

THE **p**  **p** IT



PLANNER

The Planner for Perfectionist and Procrastinators.

January 2025- December 2025



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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FEBRUARY						
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AUGUST						
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SEPTEMBER						
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2026

JANUARY						
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JUNE						
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NOVEMBER						
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DECEMBER						
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27	28	29	30	31		

Monthly FOCUS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

System SETUP

Monday	Tuesday	Wednesday
<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____	<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____	<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____
Thursday	Friday	Saturday
<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____	<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____	<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____
Sunday	Weekly Maintenance	Monthly Maintenance
<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____	<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____	<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____

Confetti RUNWAY



A vertical column of seven rows of horizontal lines, each row corresponding to a confetti banner. Each row contains a series of small circles on the left side, followed by a solid horizontal line. The colors of the circles and lines match the banner they are associated with: yellow, red-orange, red, pink, purple, teal, and green.

Clear for TAKEOFF

Departures

↑  Departures

- _____
- _____
- _____
- _____
- _____

Terminals

01

- _____
- _____

Runway



↑  Departures

- _____
- _____
- _____
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02

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↑  Departures

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03

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↑  Departures

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04

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↑  Departures

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05

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↑  Departures

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06

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- _____



Pick your DESTINATION



01



02



03



04



05



06



Departures & ARRIVALS

→ 		Departures				
Flight #/Project Name	Destination/Goal	Takeoff Date	Gate/ETA	Progress	Arrival	
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				<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/>	
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				<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/>	

↗ 		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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NOV

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2025 Business Goals

Phase 1 January 1- March 30

Focus

Four solid pink circles followed by one pink circle with a dotted inner border.

Phase 2 April 1- June 30

Focus

Four solid cyan circles followed by one cyan circle with a dotted inner border.

Phase 3 July 1- September 30

Focus

Four solid yellow circles followed by one yellow circle with a dotted inner border.

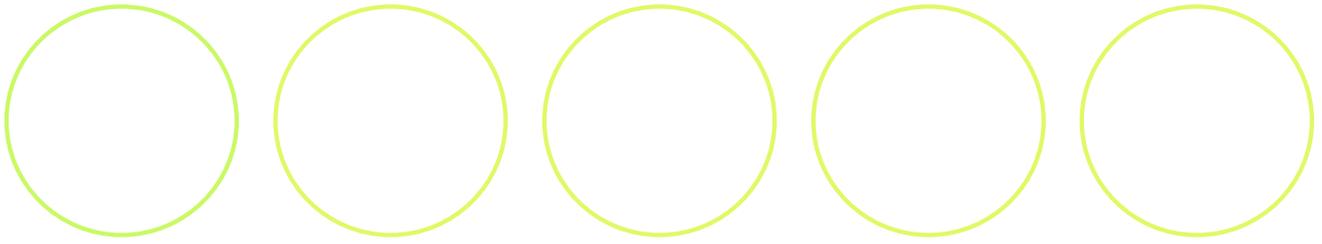
Phase 4 October 1-December 31

Focus

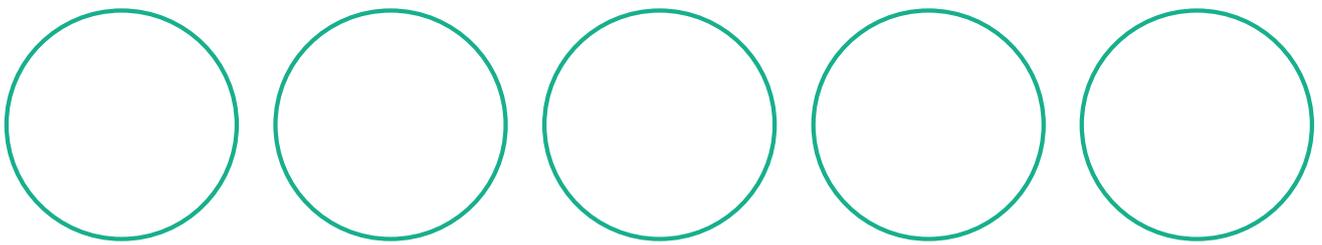
Four solid purple circles followed by one purple circle with a dotted inner border.

