

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



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

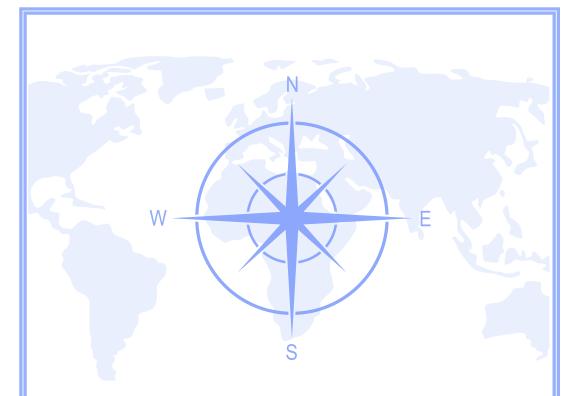
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Warning-Disclaimer

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Oh the Places that you are about to Go



Passport

This Pop-It Planner Belongs to:

Name:



Aka Captain:

Email:

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Word for 2025:



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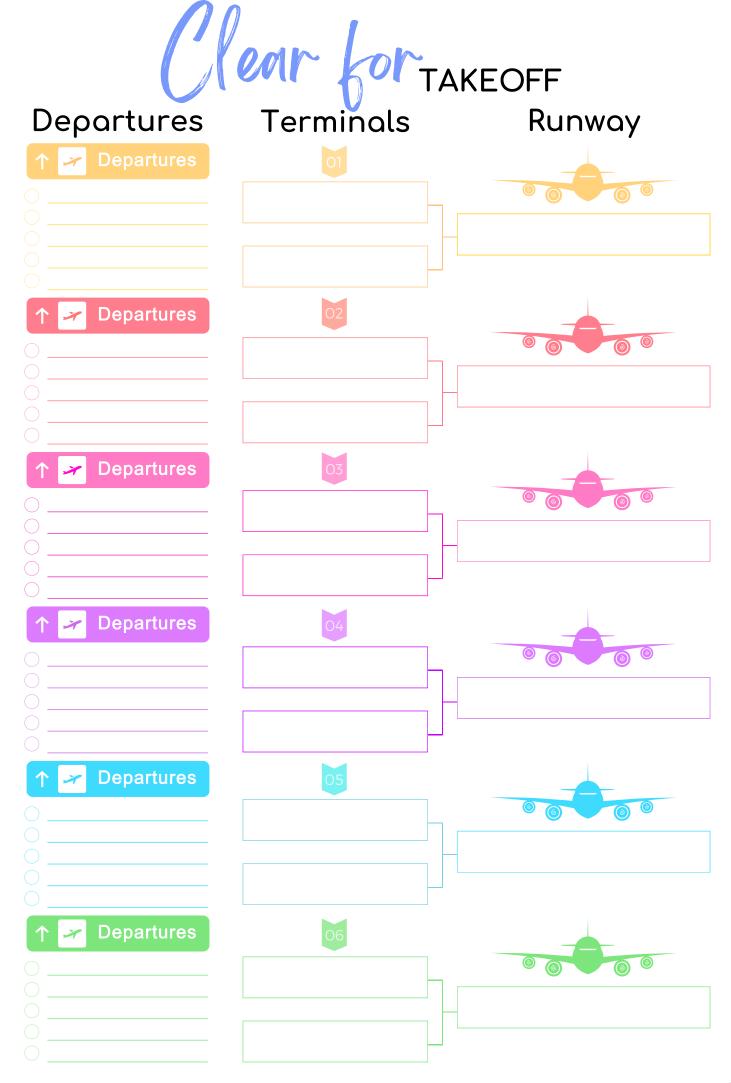
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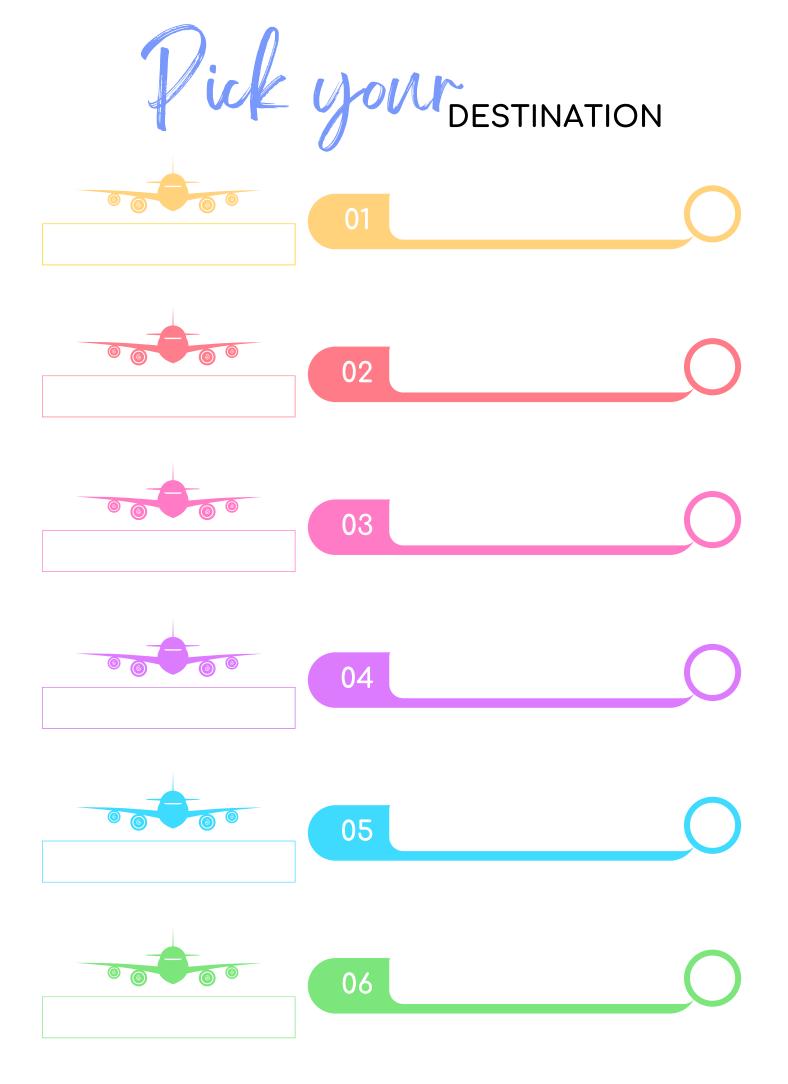


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2025 Business Goals Phase 1 January 1- March 30 Phase 2 April 1- June 30 Focus Phase 3 July 1- September 30 **Focus**

Phase 4 October 1-Decmber 31

Focus



HEALTH



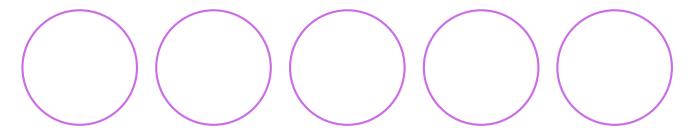
BUSINESS



CONNECTION



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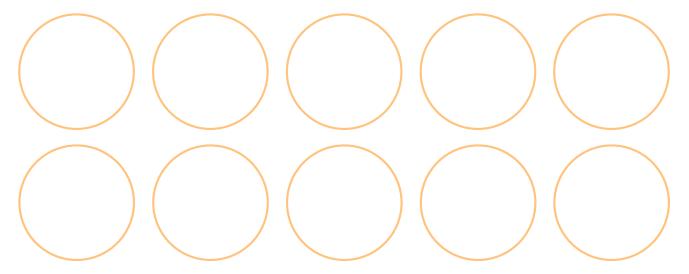


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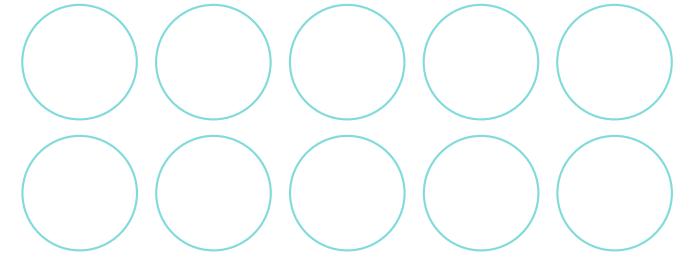




