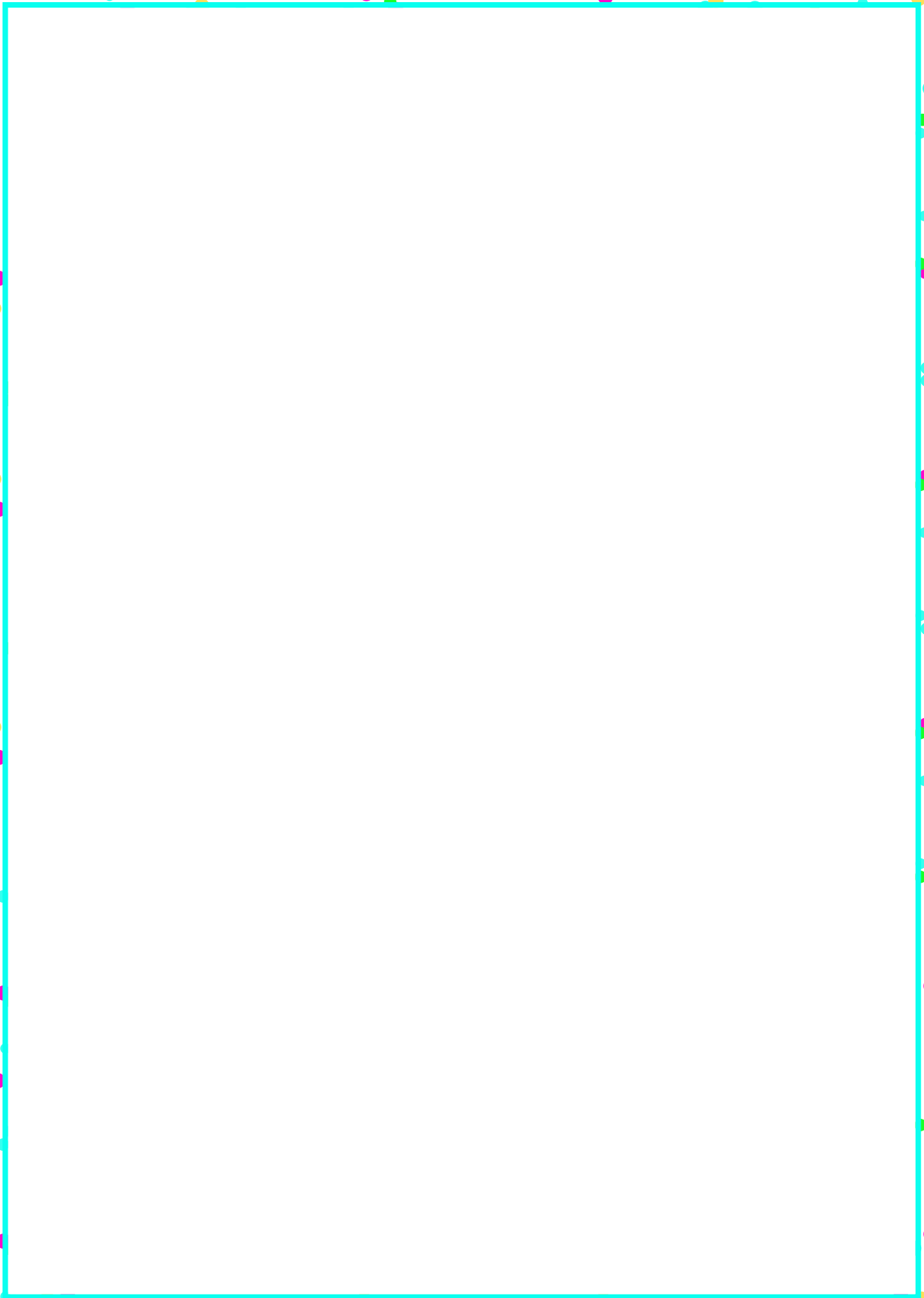
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