Balance

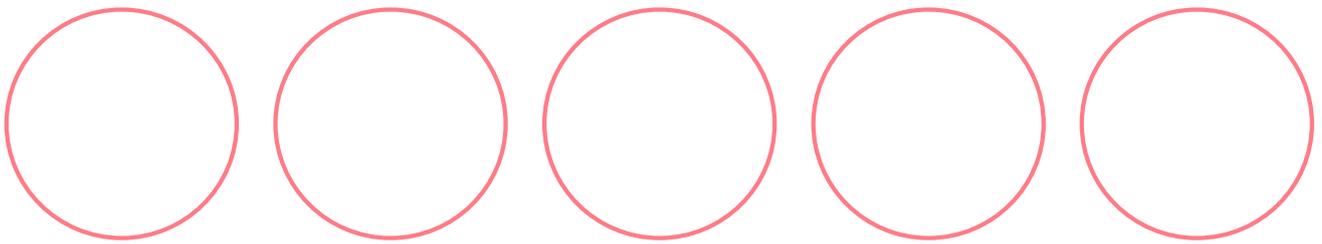
HEALTH



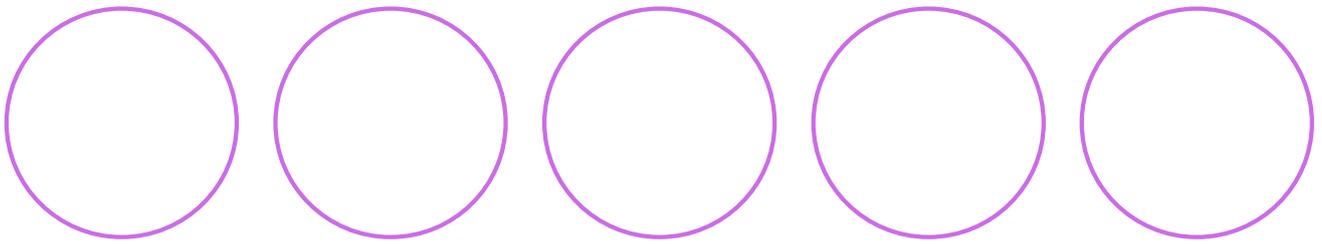
BUSINESS



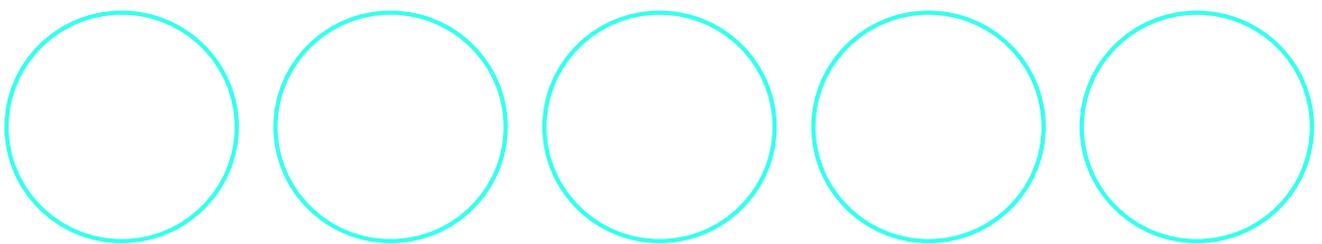
CONNECTION



FILL UP



HOBBIES



Routines

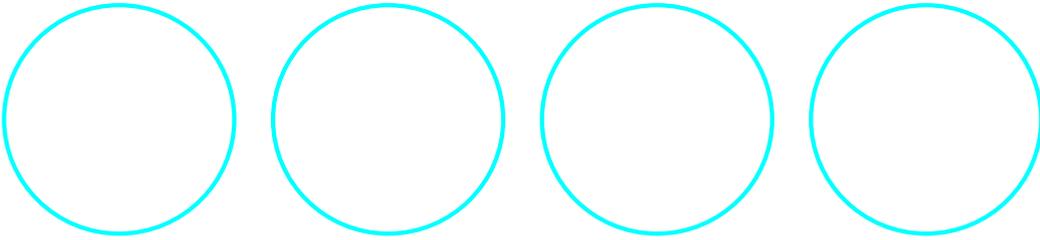
MORNING ROUTINE

BUSINESS ROUTINE

NIGHT ROUTINE

Anchors

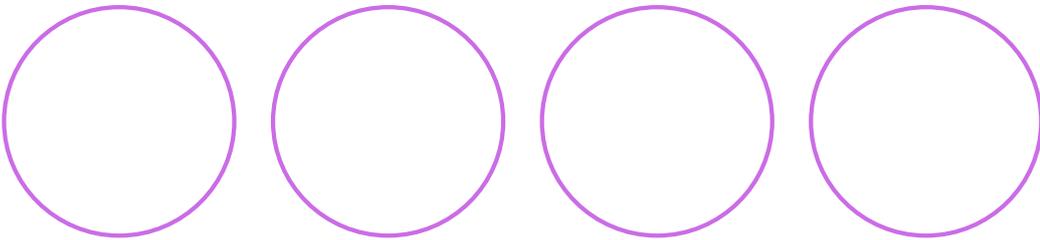
STEPS TO RELEASE



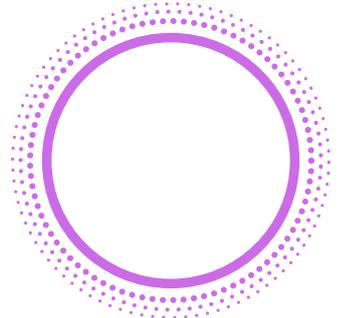
ANCHOR



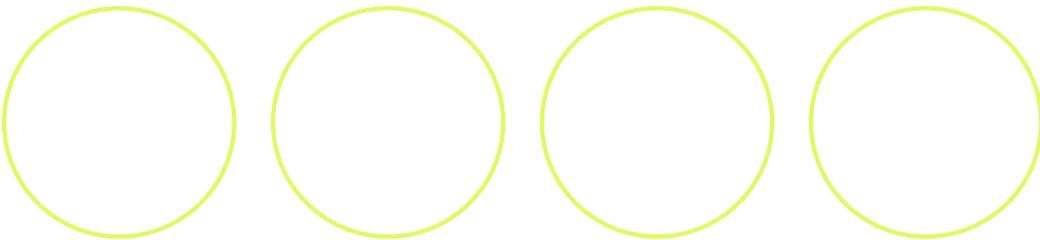
STEPS TO RELEASE



ANCHOR



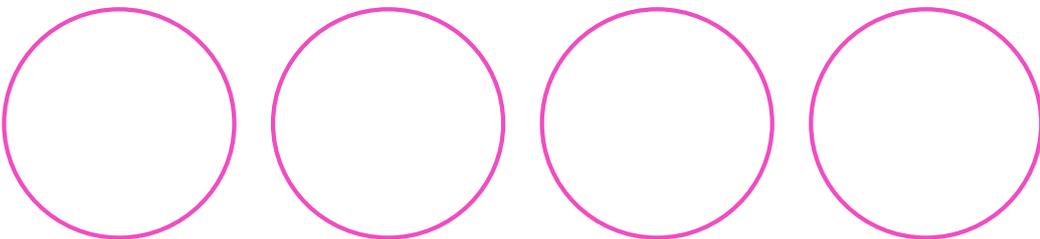
STEPS TO RELEASE



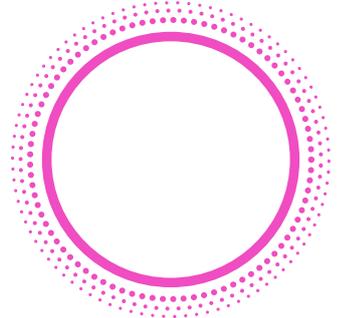
ANCHOR



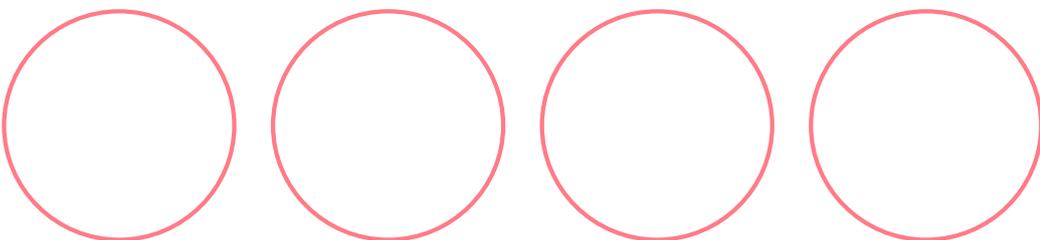
STEPS TO RELEASE



ANCHOR



STEPS TO RELEASE



ANCHOR



Mind

Fun

House Keeping



Health

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Kids

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House Keeping



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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



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House Keeping



Fears to Face

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Karma

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Bucket List

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Skills/ Interests

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House Keeping



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Adventure Awaits

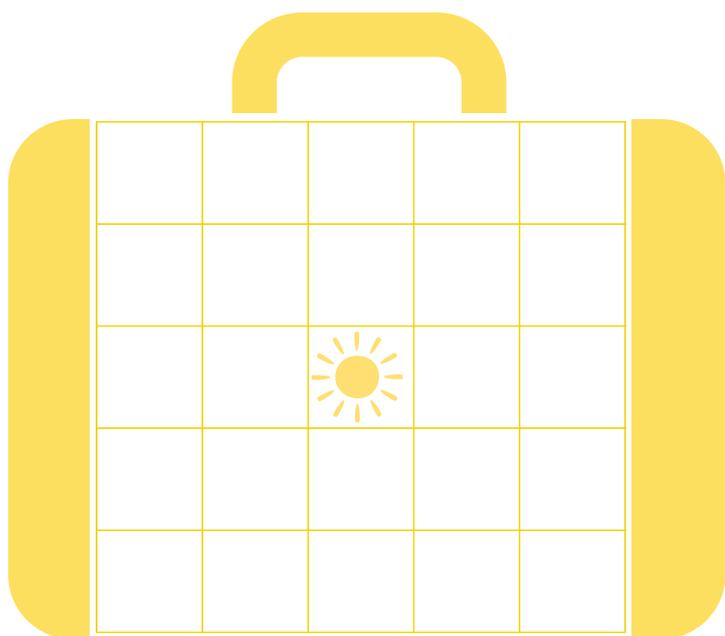
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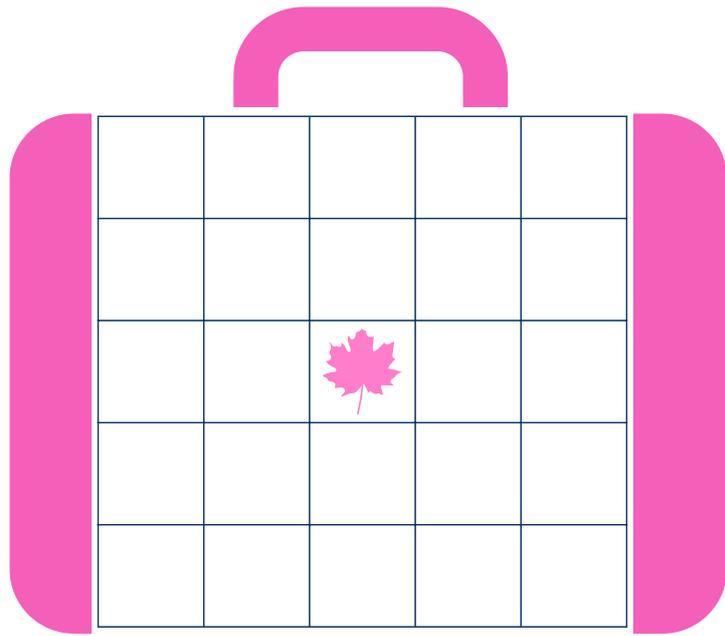
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SPRING



SUMMER



FALL

Excess BAGGAGE

JANUARY

I CHOOSE TO LET GO OF:



FEBRUARY

I CHOOSE TO LET GO OF:



MARCH

I CHOOSE TO LET GO OF:



APRIL

I CHOOSE TO LET GO OF:



MAY

I CHOOSE TO LET GO OF:



JUNE

I CHOOSE TO LET GO OF:



JULY

I CHOOSE TO LET GO OF:



AUGUST

I CHOOSE TO LET GO OF:



SEPTEMBER

I CHOOSE TO LET GO OF:



OCTOBER

I CHOOSE TO LET GO OF:



NOVEMBER

I CHOOSE TO LET GO OF:



DECEMBER

I CHOOSE TO LET GO OF:



Airplane Mode **REST**

PHYSICAL

WAYS TO REST

MENTAL

WAYS TO REST

SENSORY

WAYS TO REST

CREATIVE

WAYS TO REST

EMOTIONAL

WAYS TO REST

SOCIAL

WAYS TO REST

SPIRITUAL

WAYS TO REST

RESPONSIBILITY

WAYS TO REST

SELF-CRITICISM

WAYS TO REST

IDENTITY

WAYS TO REST

INDOORS

WAYS TO REST

CONTROL

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:

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WHAT DID I LEARN?

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LEAP:

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WHAT DID I LEARN?

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OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?

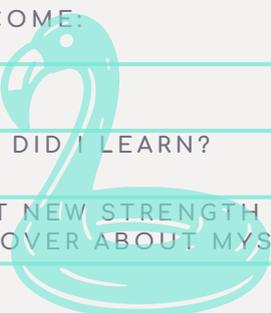


LEAP:

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 ADMIRIED:



PLUG INTO

NAME:

QUALITIES ADMIRIED:



PLUG INTO

NAME:

QUALITIES ADMIRIED:



CHARGE UP

WHO:

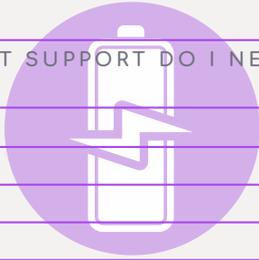
WHAT SUPPORT DO I NEED?



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:

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HOW I CELEBRATED

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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?

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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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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



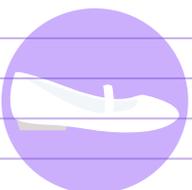
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CELEBRATING



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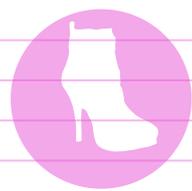
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AVOIDANT



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VULNERABLE



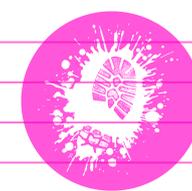
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ISOLATING



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STUCK



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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? _____



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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

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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!

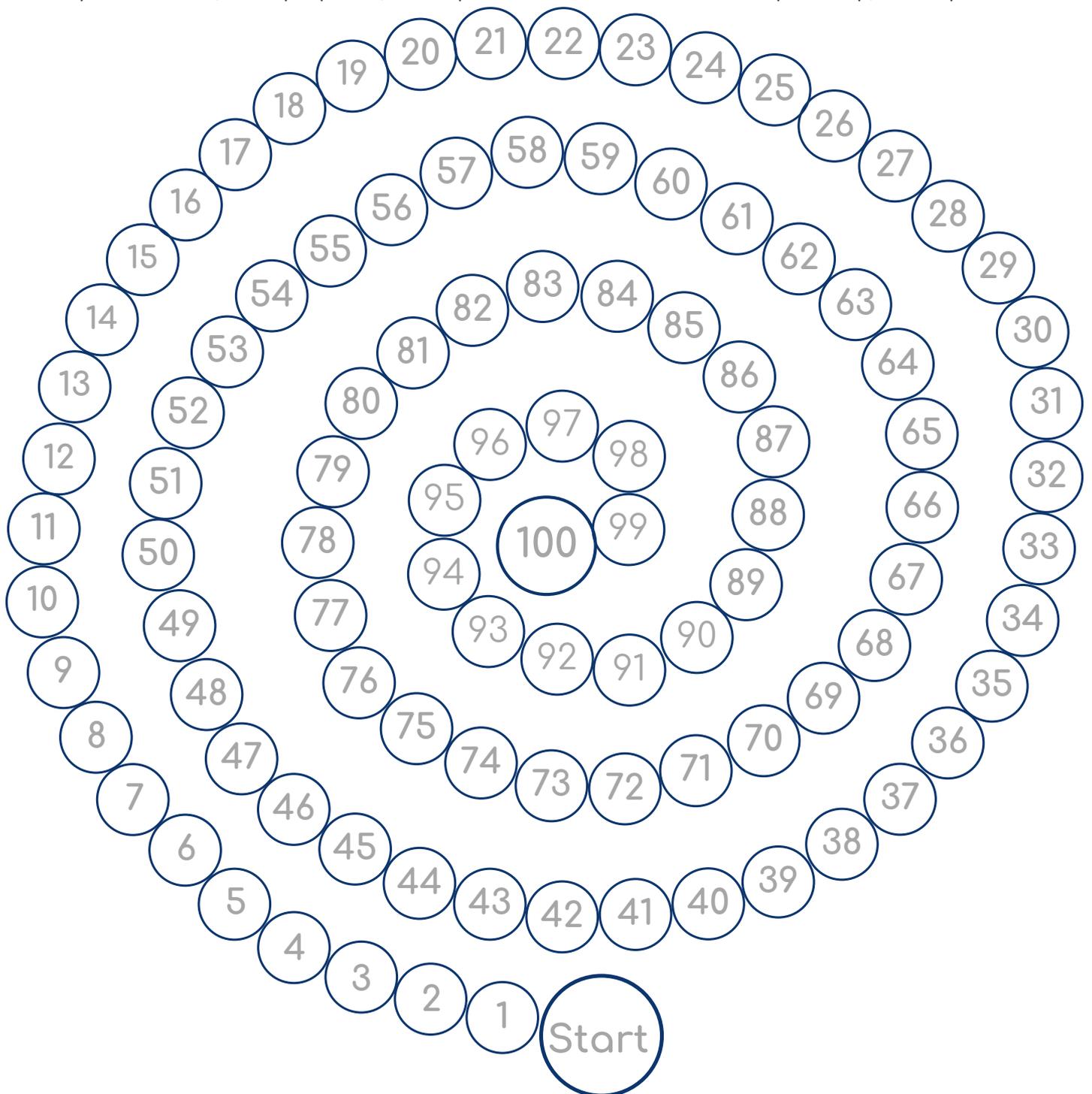
To make room for this commitment to myself, I'm letting go of: _____.