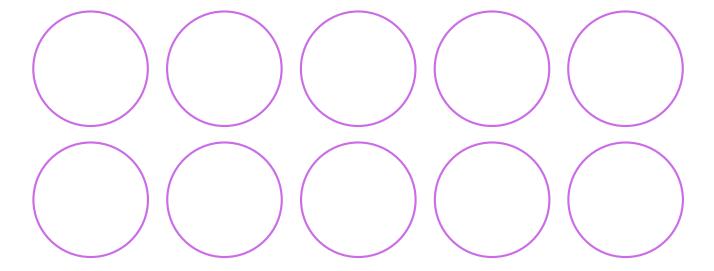
MORNING ROUTINE



BUSINESS ROUTINE

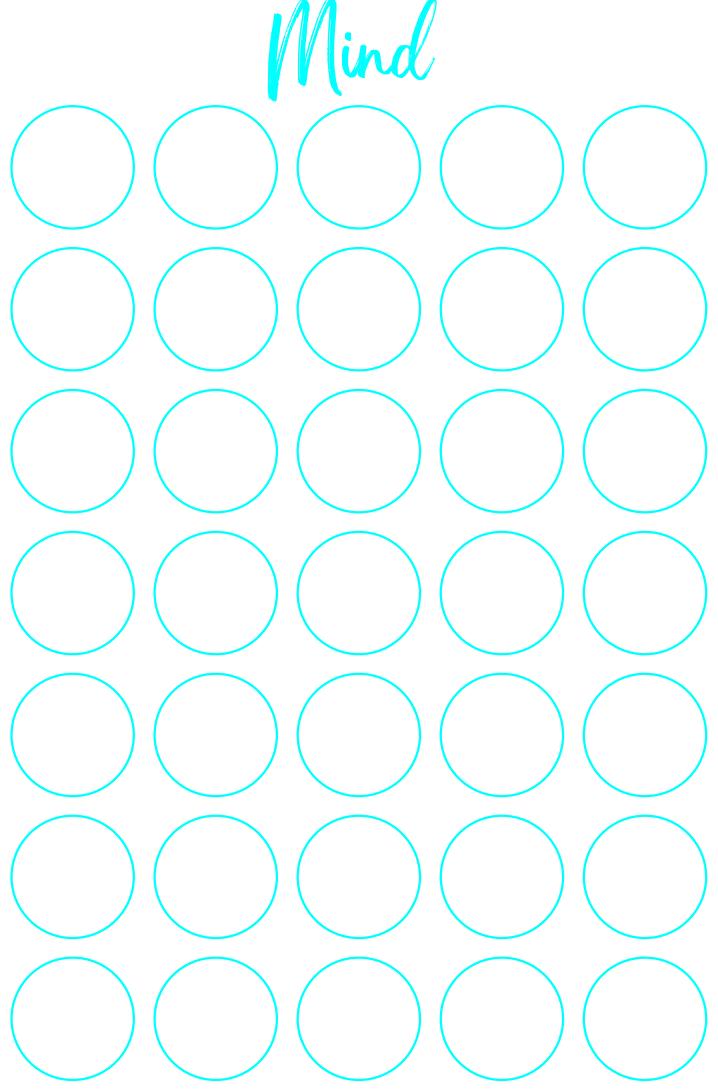


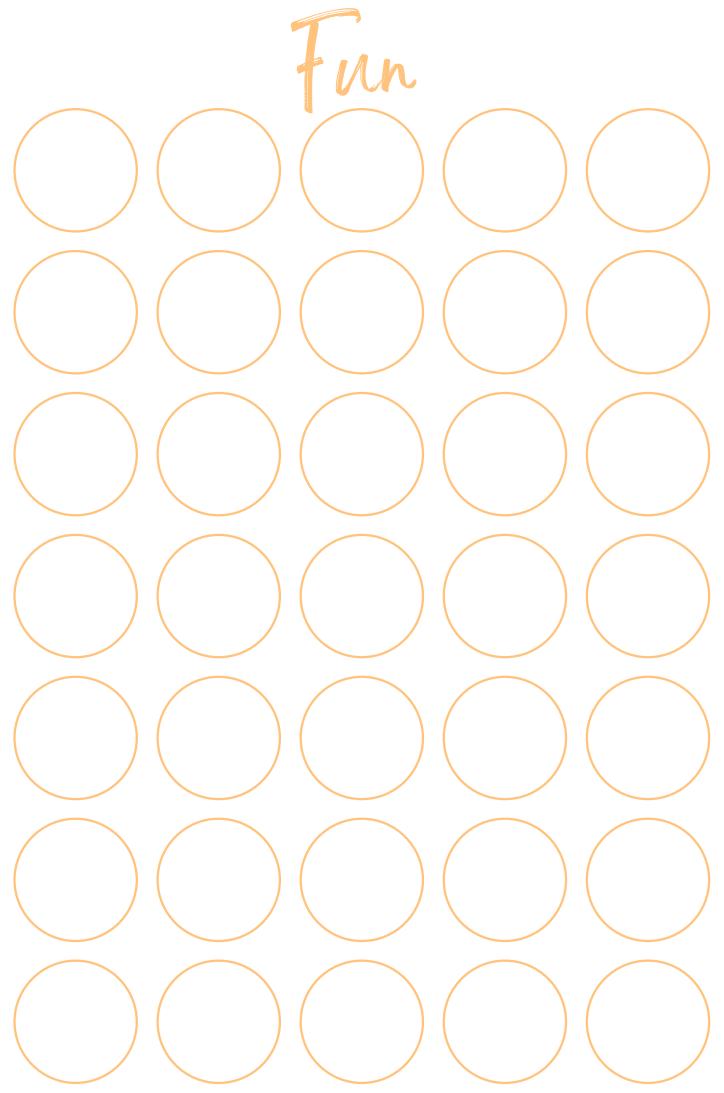
NIGHT ROUTINE













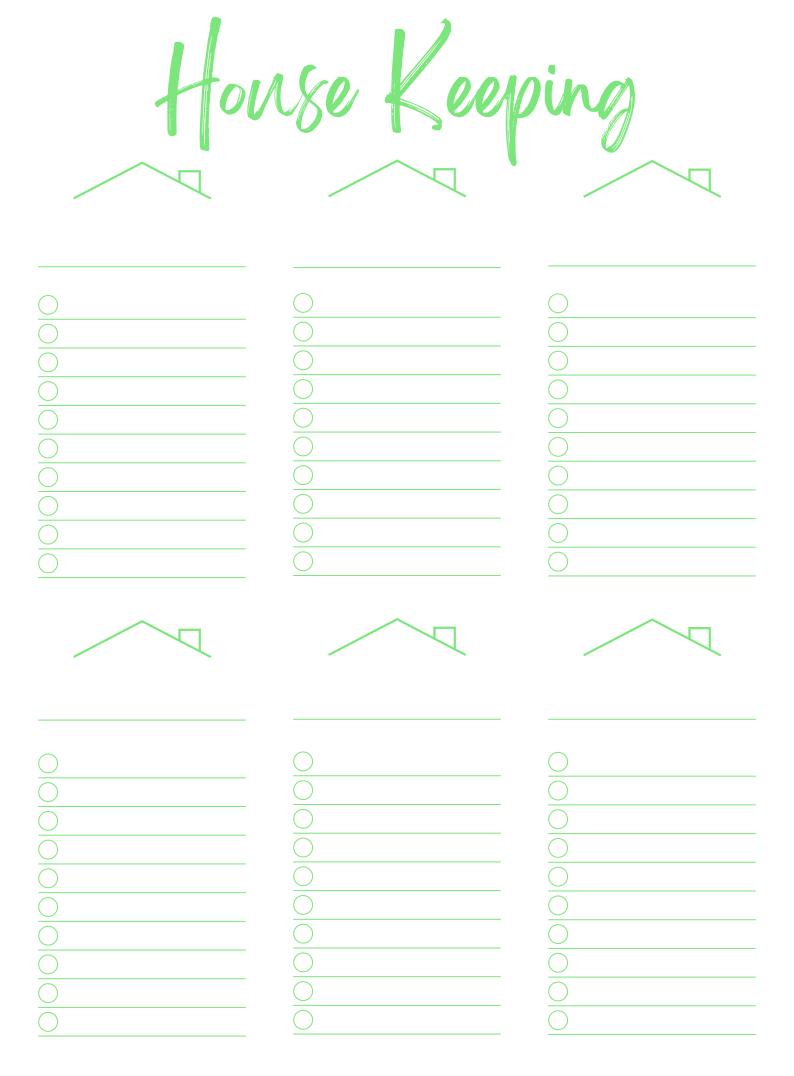






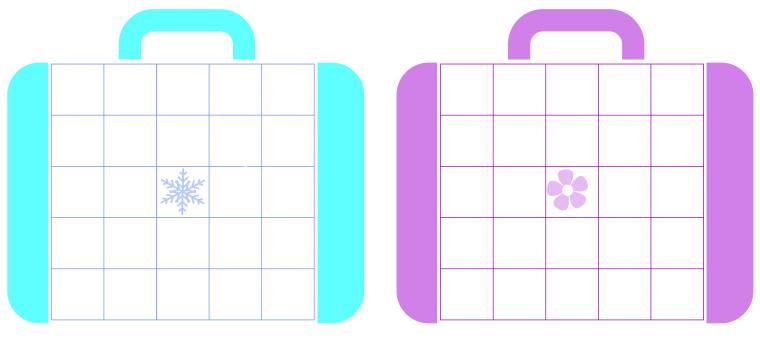






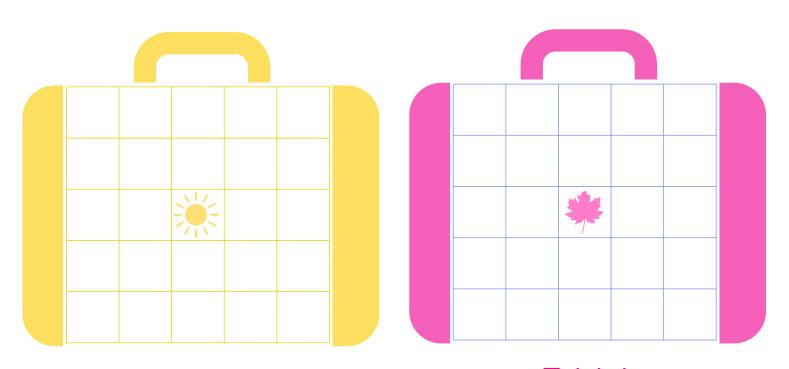
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SEASONAL FUN



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SPRING



SUMMER

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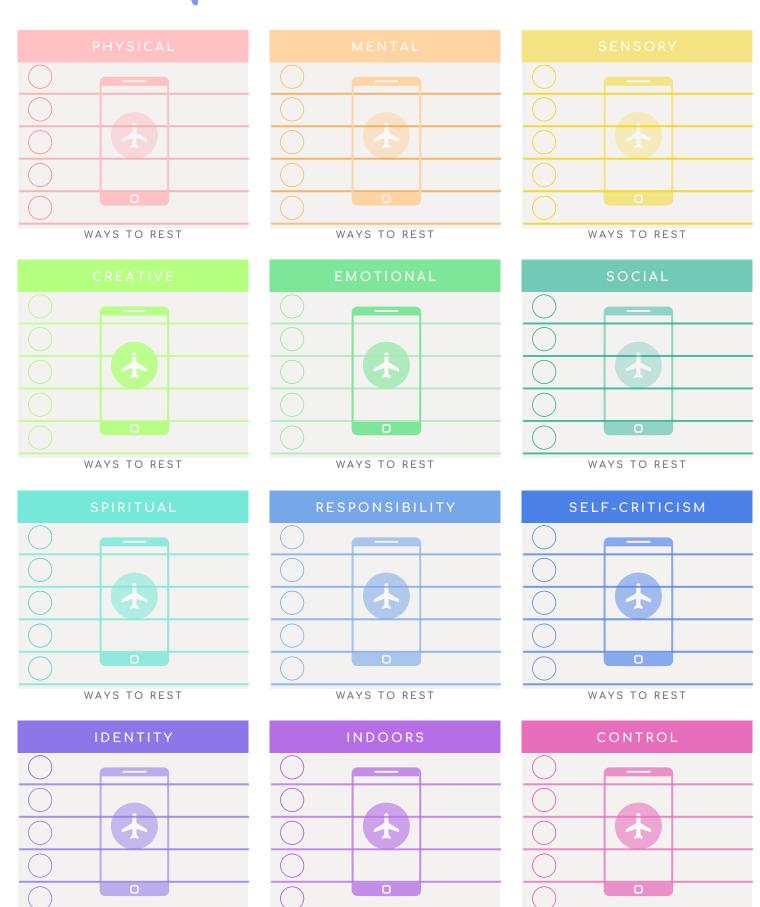








Airplane Mode REST



WAYS TO REST

WAYS TO REST

WAYS TO REST



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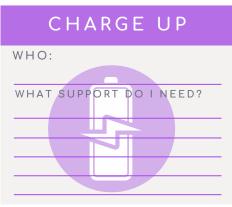
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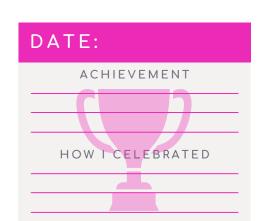








Champagne CELEBRATIONS

























Sen 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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WHAT IS ONE RISK YOU CAN TAKE TODAY?