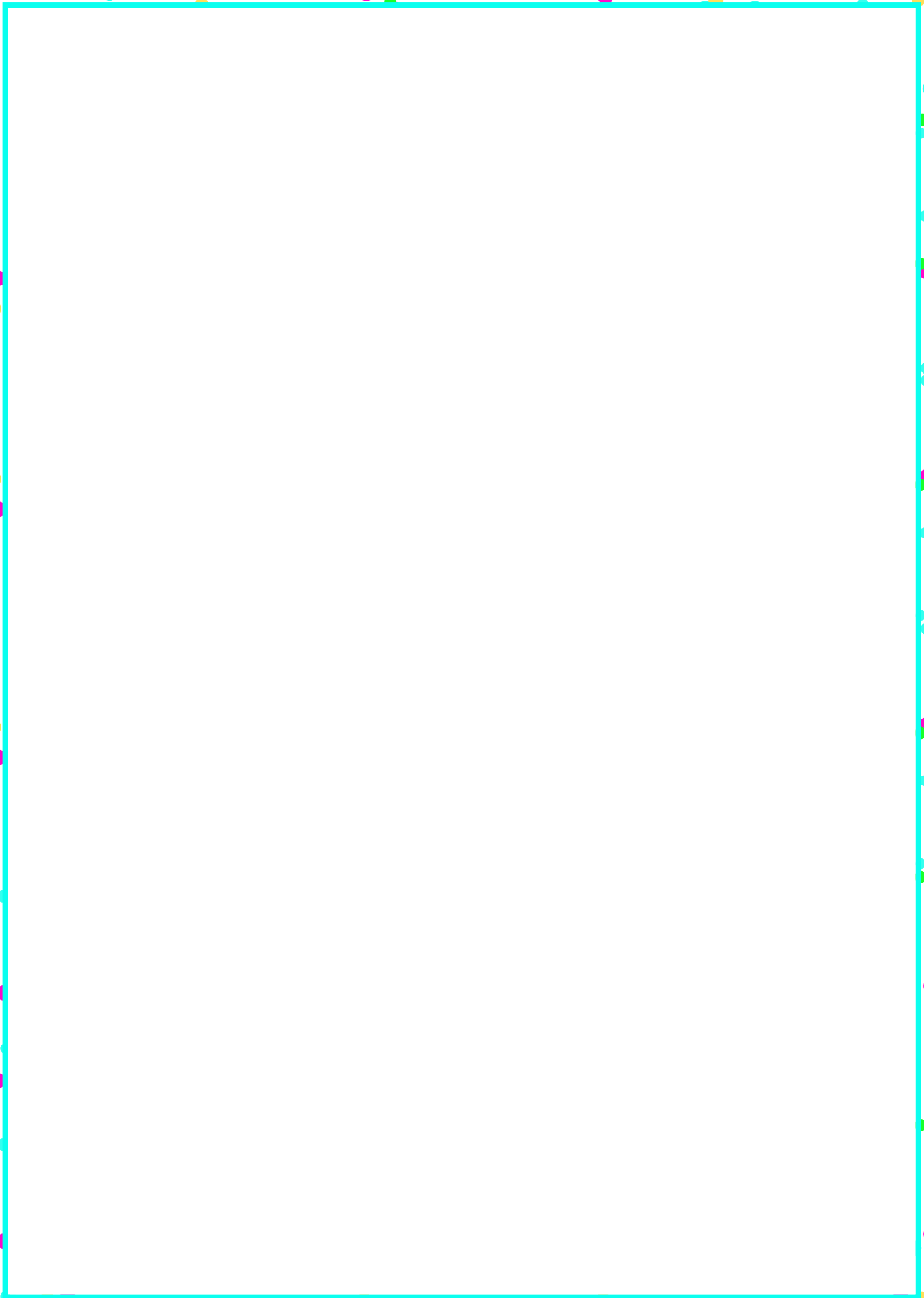
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