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!

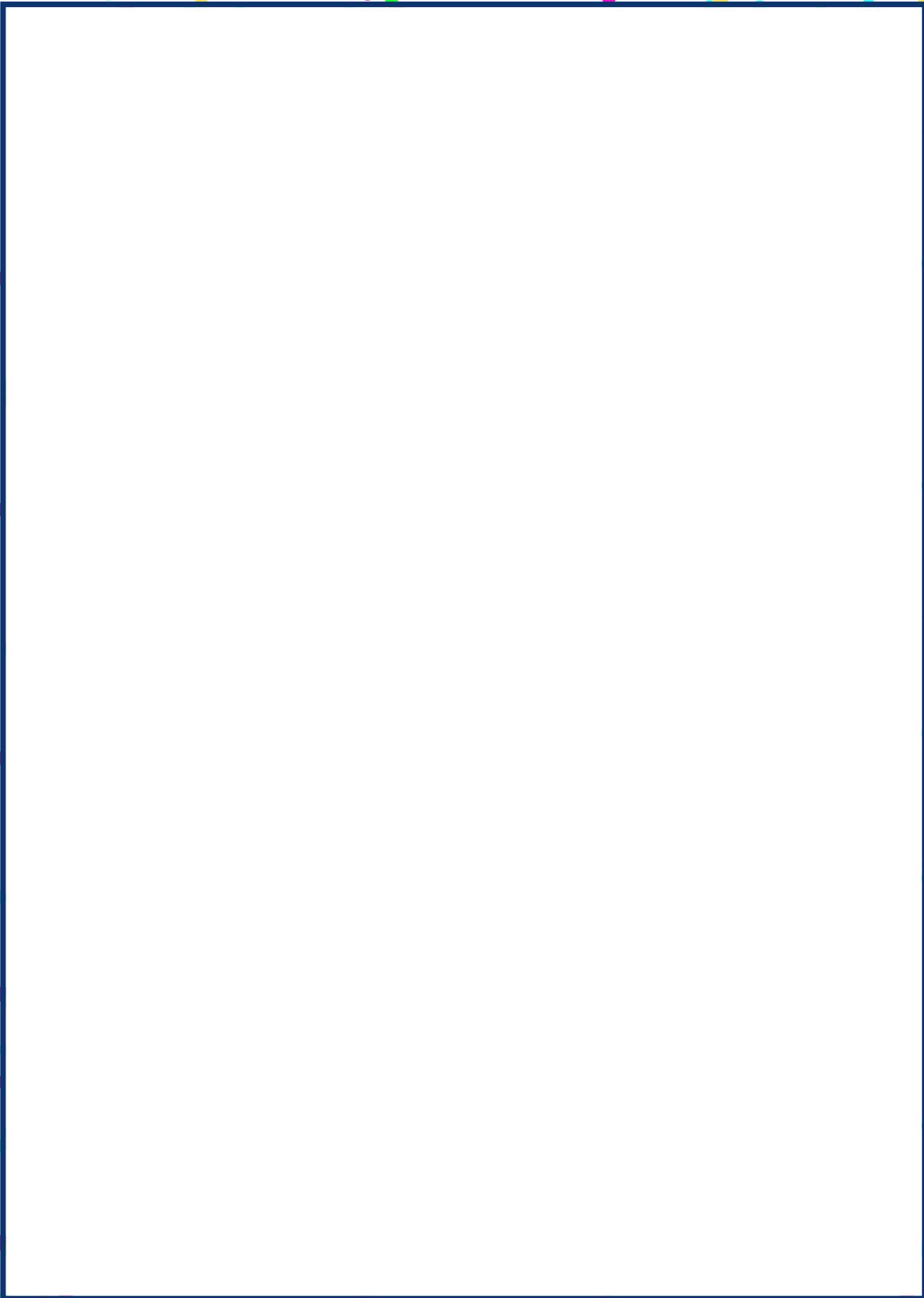


Let's get SOCIAL



JANUARY								
FEBRUARY								
MARCH								
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JULY								
AUGUST								
SEPTEMBER								
OCTOBER								
NOVEMBER								
DECEMBER								