WINDOW/CLARITY

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

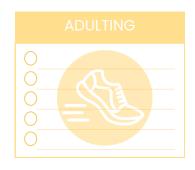
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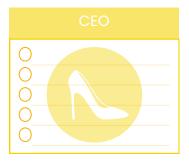
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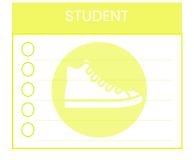
















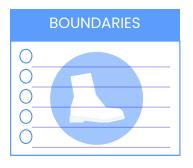




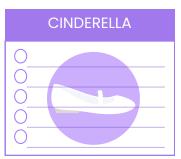












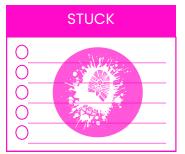
















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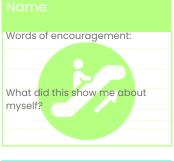








































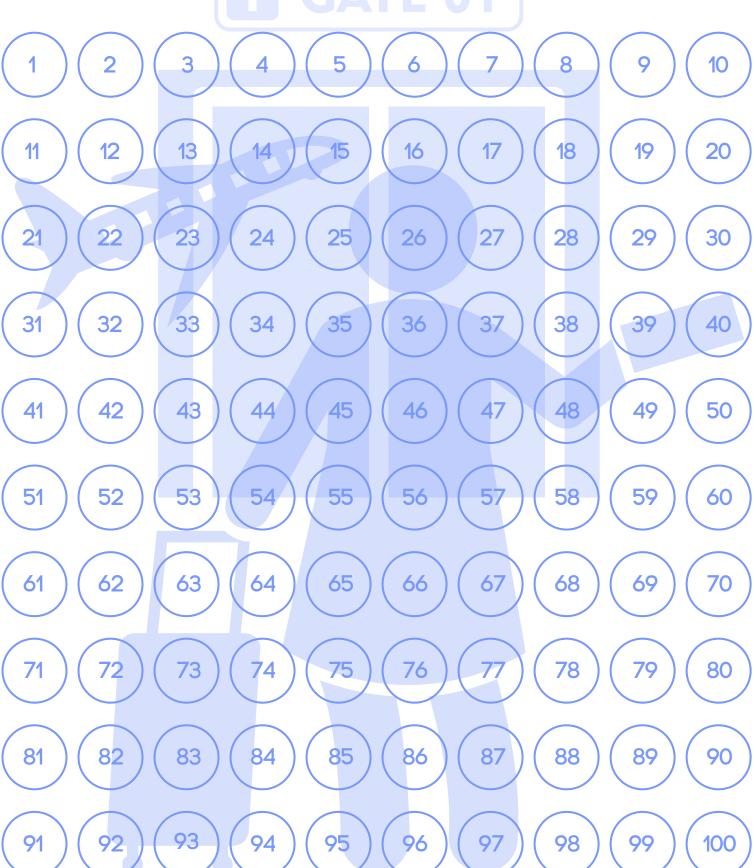






Gale Closed SAY NO

GATE 01



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!

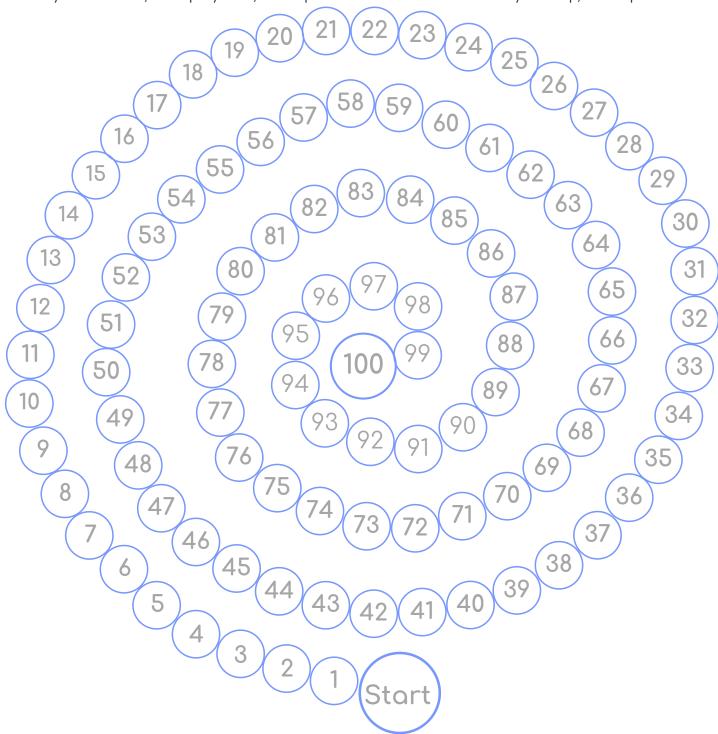
To make room for this commitment to myself, I'm letting go of:_______.

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: _____.

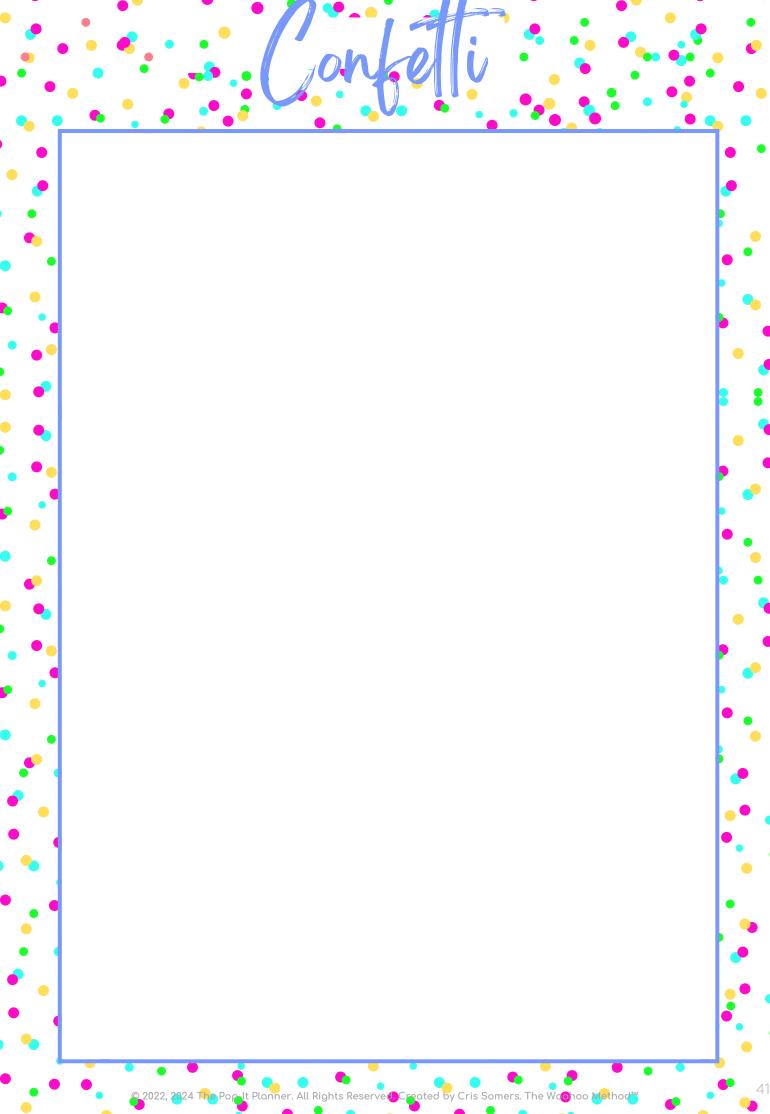
I will Celebrate by: __

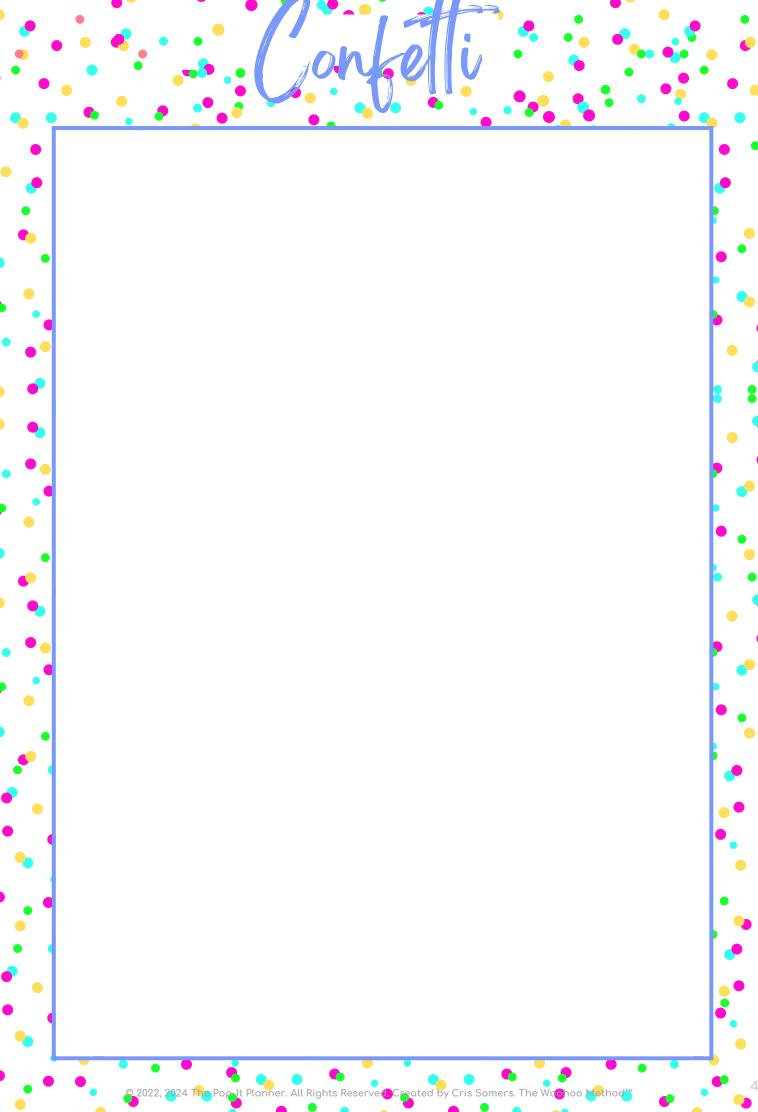
This is my time to shine, to keep my word, and to prove that I can count on me. Tray table up, heart open—let's soar!