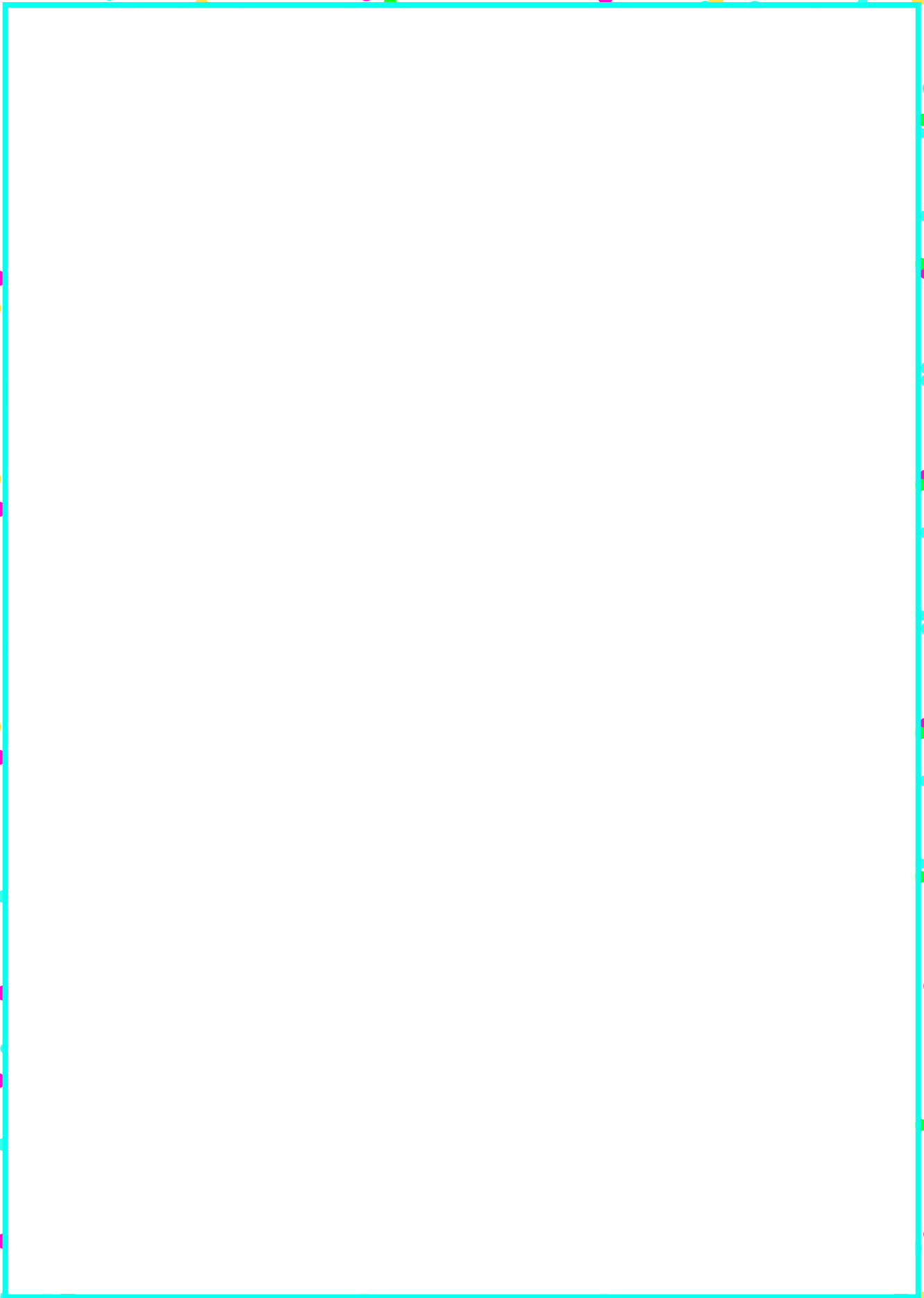
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