Confetti



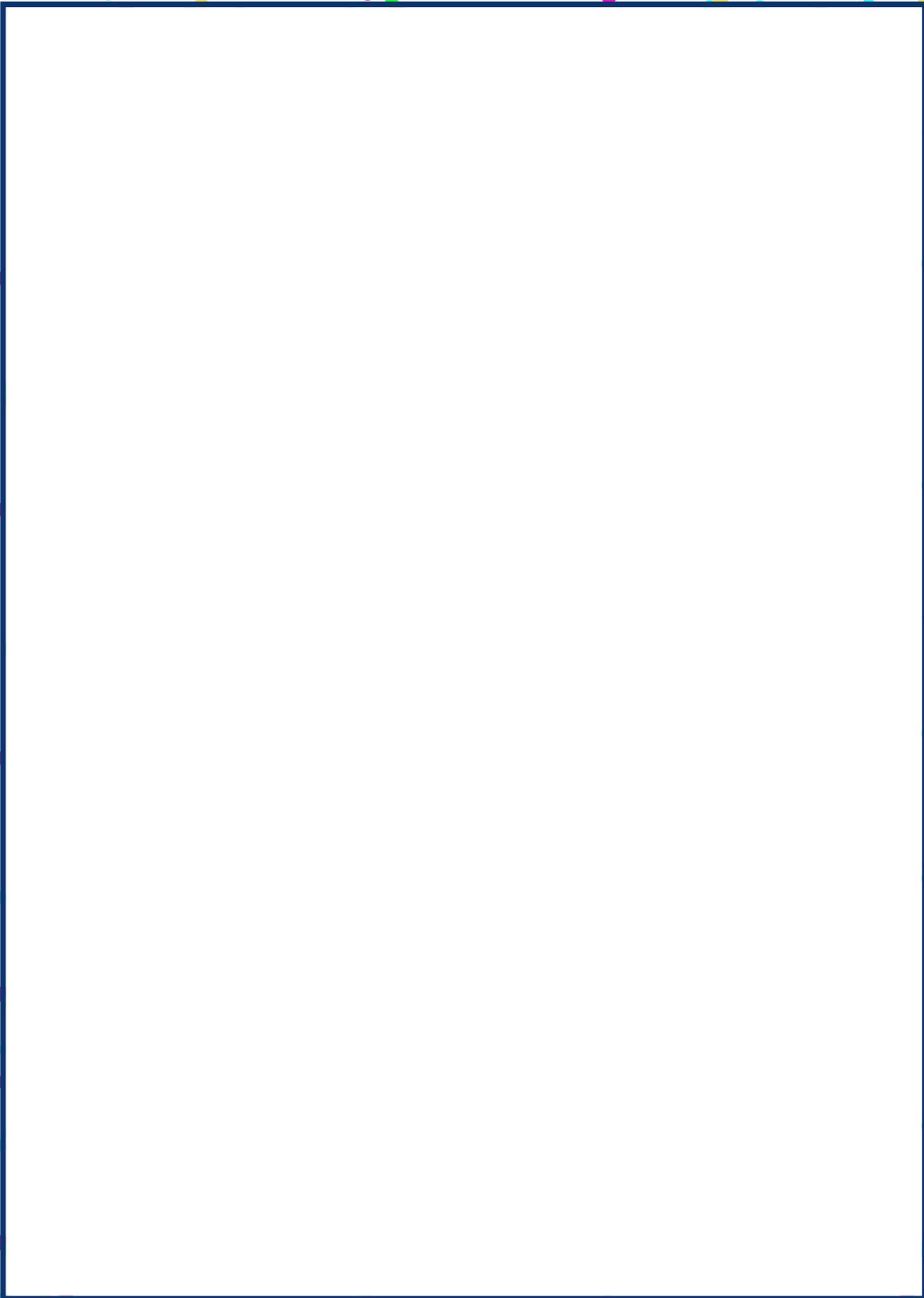
Confetti



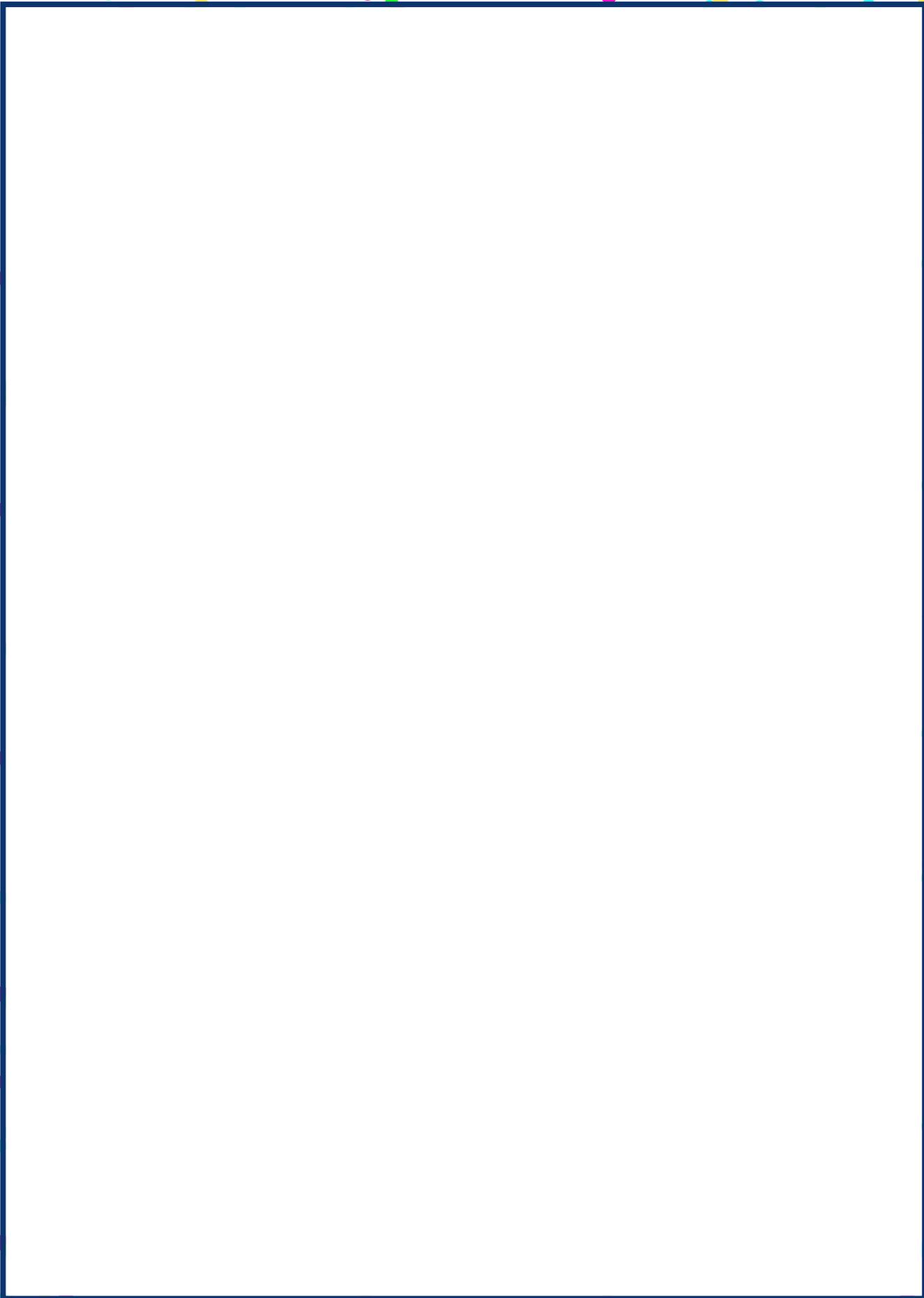
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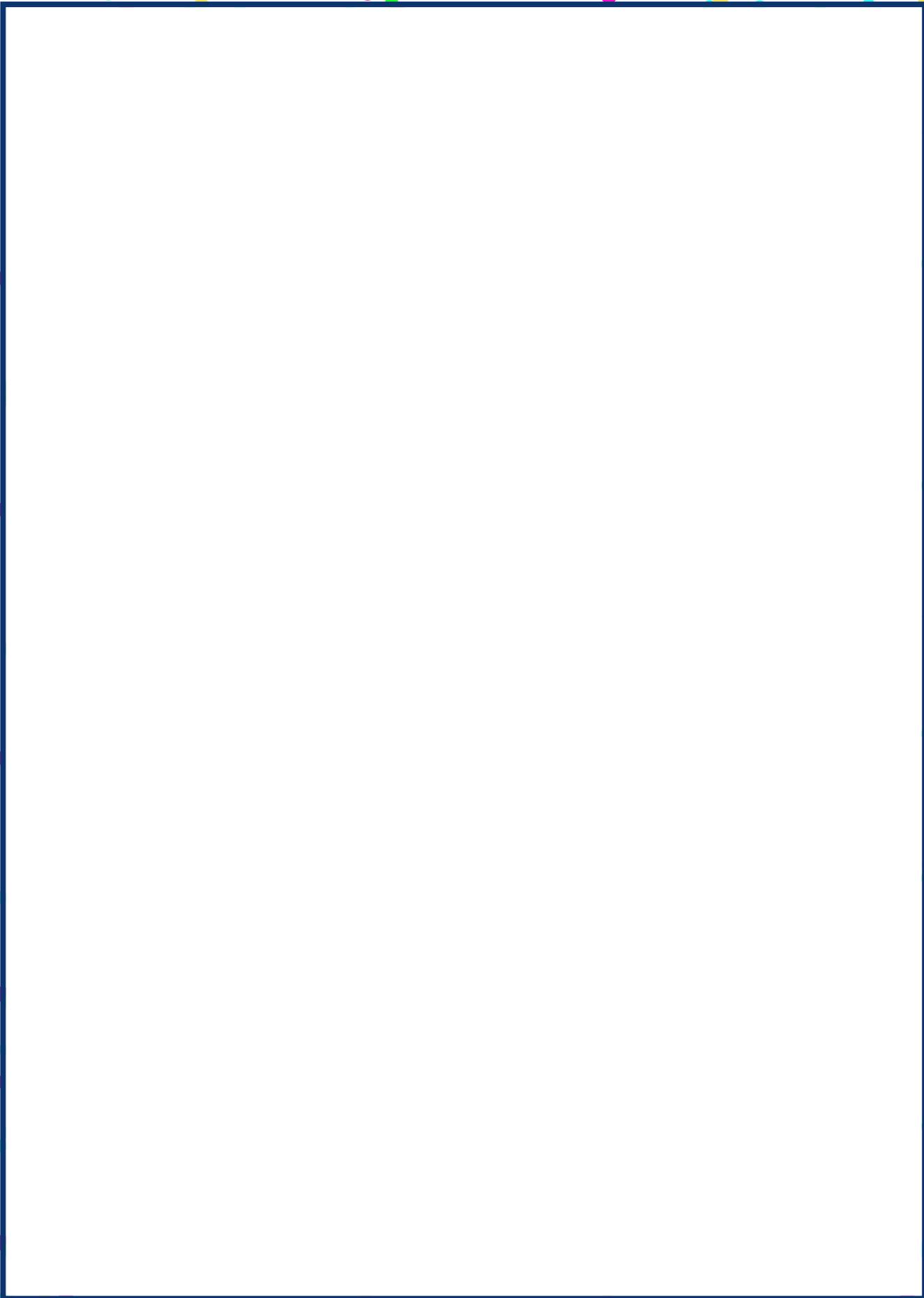
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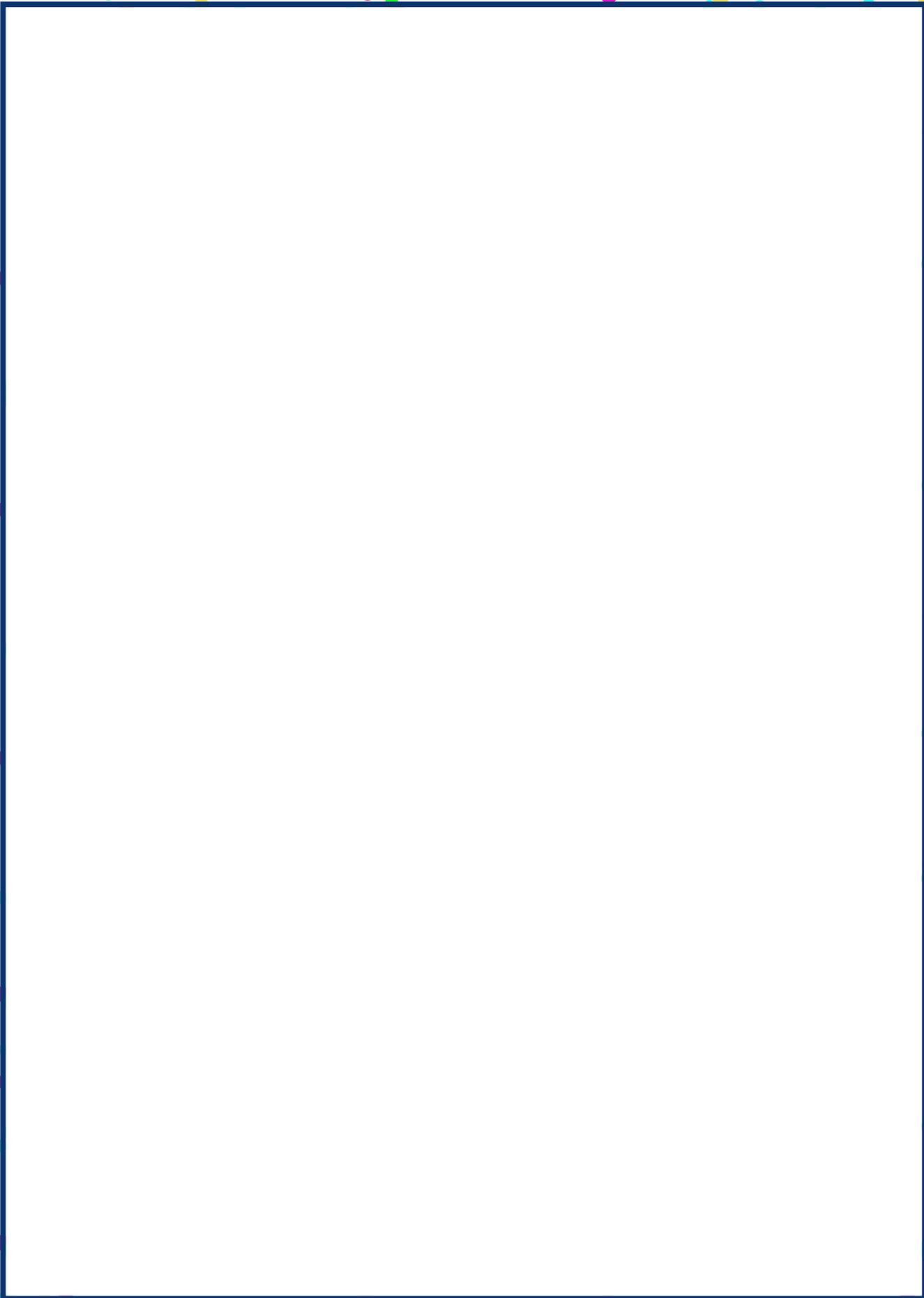
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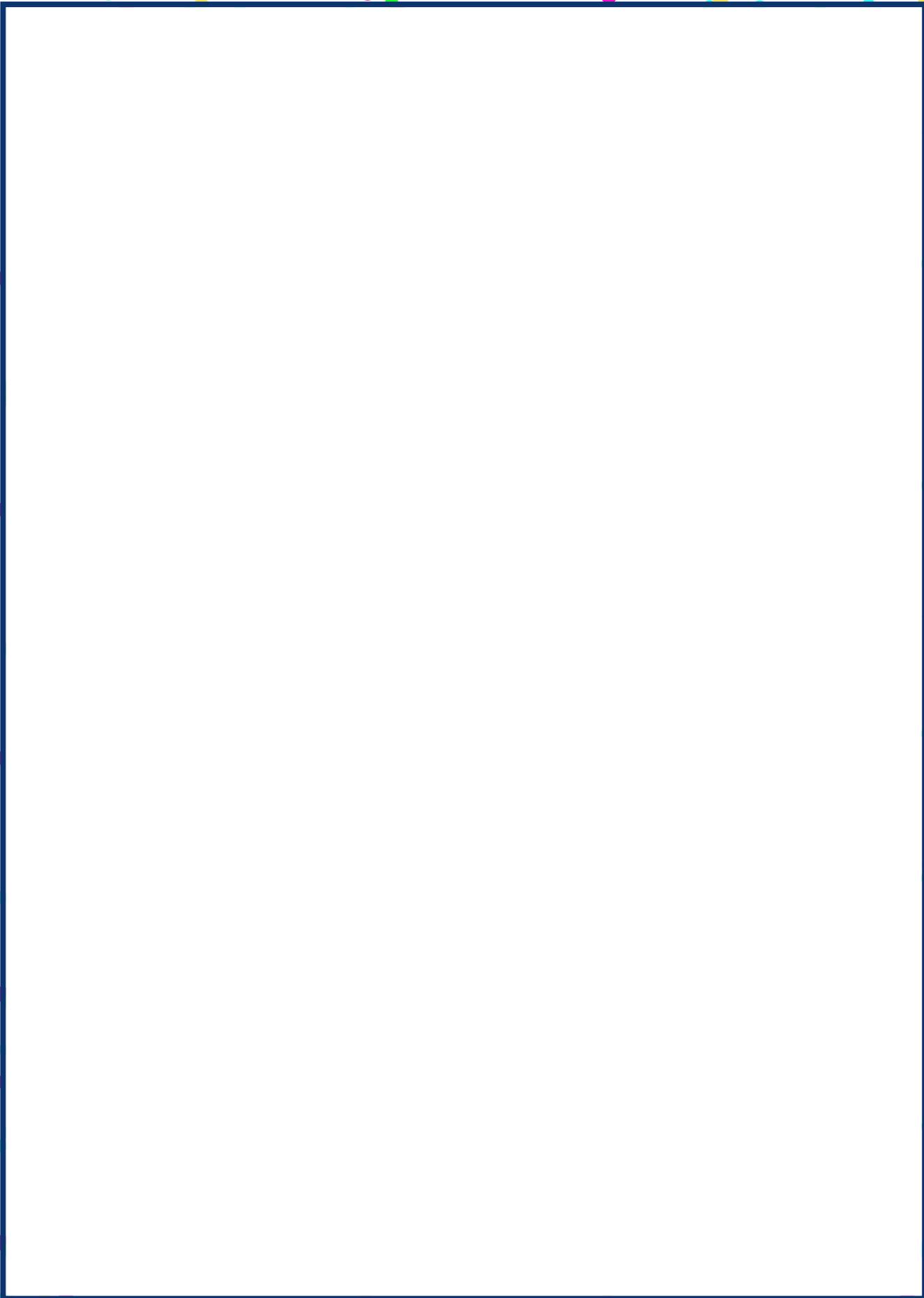
Confetti