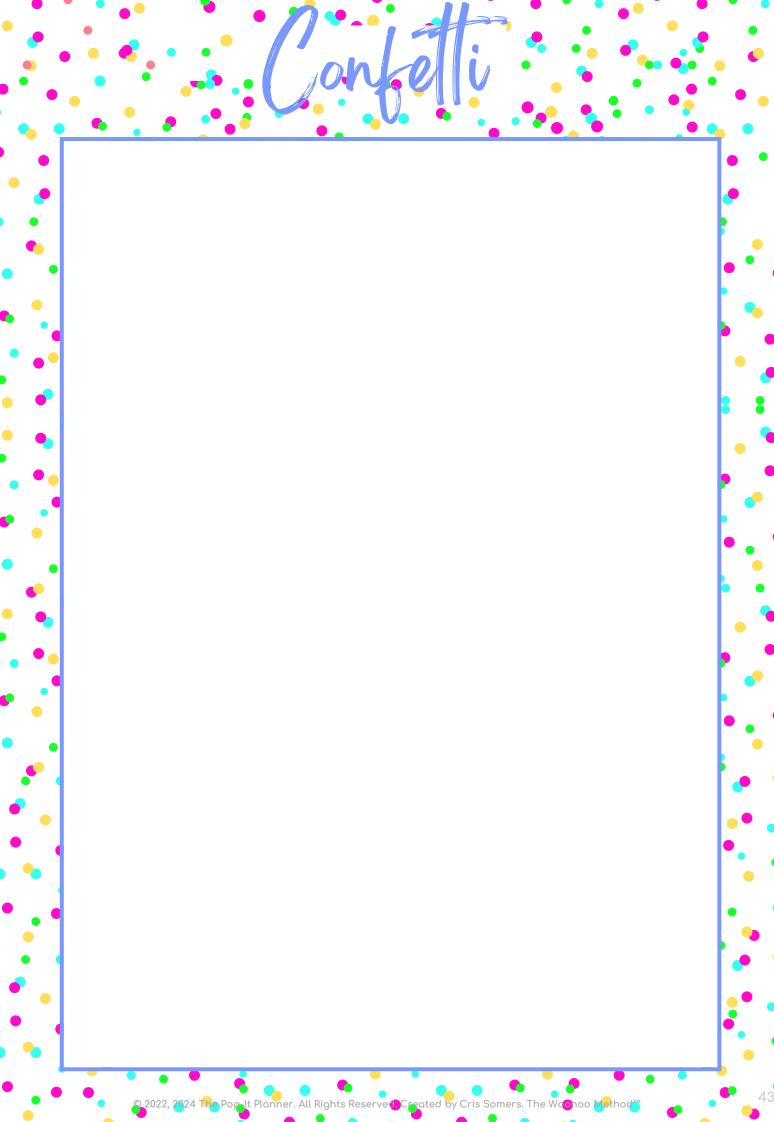


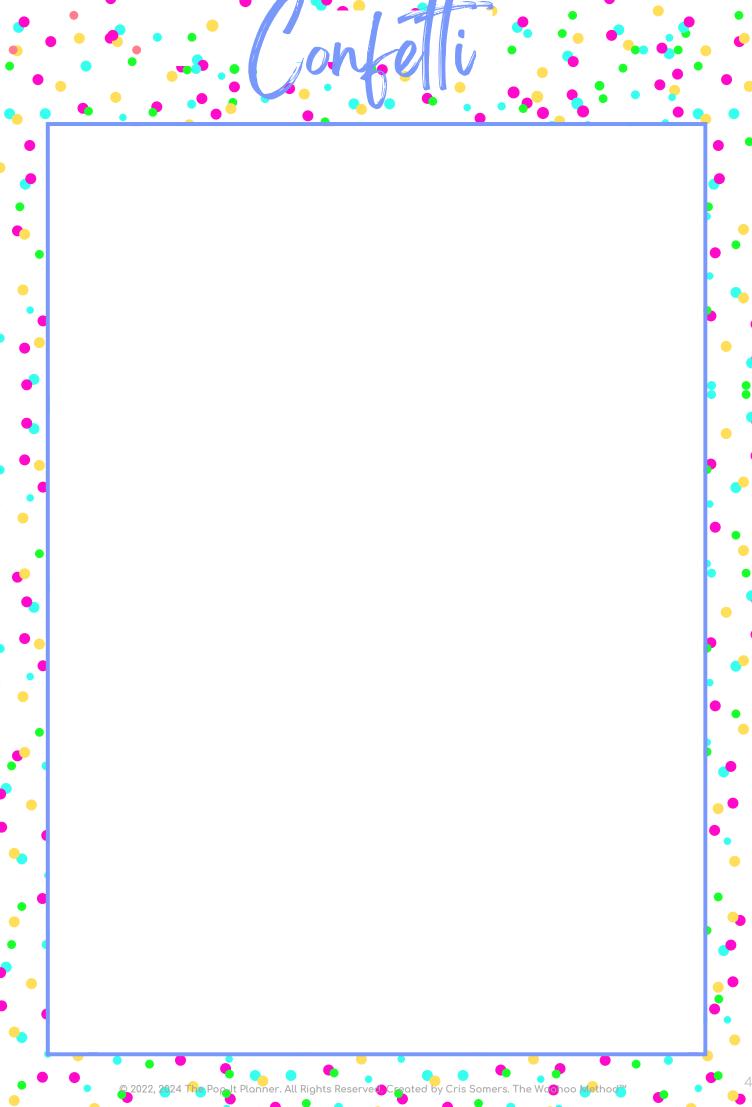


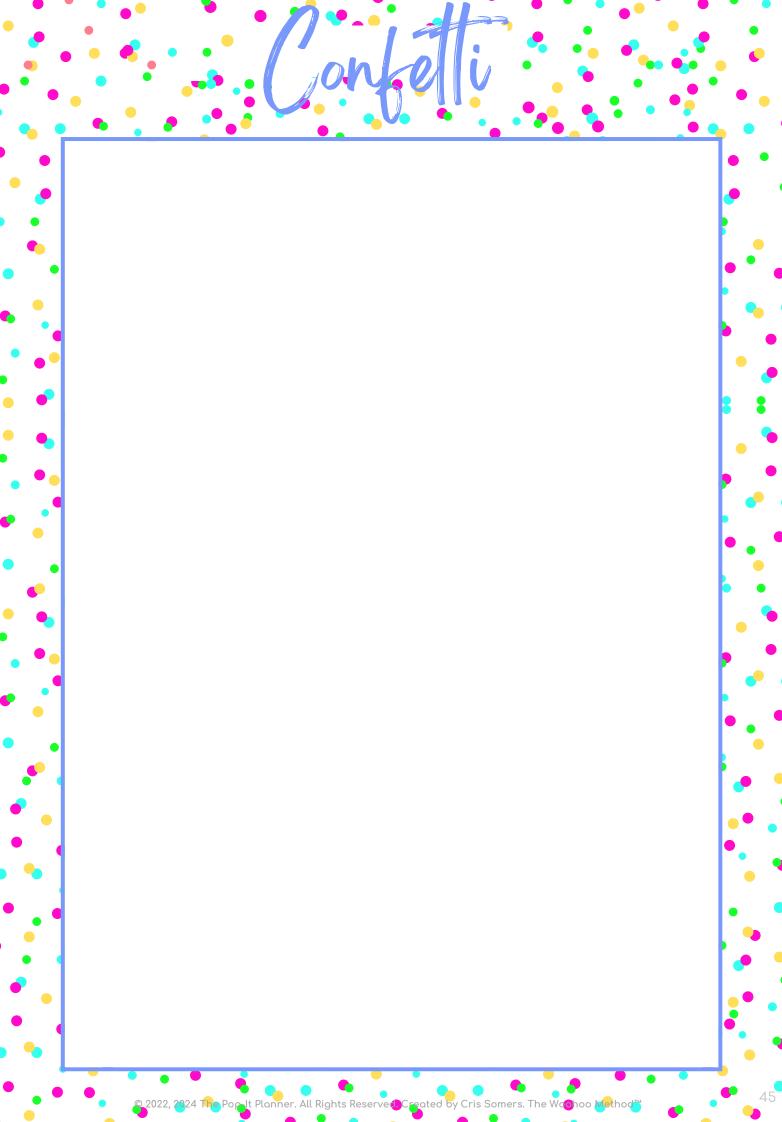
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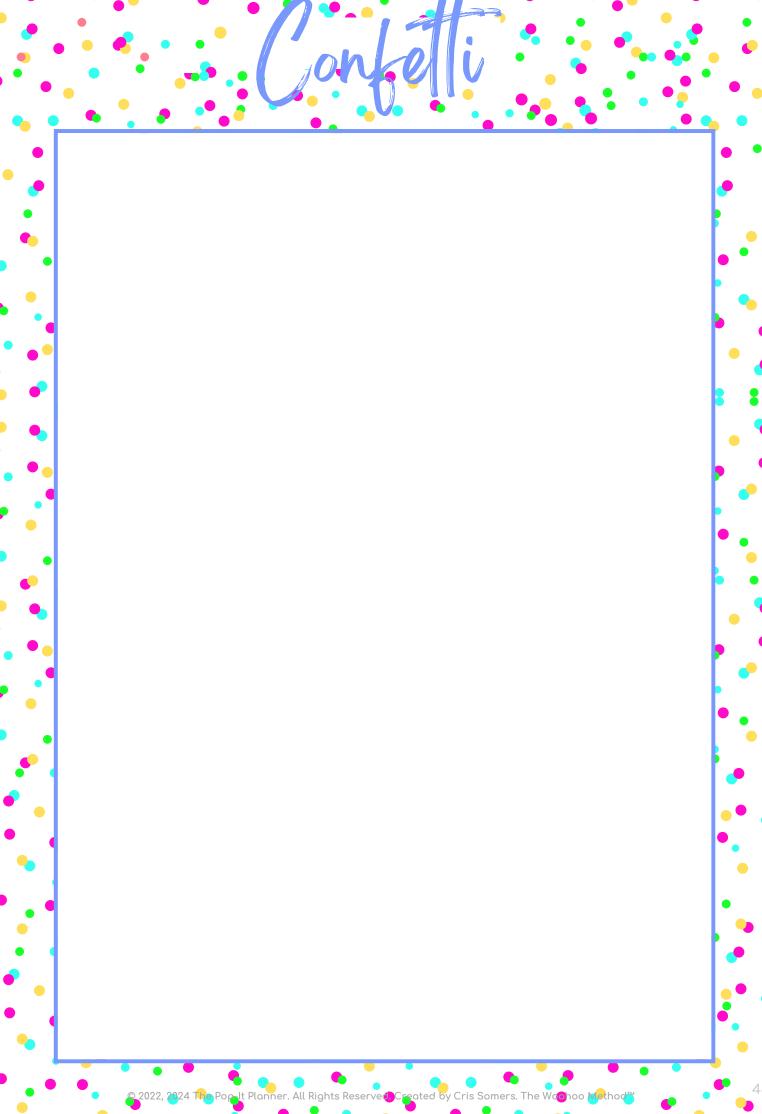