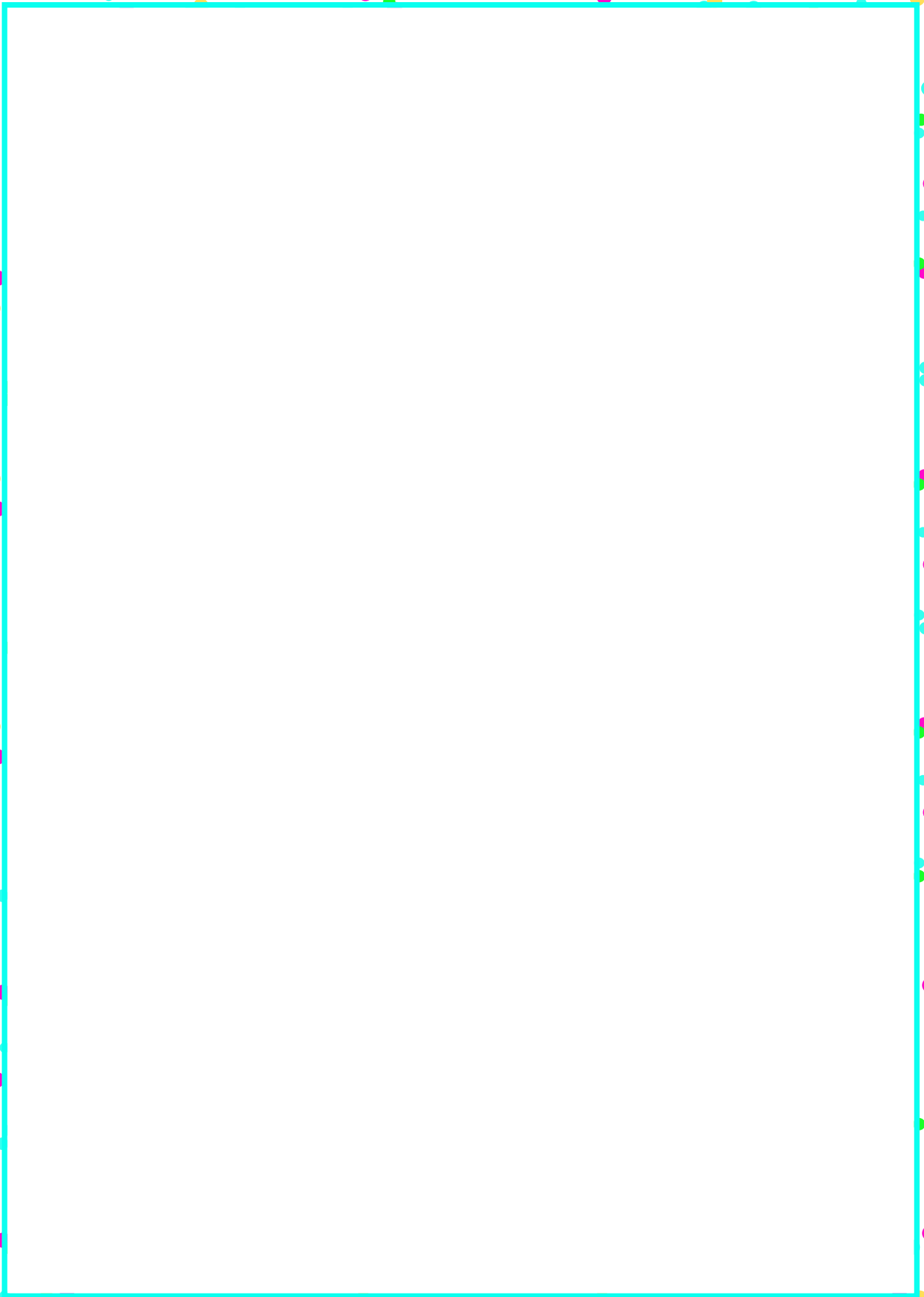