Confetti



Confetti



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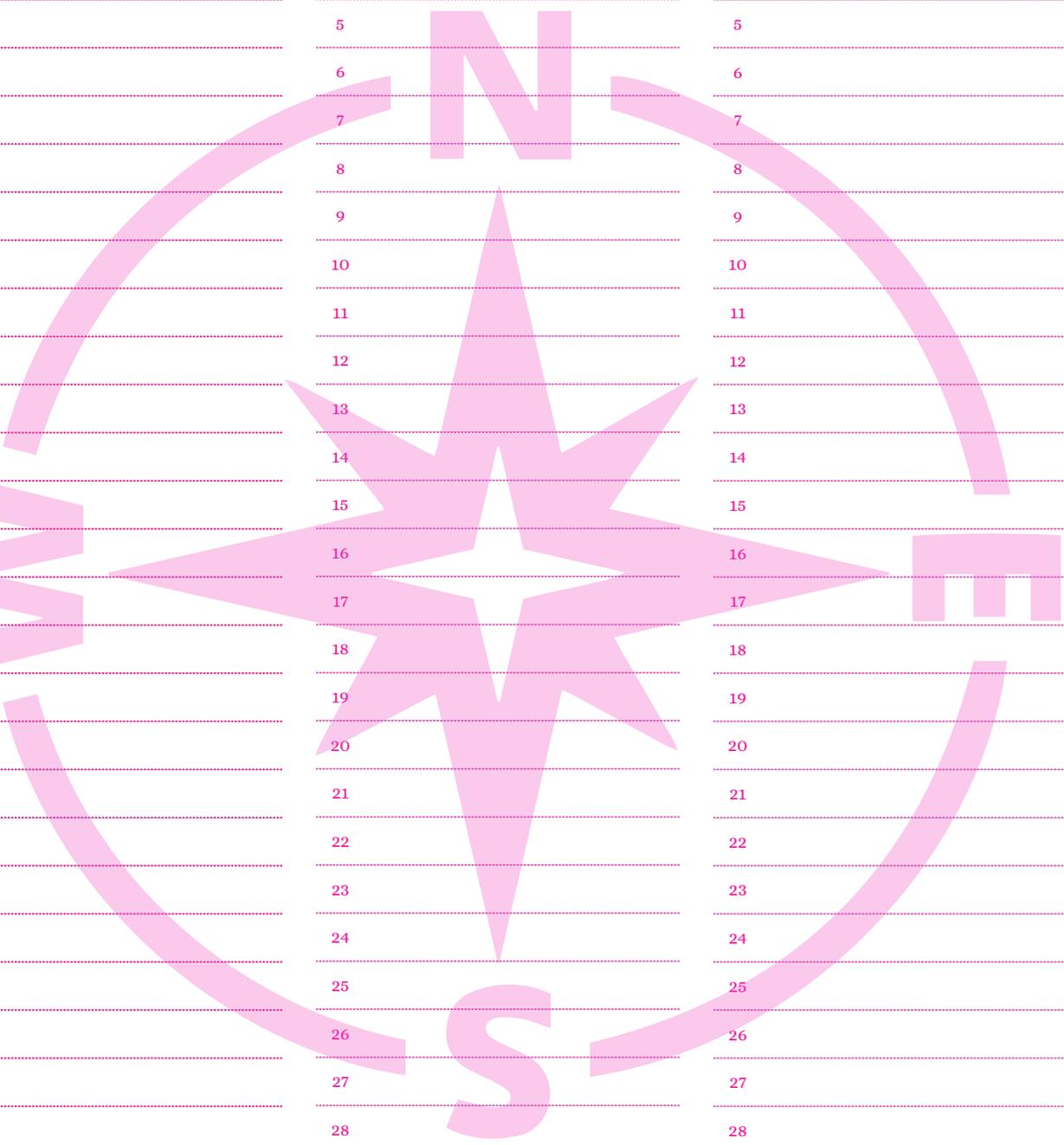
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Winning Streak

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Winning Streak

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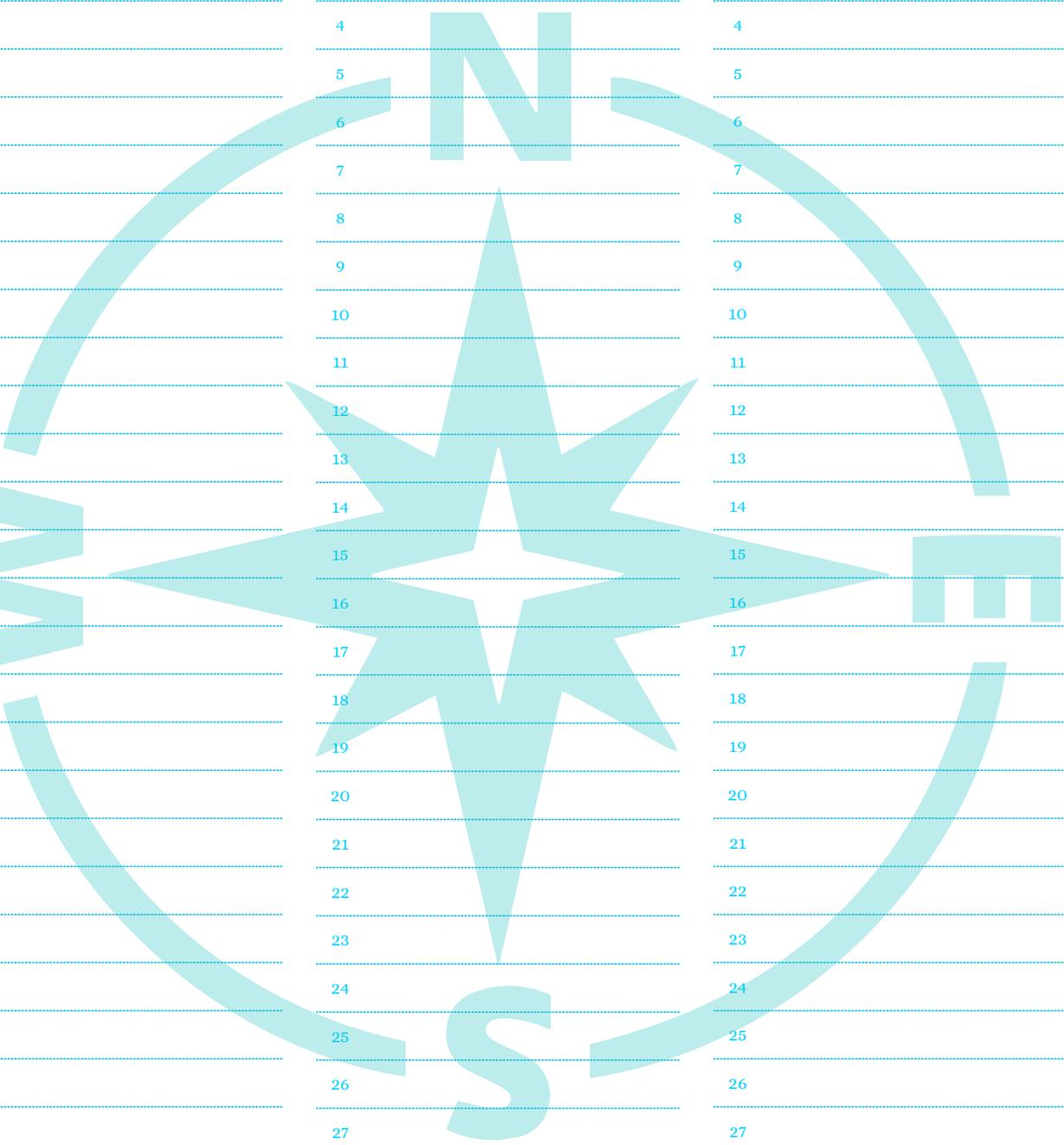
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Winning Streak