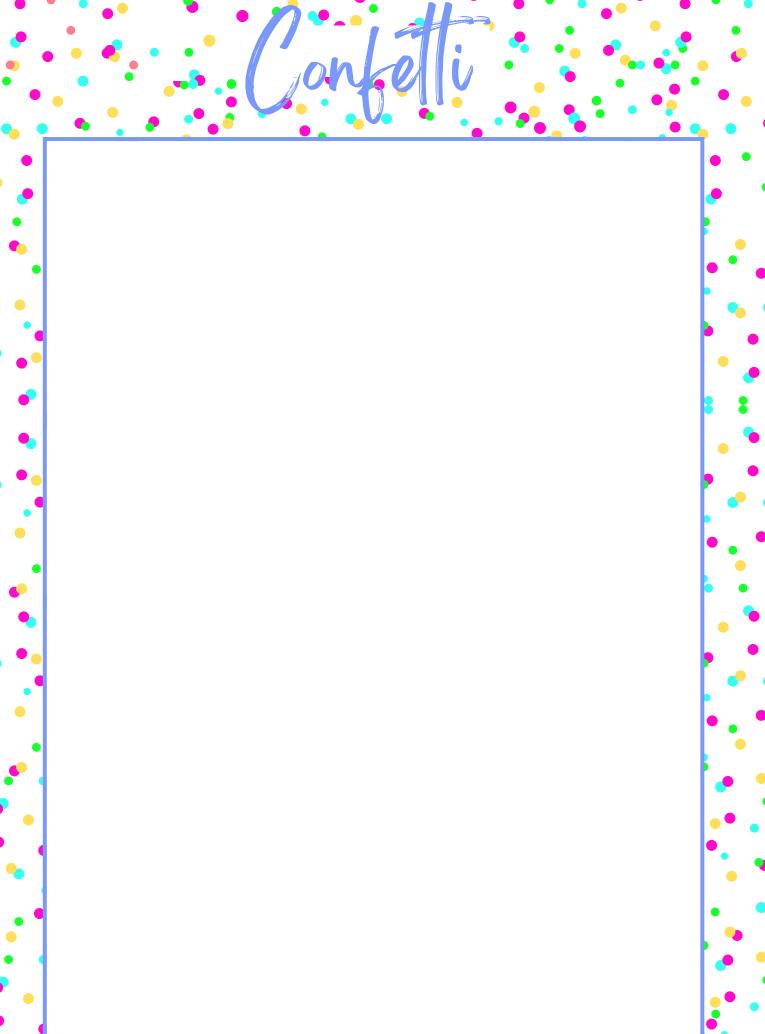


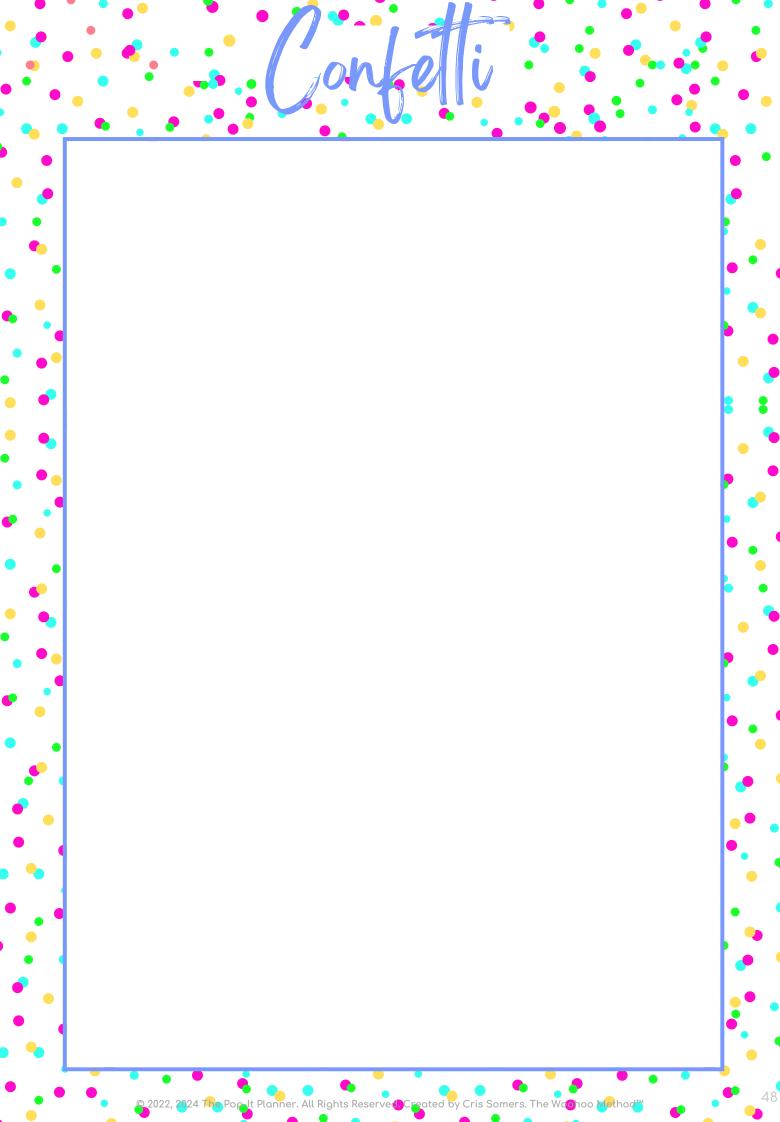


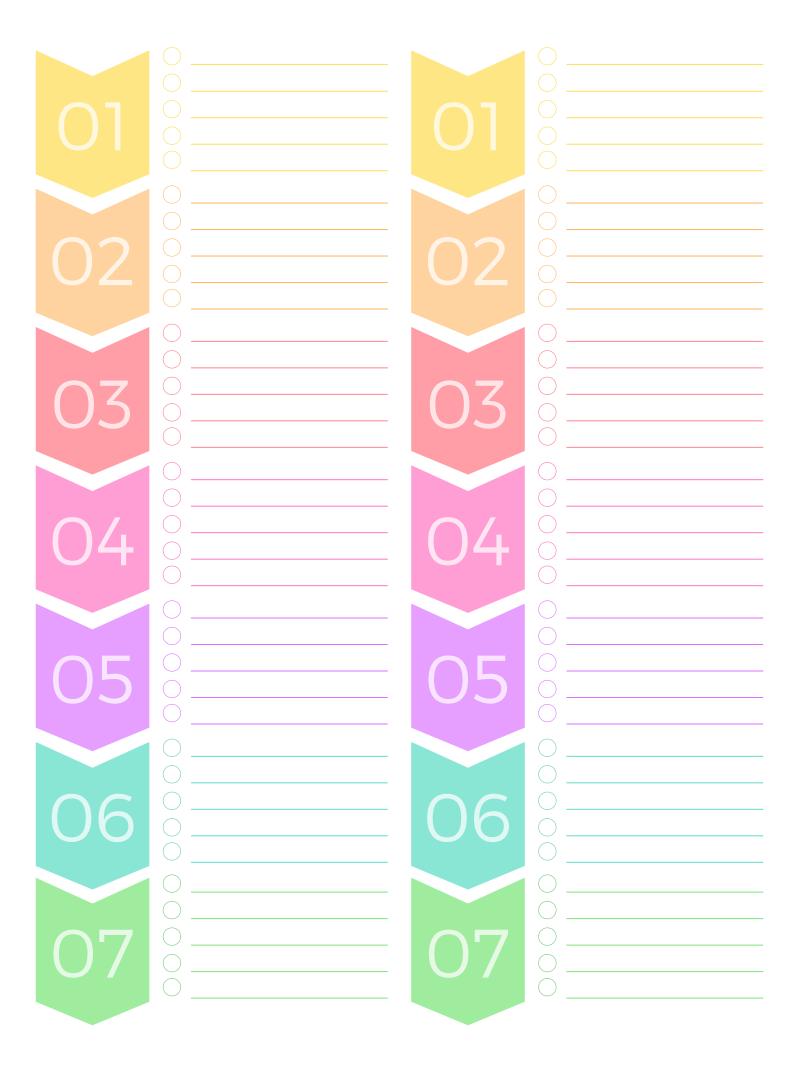


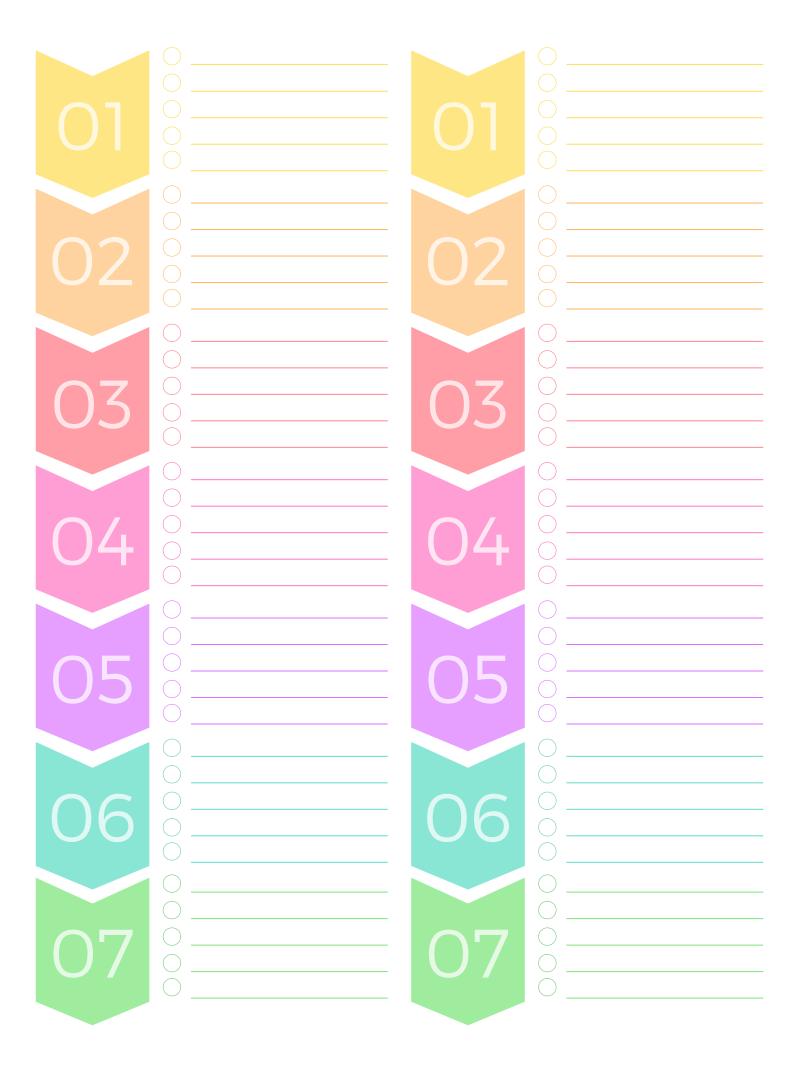


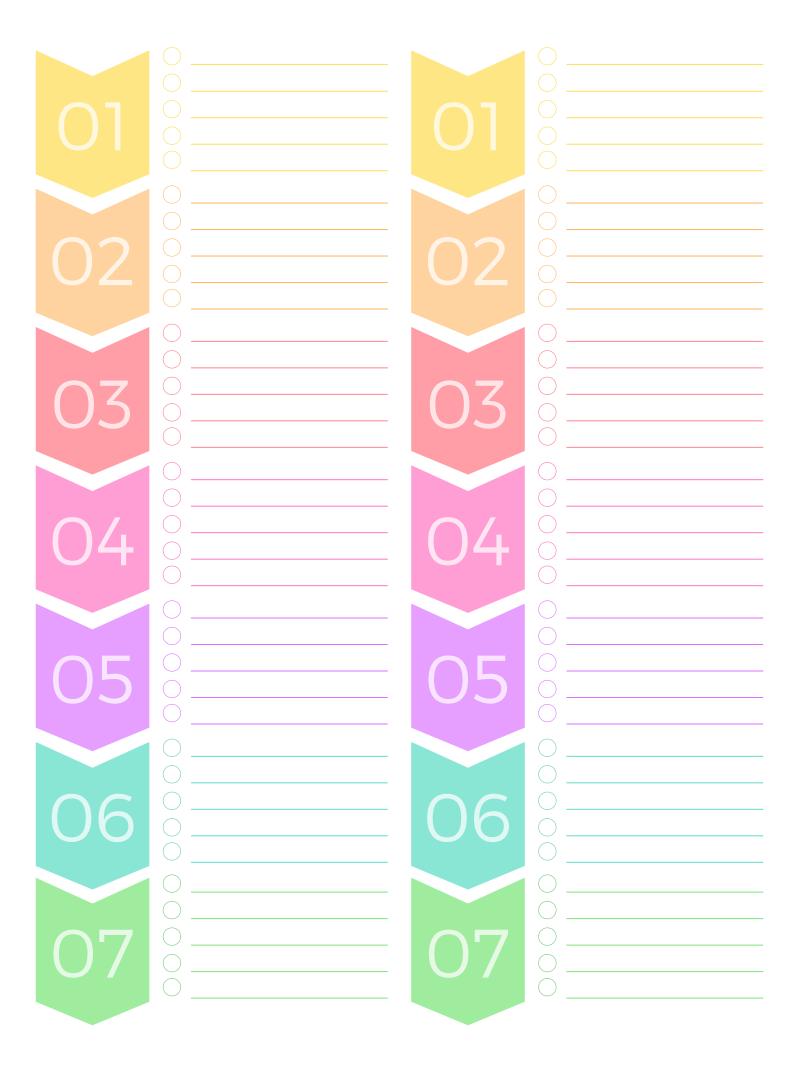


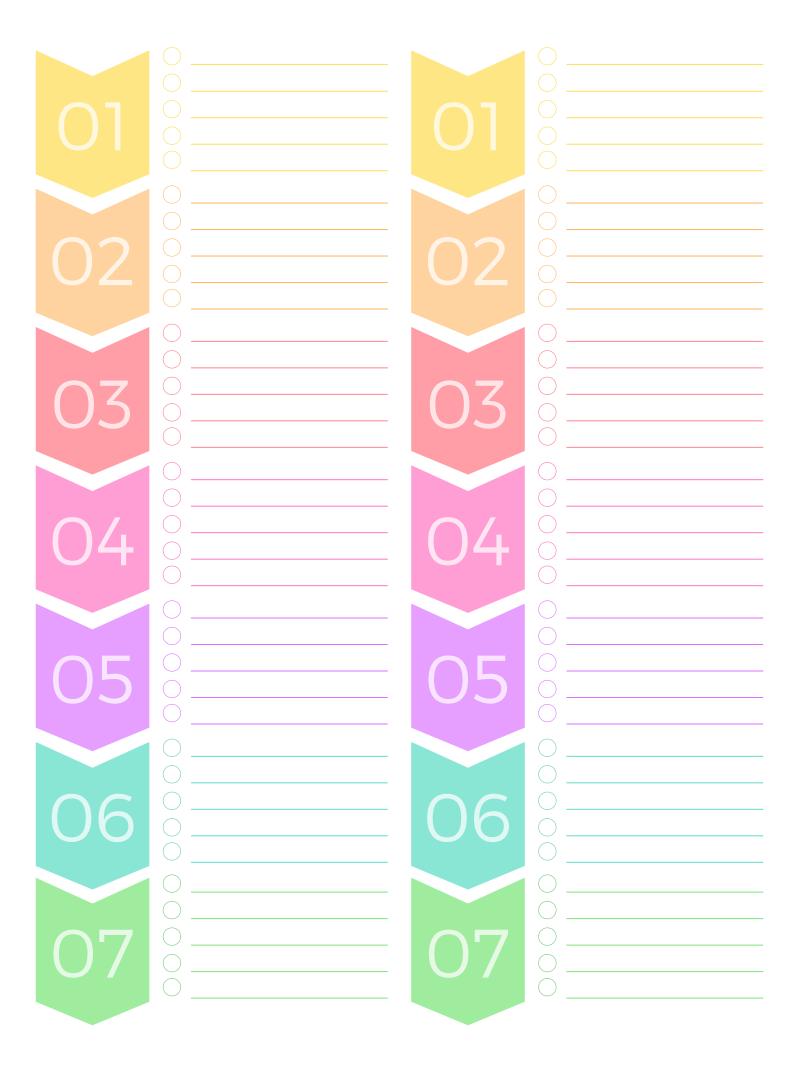


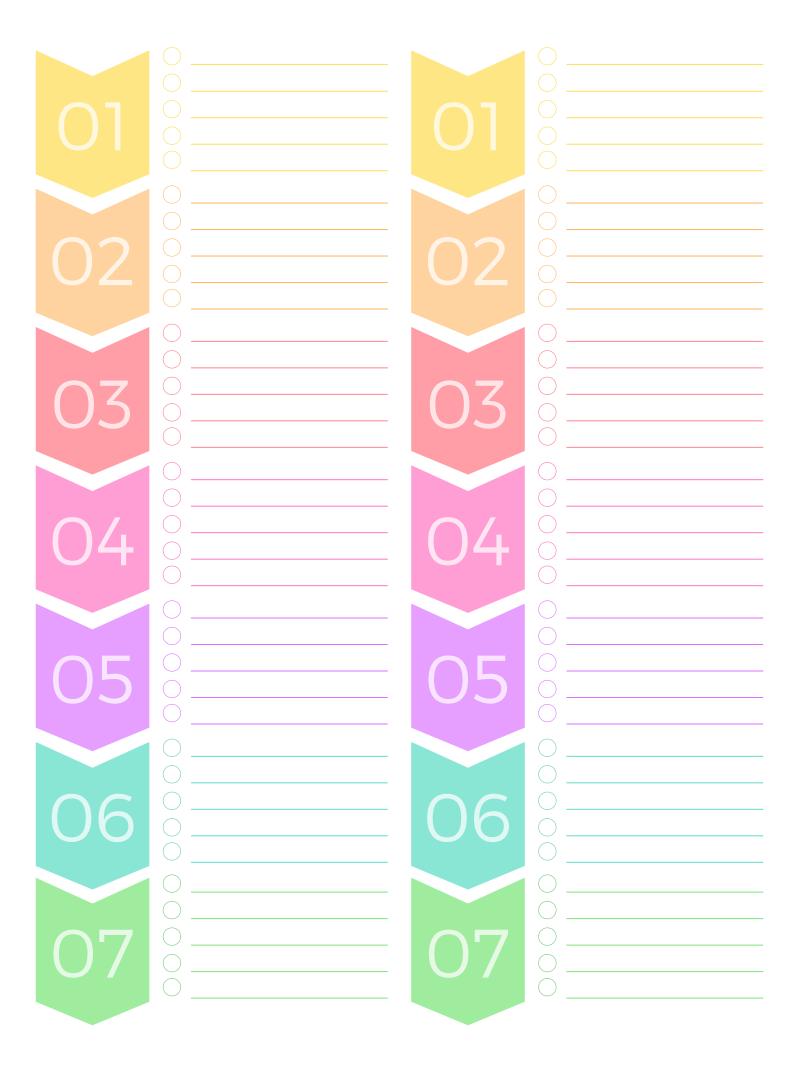


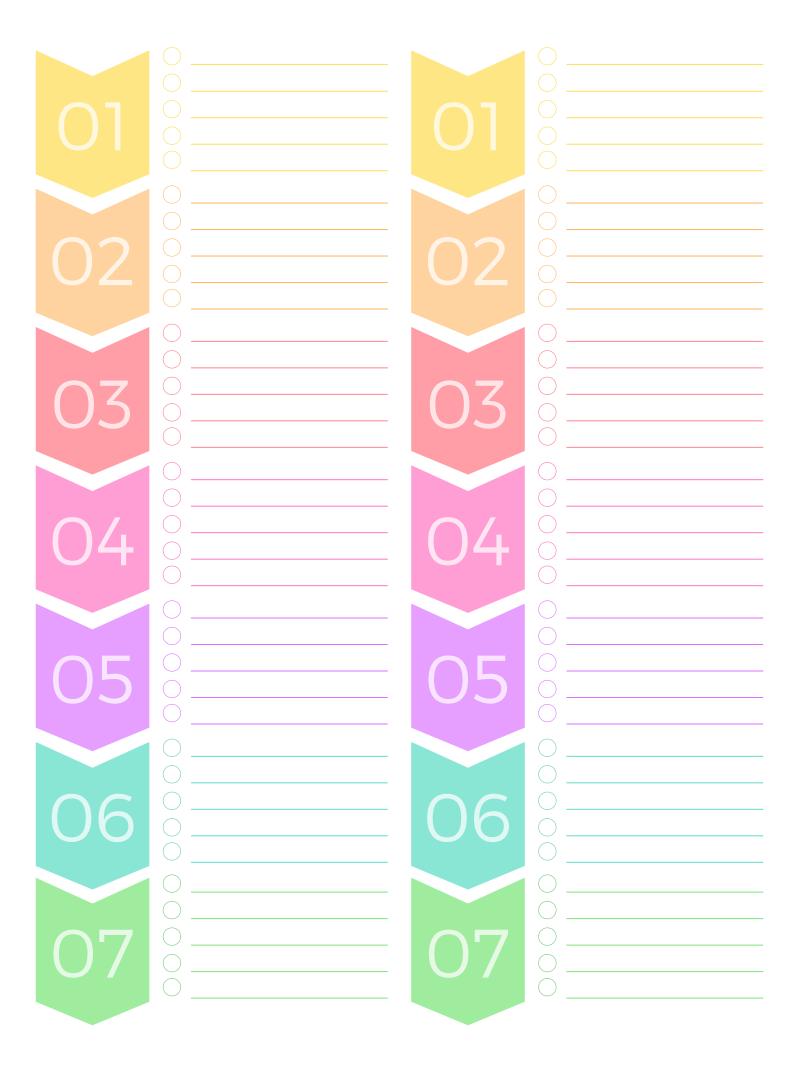