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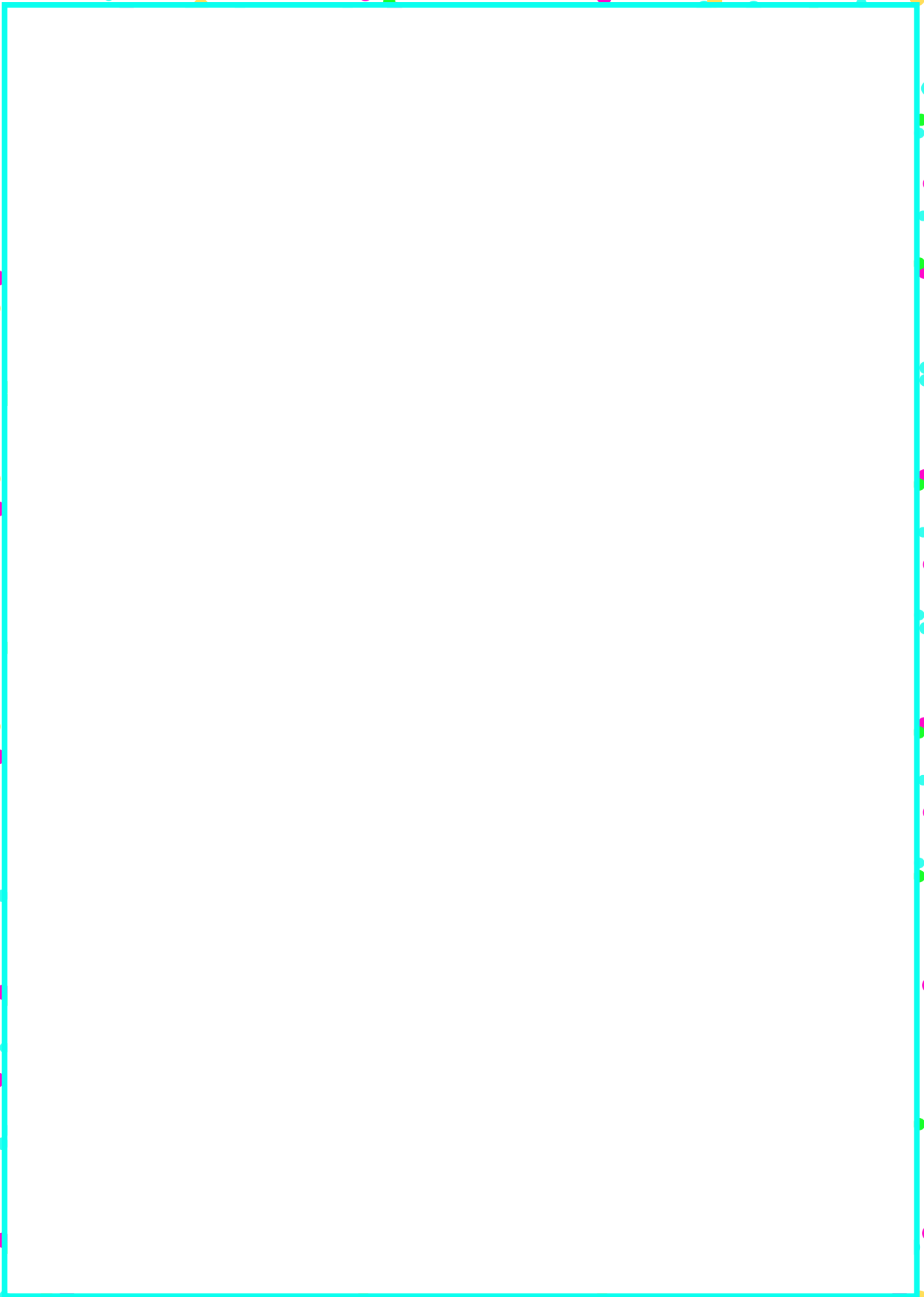
Confetti