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Winning Streak

OCT

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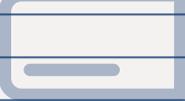
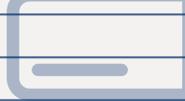
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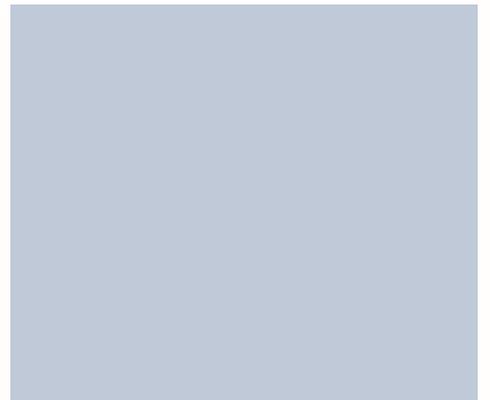
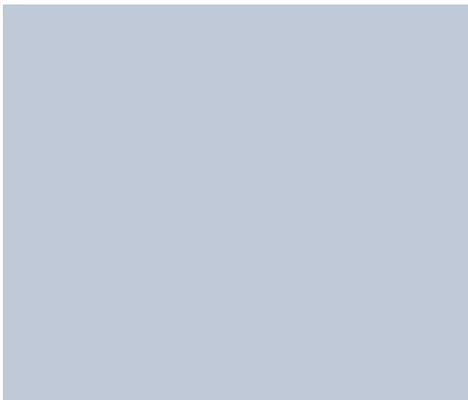
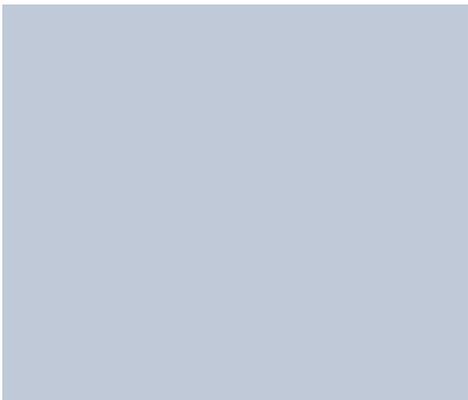
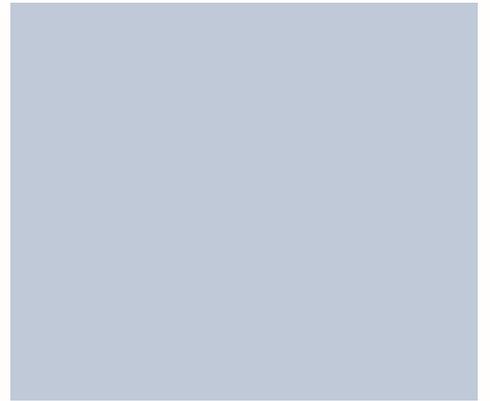
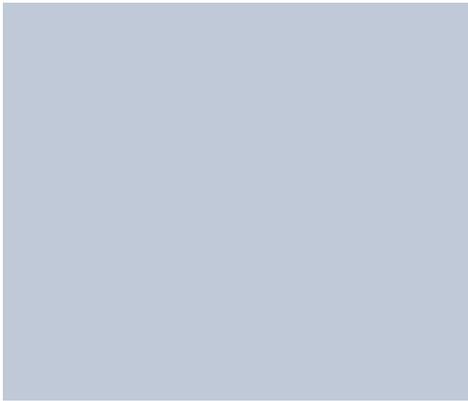
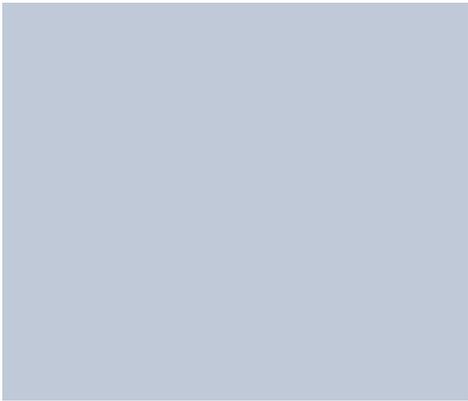
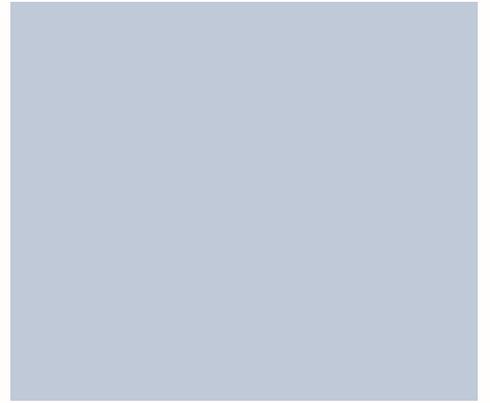
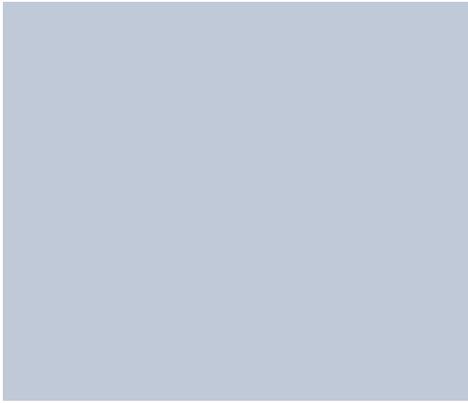
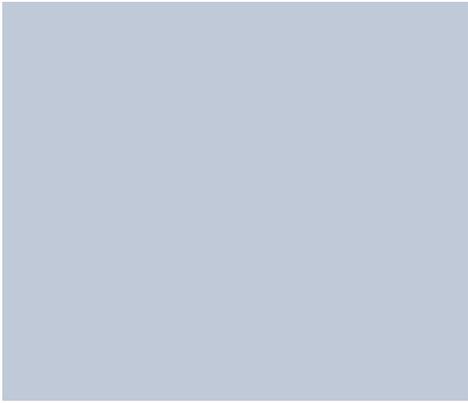
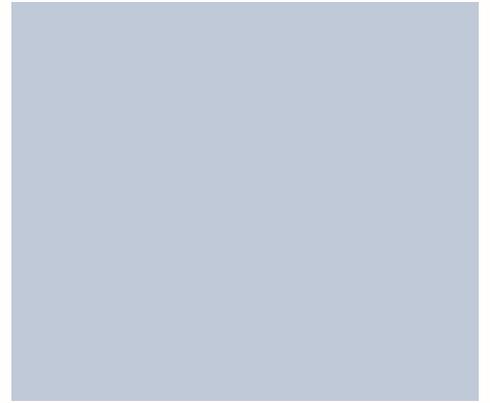
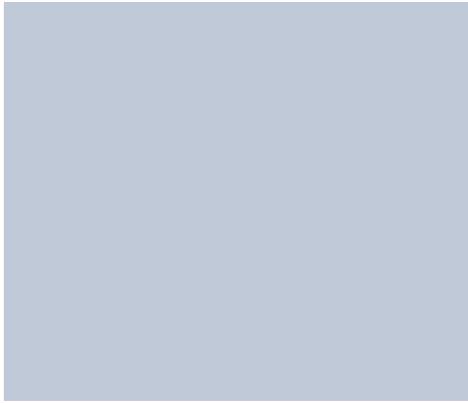
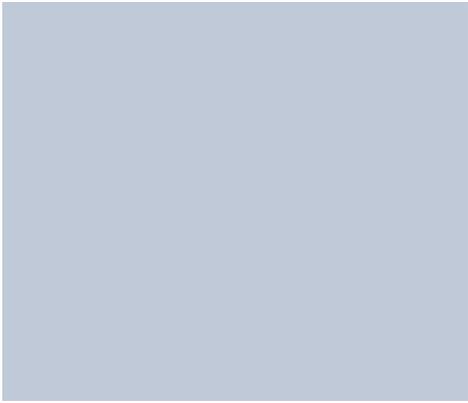
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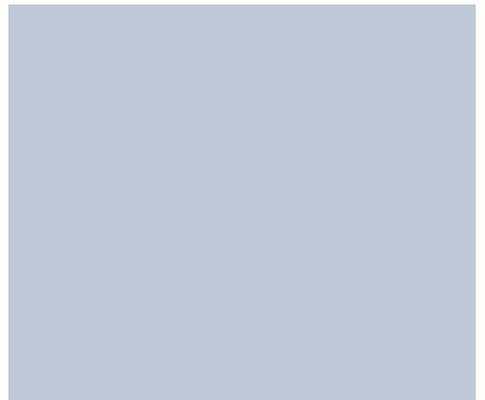
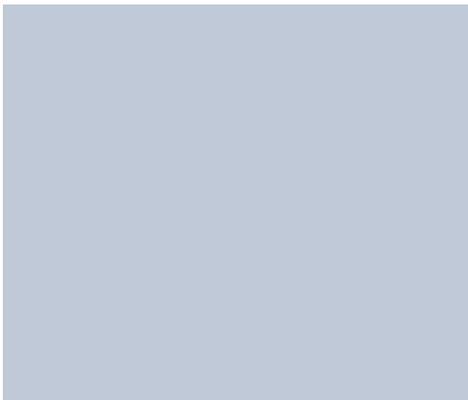
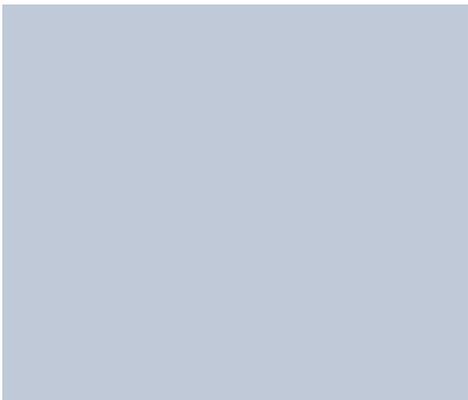
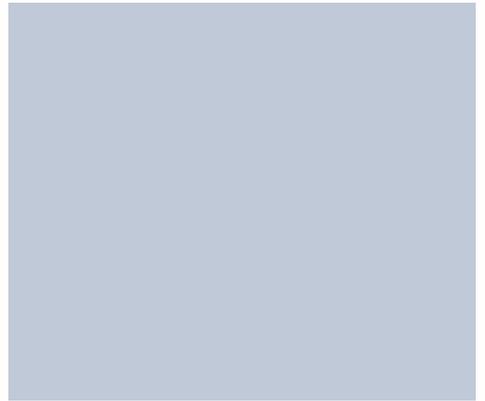
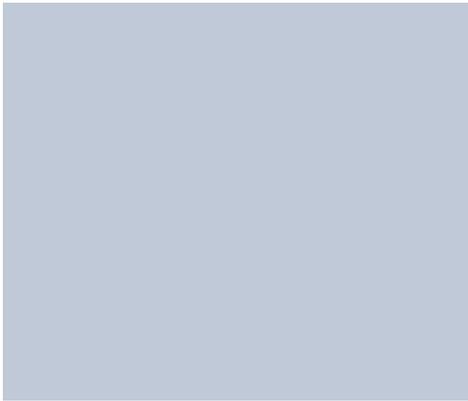
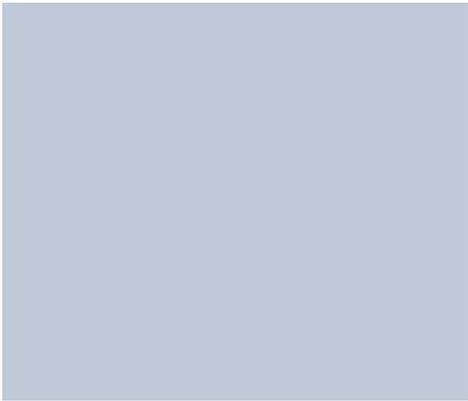
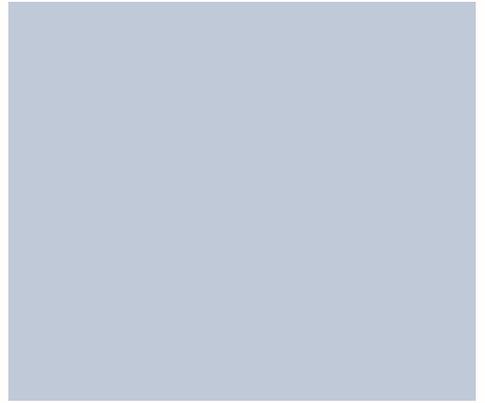
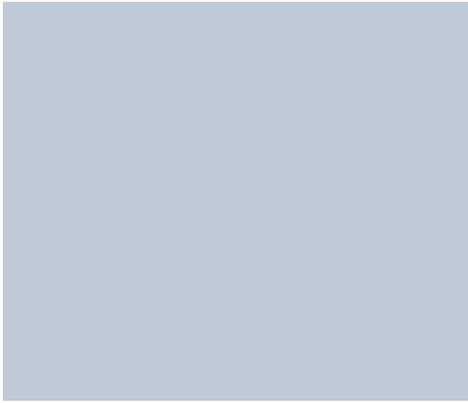
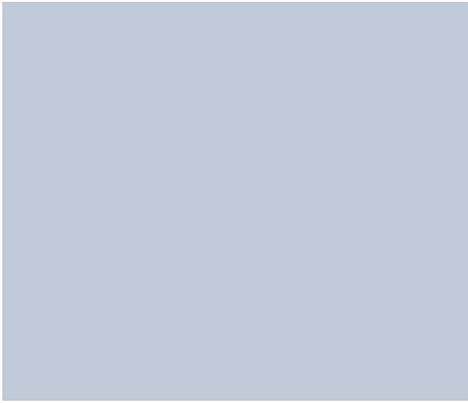
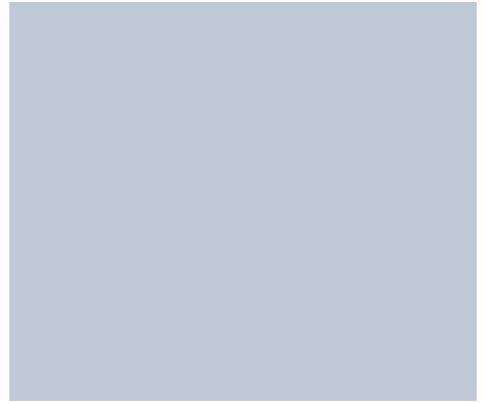
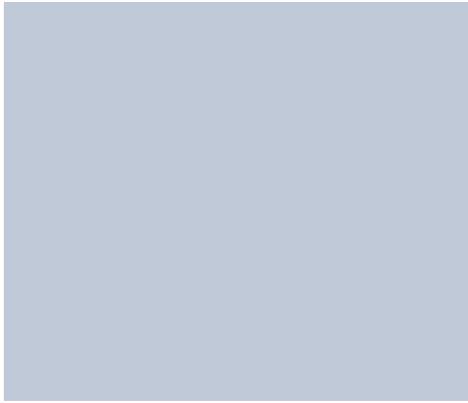
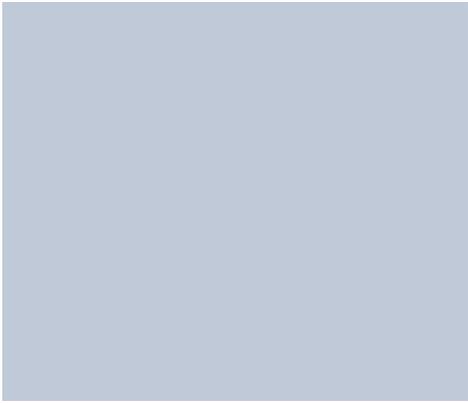
Overhead THOUGHTS