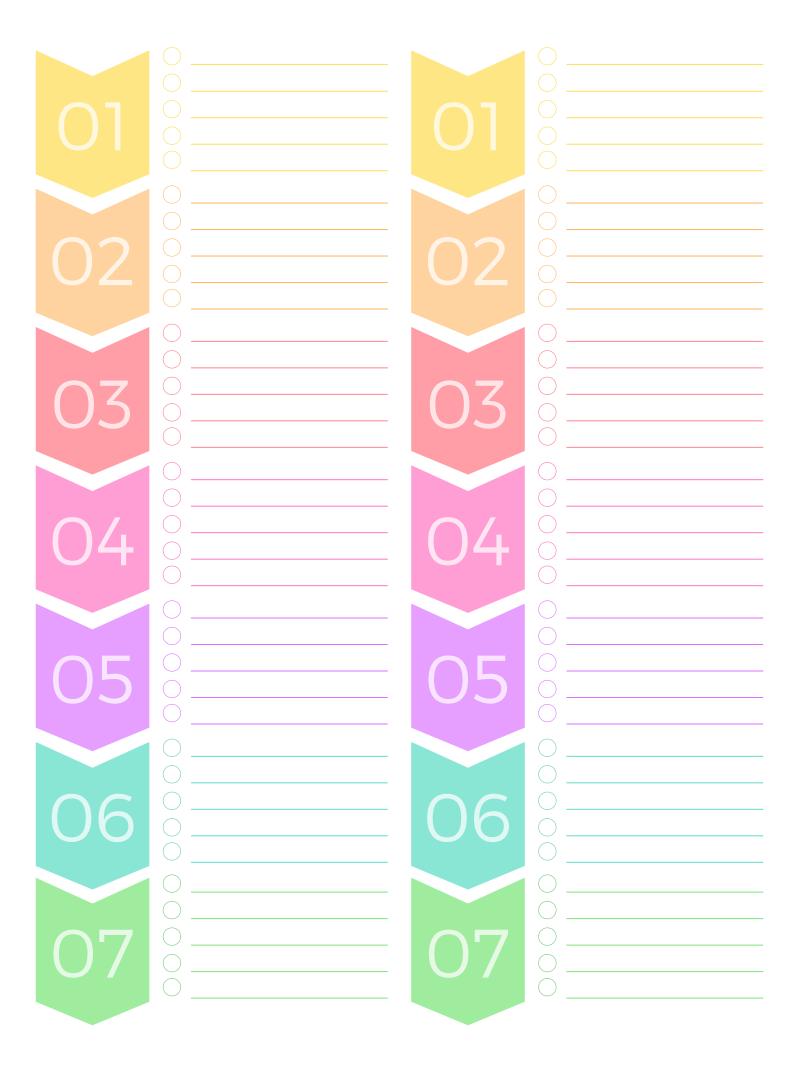


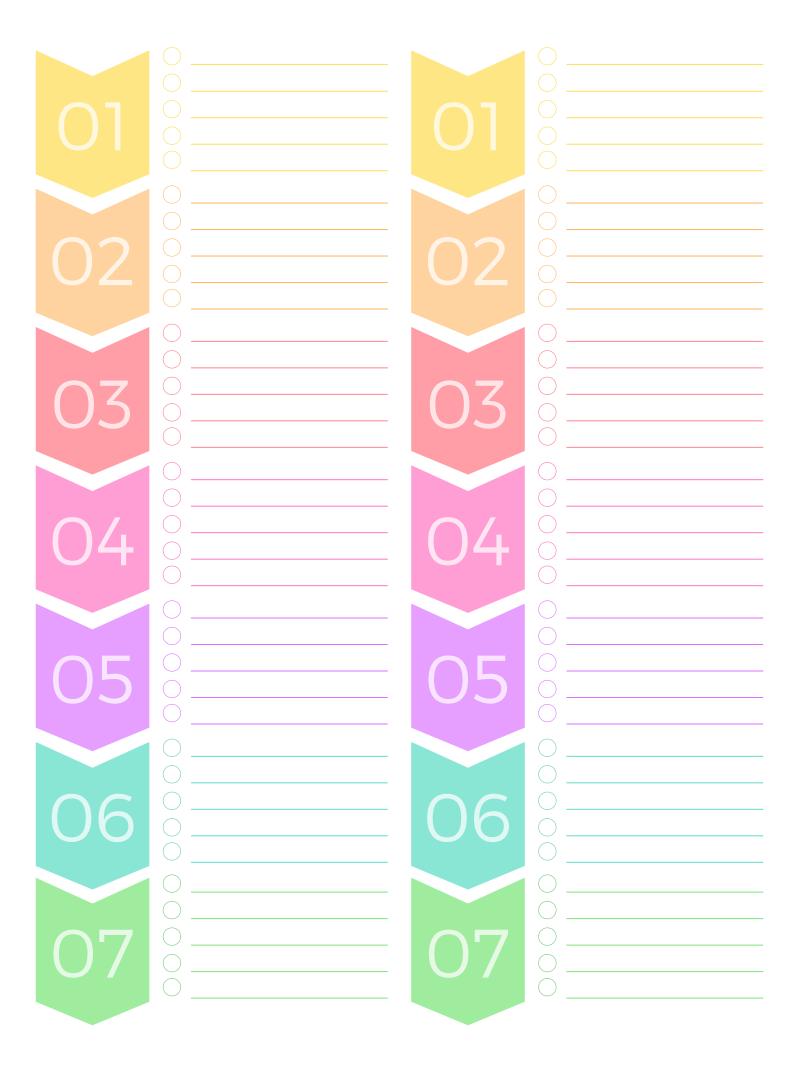






















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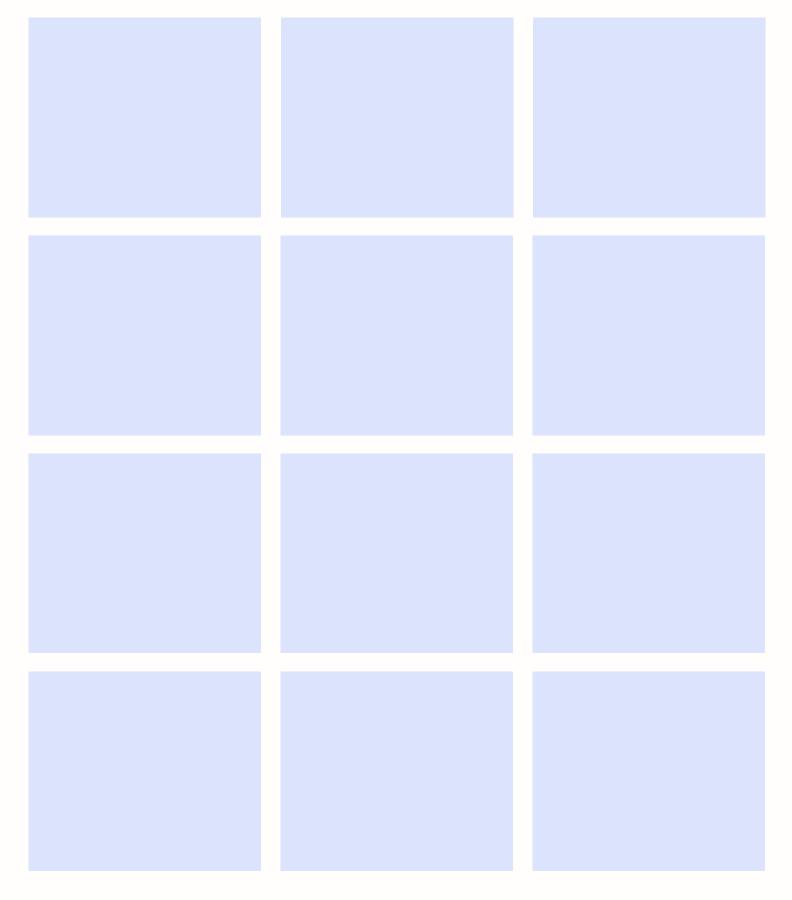
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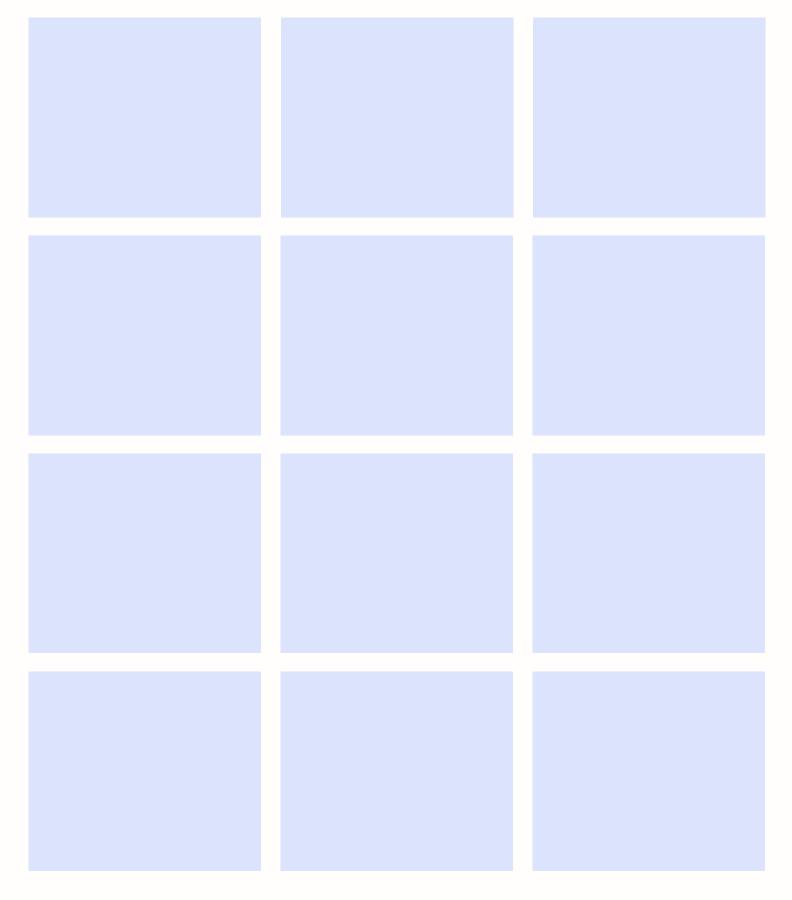
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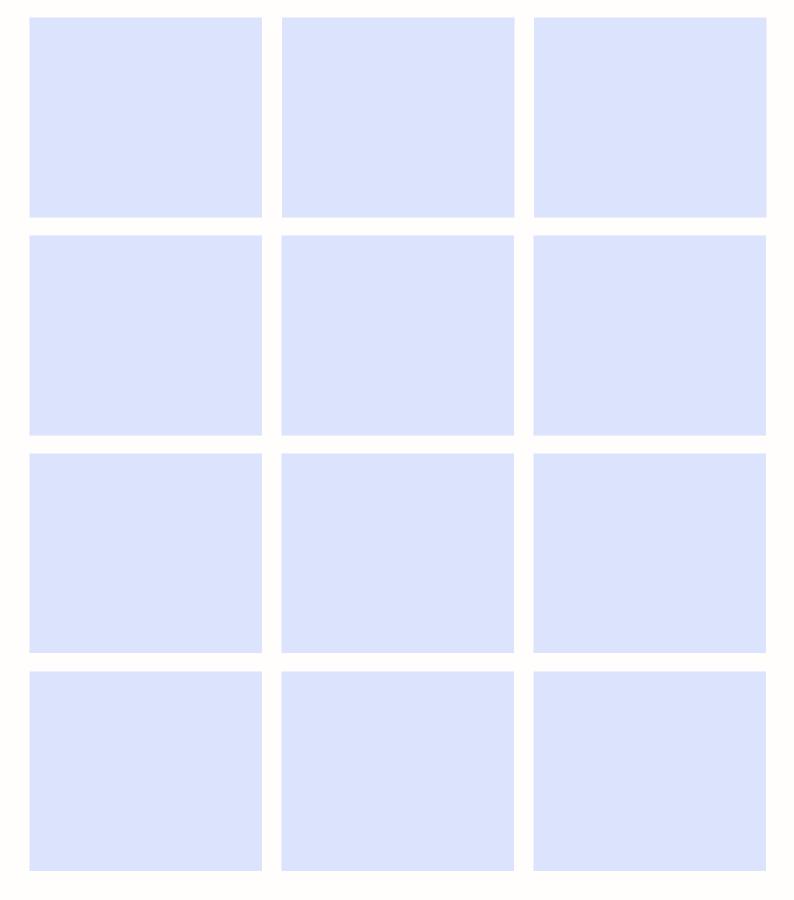