Confetti



Confetti



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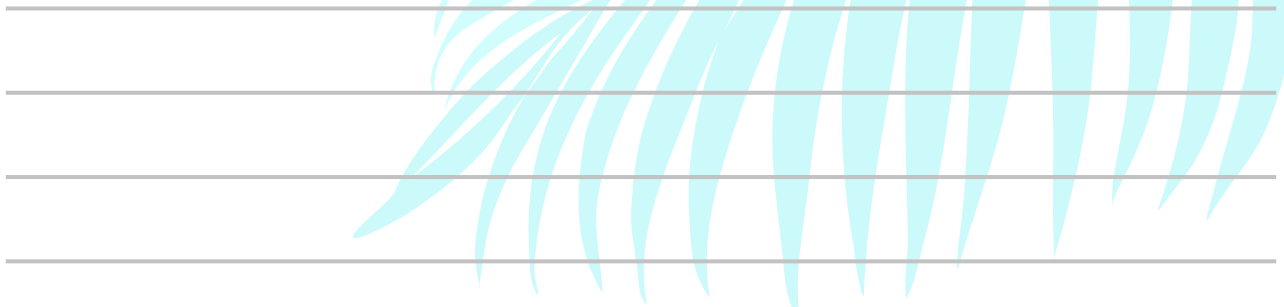
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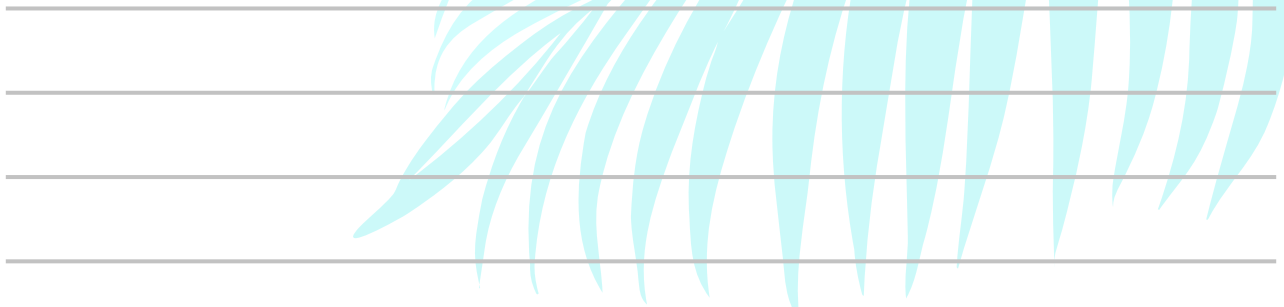
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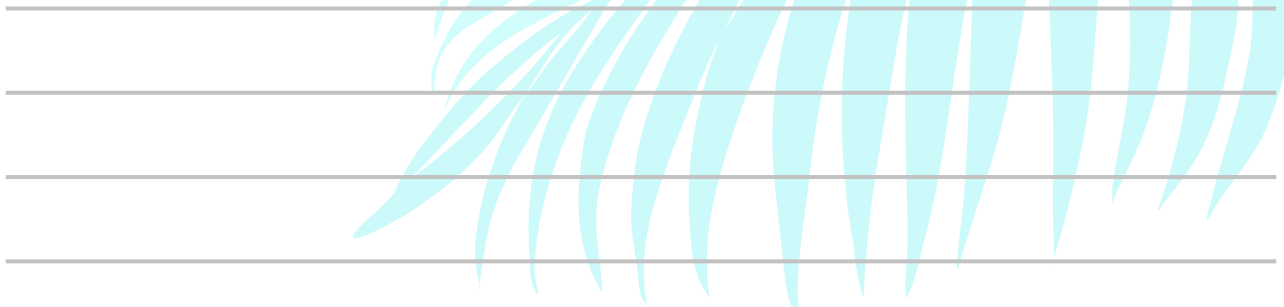
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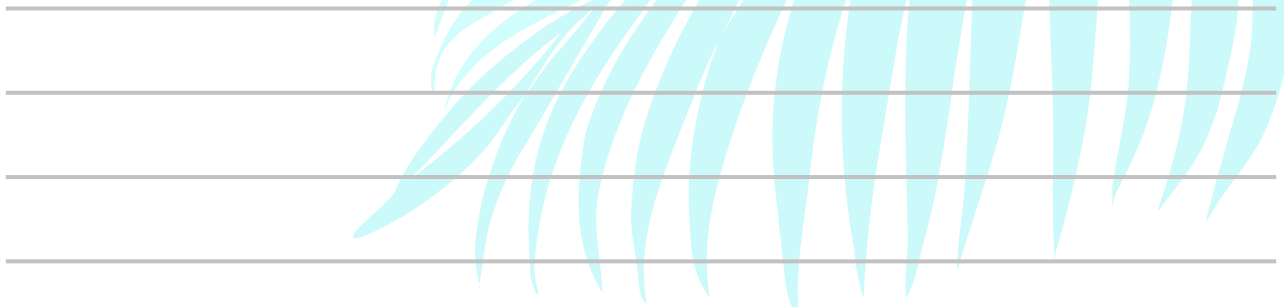
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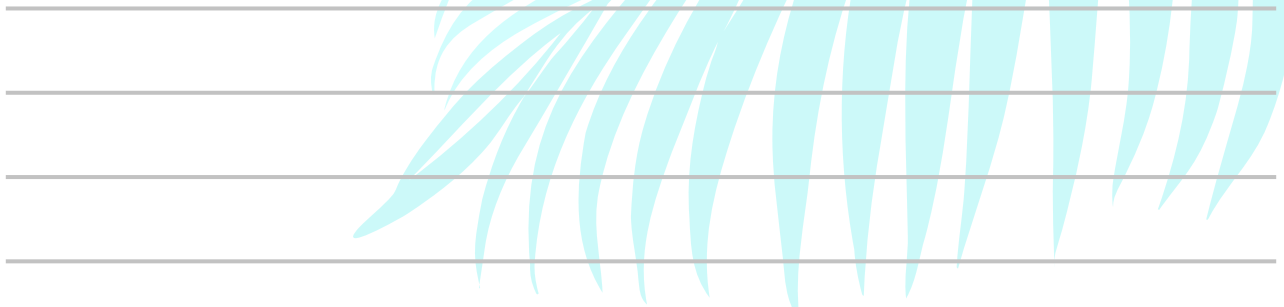
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Winning Streak