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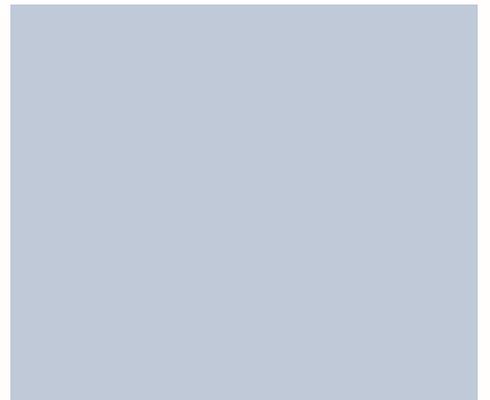
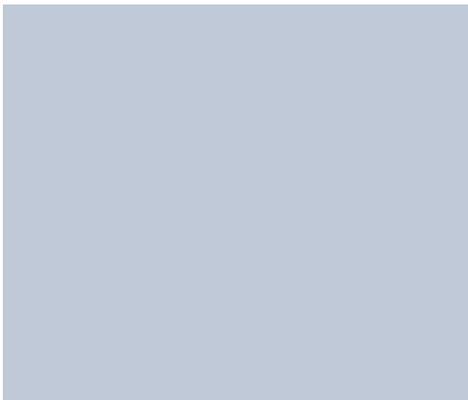
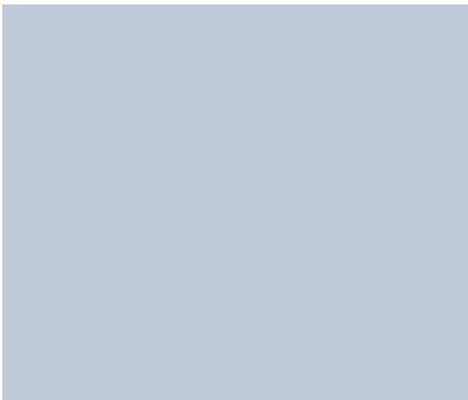
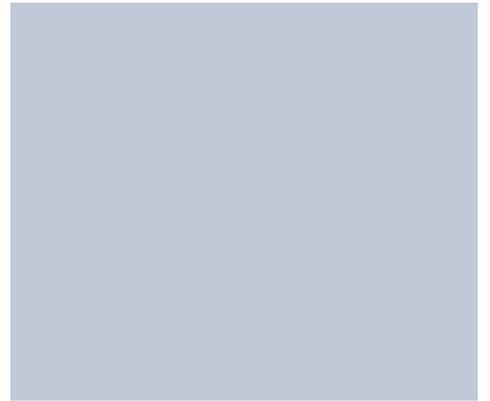
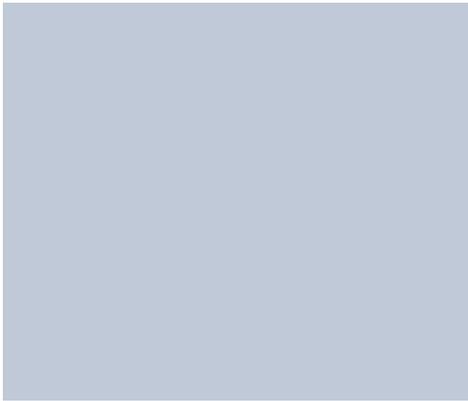
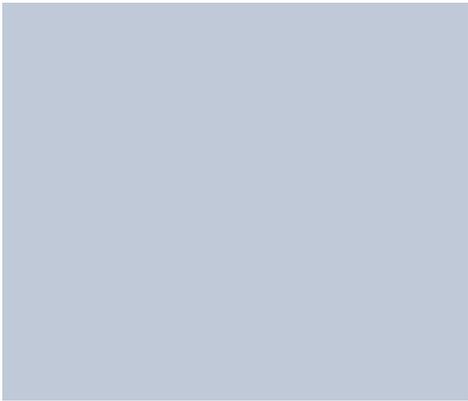
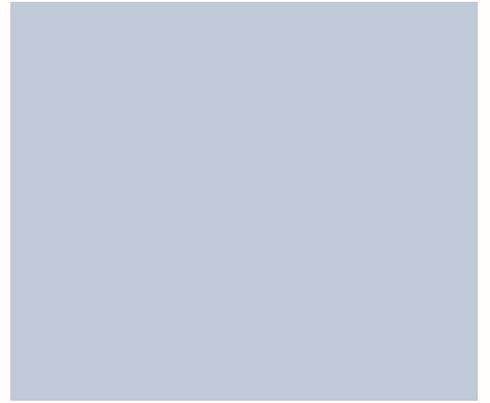
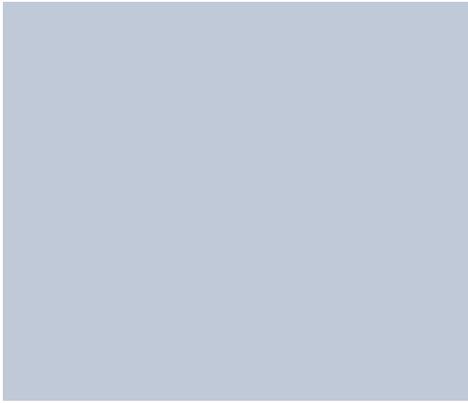
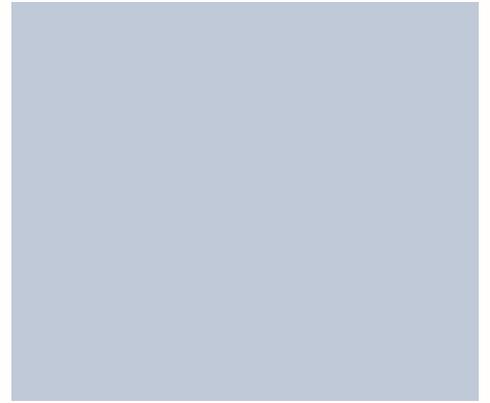
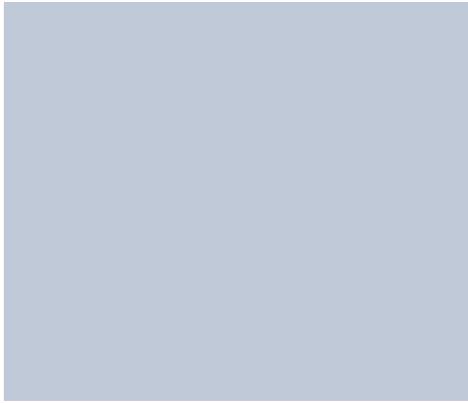
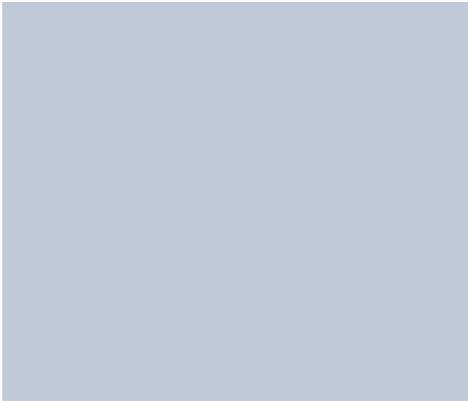
A Little REMINDER