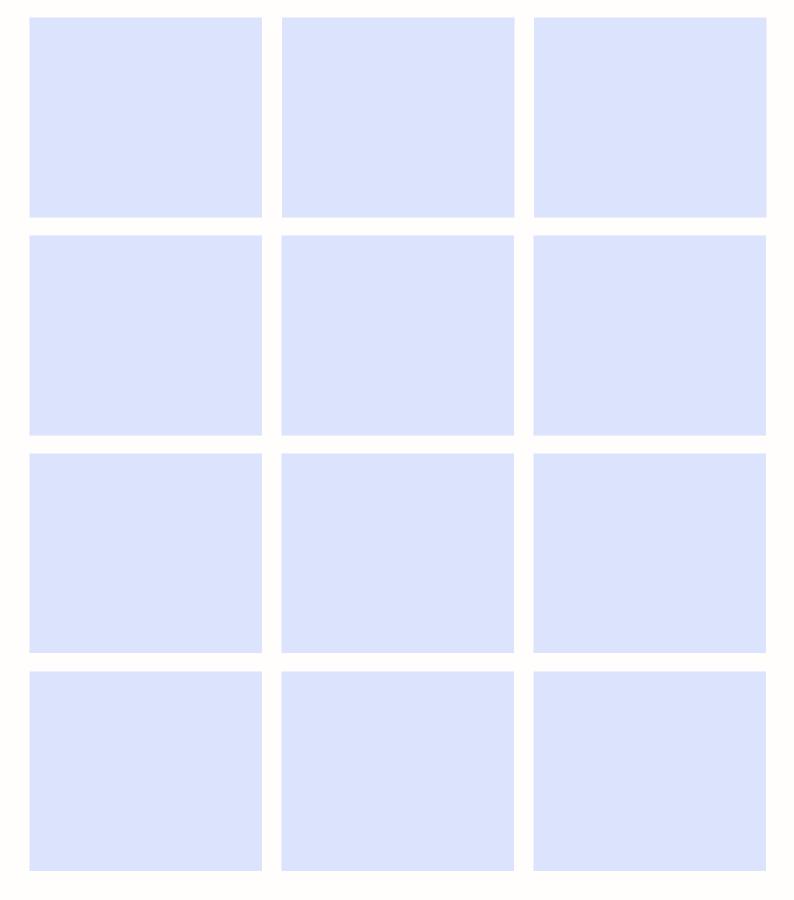












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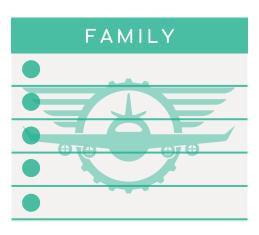


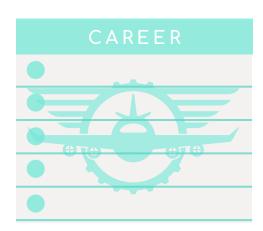


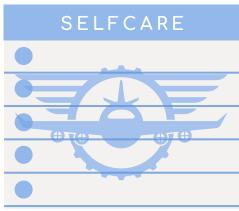


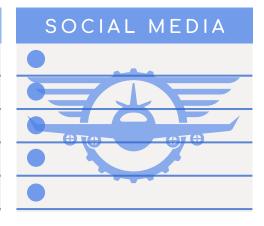


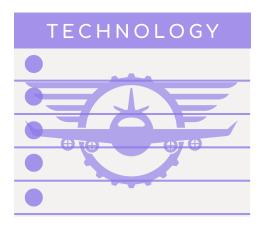


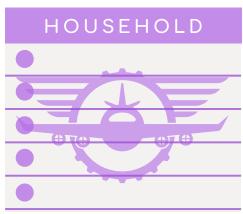


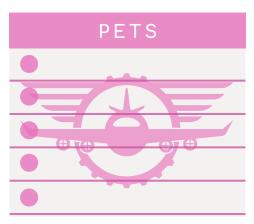














I know how this usually goes. You make the plan. Dream big. Try to be your "highest self."

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.



Y<u>ou didn't just pick up</u> 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.

Walana Hara a Late is a war and a sin