JAN	FEB	MAR
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
13	13	13
14	14	14
15	15	15
16	16	16
17	17	17
18	18	18
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
25	25	25
26	26	26
27	27	27
28	28	28
29	29	29
30		30
31		31

Winning Streak

APR	MAY	JUN
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
13	13	13
14	14	14
15	15	15
16	16	16
17	17	17
18	18	18
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
25	25	25
26	26	26
27	27	27
28	28	28
29	29	29
30	30	30
	31	

Winning Streak

JUL	AUG	SEP
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
13	13	13
14	14	14
15	15	15
16	16	16
17	17	17
18	18	18
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
25	25	25
26	26	26
27	27	27
28	28	28
29	29	29
30	30	30
31	31	

Winning Streak

OCT	NOV	DEC
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
13	13	13
14	14	14
15	15	15
16	16	16
17	17	17
18	18	18
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30	30	30
31		31

Overhead.

THOUGHTS

[illegible]

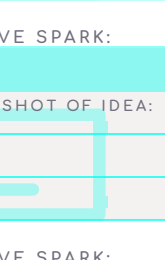
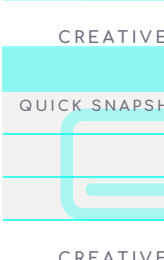
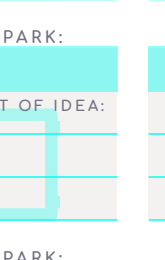
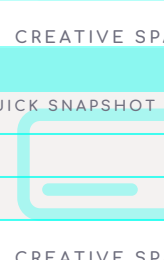
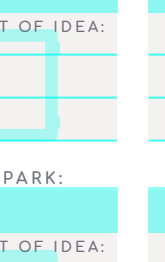
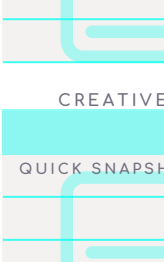
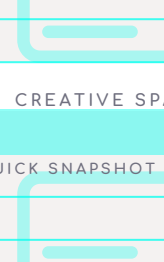
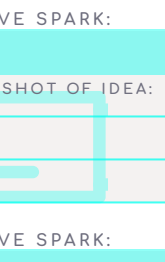
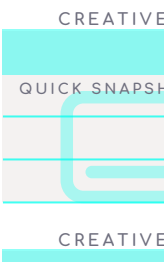
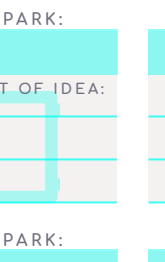
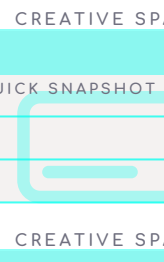
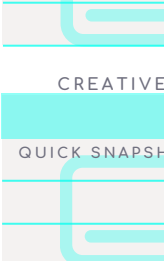
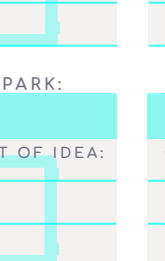
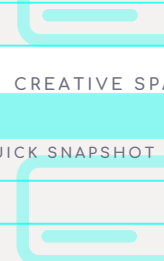
Overhead.