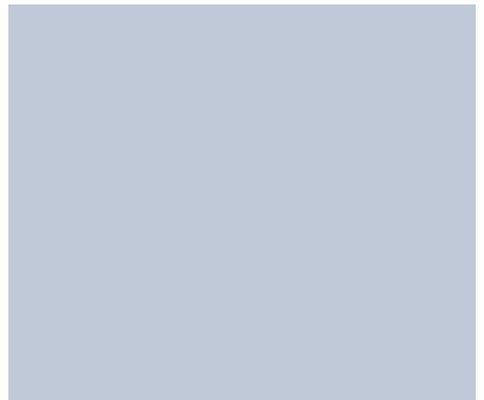
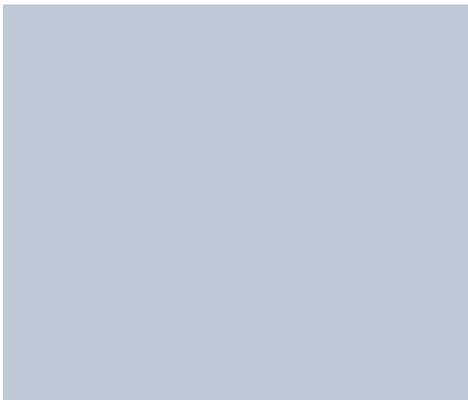
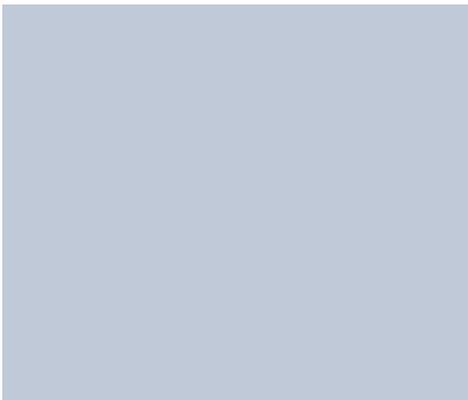
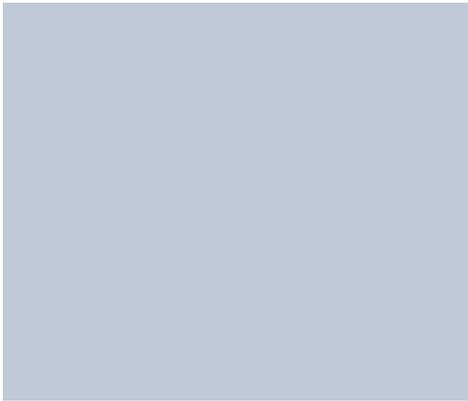
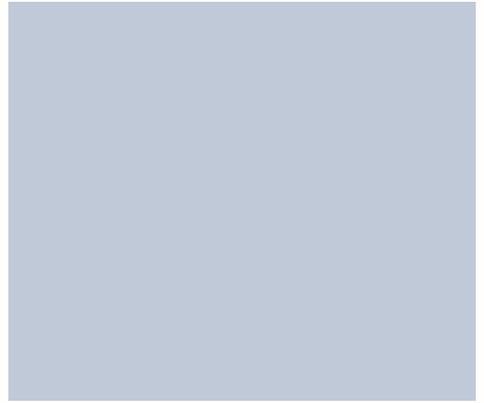
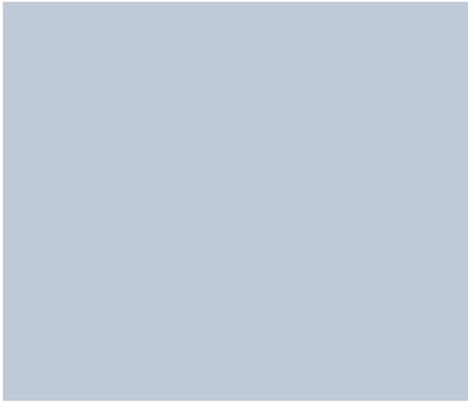
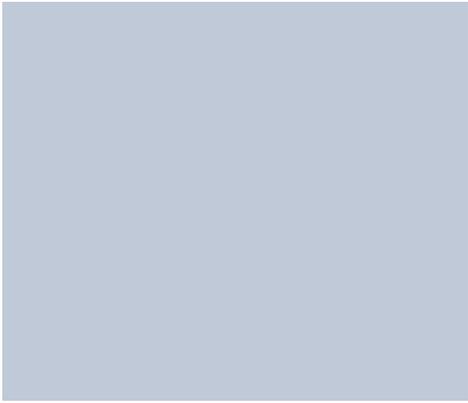
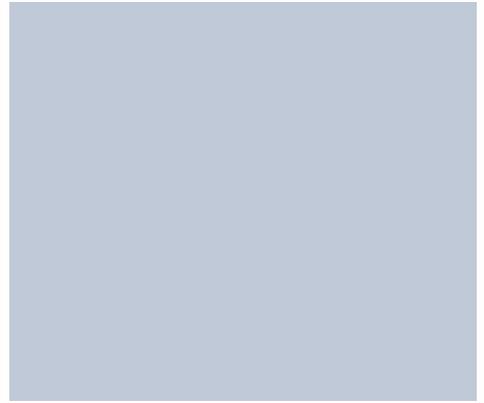
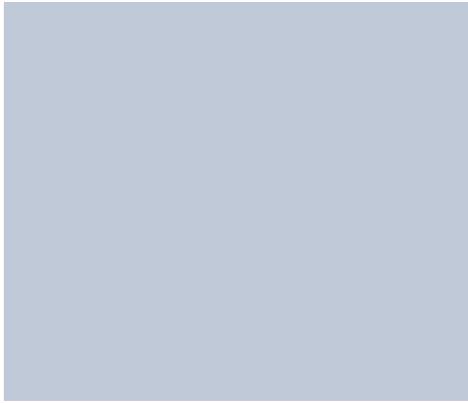
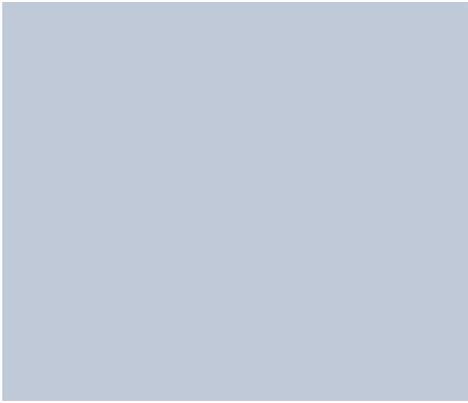
A Little REMINDER



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.