THOUGHTS

[illegible]

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THOUGHTS

CREATIVE SPARK: QUICK SNAPSHOT OF IDEA: 	CREATIVE SPARK: QUICK SNAPSHOT OF IDEA: 	CREATIVE SPARK: QUICK SNAPSHOT OF IDEA: 	CREATIVE SPARK: QUICK SNAPSHOT OF IDEA: 
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Overhead.

THOUGHTS

[illegible]

A Little REMINDER

A Little REMINDER

A Little REMINDER

A Little REMINDER



Wings SUPPORT

DOCTORS

MENTAL

SPIRITUAL

FINANCIAL

WELLNESS

FAMILY

CAREER

SELFCARE

SOCIAL MEDIA

TECHNOLOGY

HOUSEHOLD

PETS

Pssst..... I see you!

I know how this usually goes.
You make the plan. Dream big.
Try to be your "highest self."

Then life hits. You freeze.
And before you know it—you've abandoned the plan...and yourself.

But not this time.

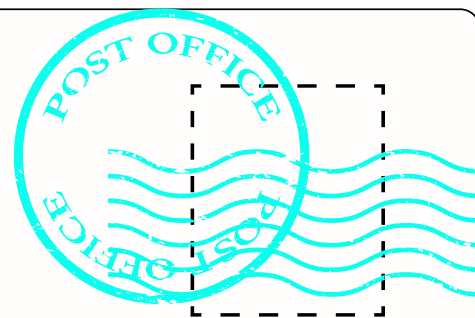
This planner isn't here to push you.
It's here to protect you- from the spiral, from the burnout,
from ghosting your growth when things get messy.

It's designed to set you free—
Free from procrastination.
Free from perfectionism.
Free from the cycle of self-sabotage.
Free to finally EXHALE and be the version of you who follows through.

Are you ready to stop circling and finally take flight?

Say yes to yourself. By scanning the QR Code Below.
I'll be waiting for you on the inside.

*Blue Skies.
Cris*



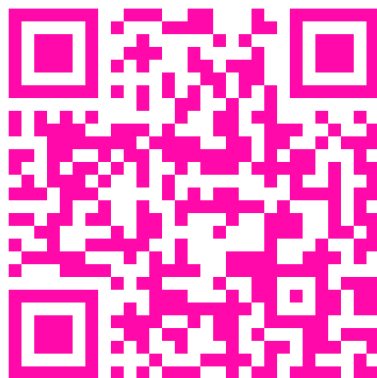
Congratulations!

*You didn't just pick up a
planner.*

*You picked up a return
ticket to YOU.*

Ready to discover the YOU, you've
been waiting for?

Scan the QR code Below, and let's get you and your potential checked in, and
ready for Take-off!



P.S. I hope you have your Passport ready -because oh, the places you're about to go.
This isn't just a plan. It's your passport to possibility.
Your future self is already waiting at the gate.
Welcome Home. Let the journey begin.