

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

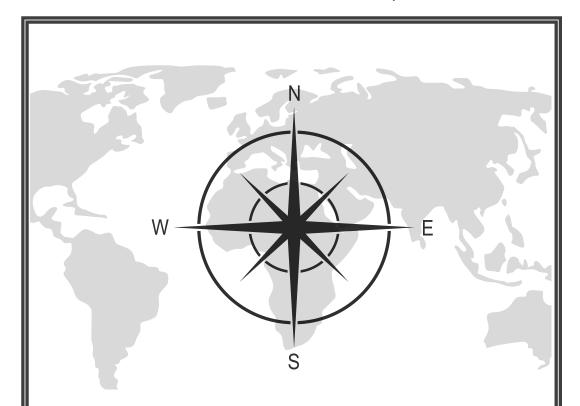
The author and publisher shall not be liable for your misuse of this material. This book is strictly for informational and educational purposes, and is not use to diagnose or cure any mental disorder. Always seek Professional help from a certified Practioner.

Warning-Disclaimer

The purpose of this book is to educate and entertain, and in no way shape or form to diagnose or treat an individual and their mental health. The author and/or publisher do not guarantee that anyone following these techniques, suggestions, tips, ideas or strategies will become successful. The author shall have neither liability nor responsibility to anyone with respect to any loss or damage caused, or alleged to be caused, directly or indirectly by the information contained in this book/planner.

Copyright © 2023 Cris Somers, Pop it Planner Woohoo Workout. All rights reserved. No portion of this book may be reproduced mechanically, electronically, or by any means, including photocopying, without permission from the publisher. It is illegal to copy this book, post it to a website, or distribute it by any other means without permission from the publisher.

Oh the Places that you are about to Go



Passport

This Pop-It Planner Belongs to:



Name:

Aka Captain:

Email:

Phone:

Word for 2025:



	JANUARY										
S	М	Т	W	Т	F	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	31						

S	М	Т	W	Т	F	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					

S	М	Т	W	Т	F	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	31								

М	Т	W	Т	F	S			
	1	2	3	4	5			
7	8	9	10	11	12			
14	15	16	17	18	19			
21	22	23	24	25	26			
28	29	30						
	7 14 21	M T 1 7 8 14 15 21 22	M T W 1 2 7 8 9 14 15 16 21 22 23	M T W T 1 2 3 7 8 9 10 14 15 16 17 21 22 23 24	M T W T F 1 2 3 4 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25			

	MAY								
S	М	Т	W	Т	F	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	31			

JUNE									
S	М	Т	W	Т	F	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								

JULY								
S	М	Т	W	Т	F	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	31				

AUGUST									
S	М	Т	W	Т	F	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			
31									

SEPTEMBER									
S	М	Т	W	Т	F	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							

	OCTOBER									
S	М	Т	W	Т	F	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	31					

	NOVEMBER									
S	М	Т	W	Т	F	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										

DECEMBER								
S	М	Т	W	Т	F	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	31					

JANUARY									
S	М	Т	W	Т	F	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	31			

		EB				
S	М	Т	W	Т	F	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

ĺ	S	М	Т	W	Т	F	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	31								

S	М	Т	W	Т	F	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		

	MAY							
S	М	Т	W	Т	F	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		
31								

	JUNE									
S	М	Т	W	Т	F	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								

		J		Υ		
S	М	Т	W	Т	F	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	31	

AUGUST									
S	М	Т	W	Т	F	S			
						1			
2	3	4	5	6	7	9			
9	10	11	12	13	14	15			
16	17	18	19	20	21	22			
23	24	25	26	27	28	29			
30	31								

SEPTEMBER									
S	М	Т	W	Т	F	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						

	(OC.	TOI	BEF	₹	
S	М	Т	W	Т	F	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	31

NOVEMBER								
S	М	Т	W	Т	F	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							

	DECEMBER								
S	М	Т	W	Т	F	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	31					



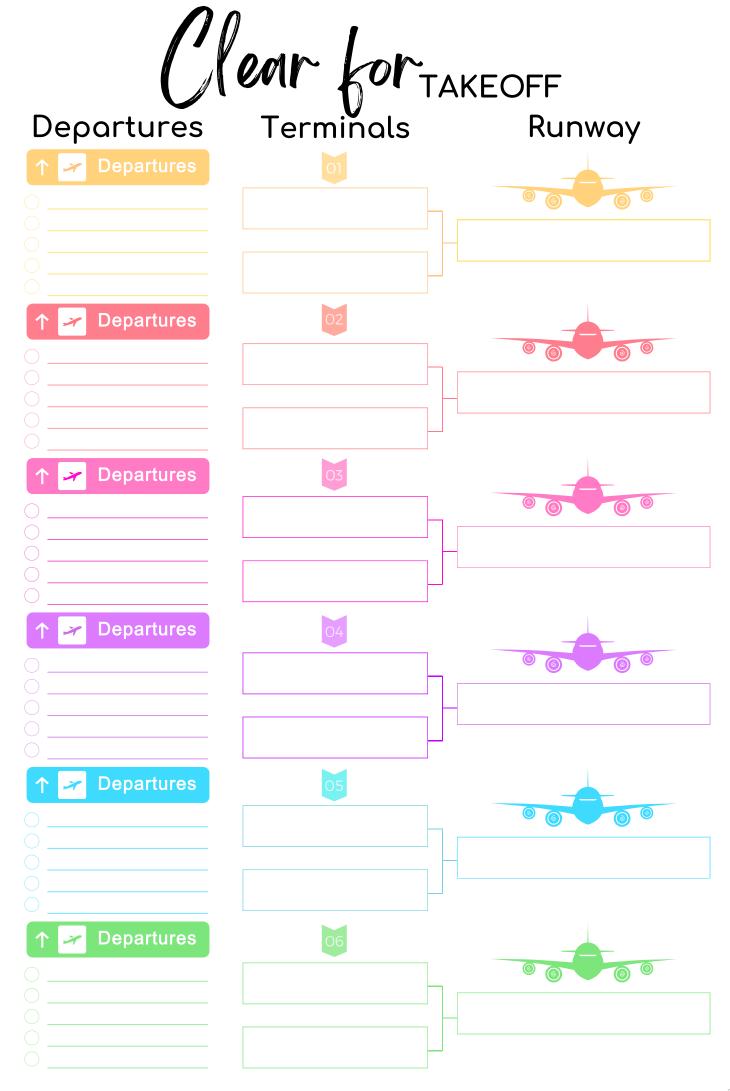
JANUARY	FEBRUARY			
APRIL	MAY	JUNE		
JULY	AUGUST	SEPTEMBER		
JULY	AUGUST	SEPTEMBER		
JULY	AUGUST	SEPTEMBER		
JULY	AUGUST	SEPTEMBER		
JULY	AUGUST	SEPTEMBER		
JULY	AUGUST	SEPTEMBER		
OCTOBER	NOVEMBER	DECEMBER		

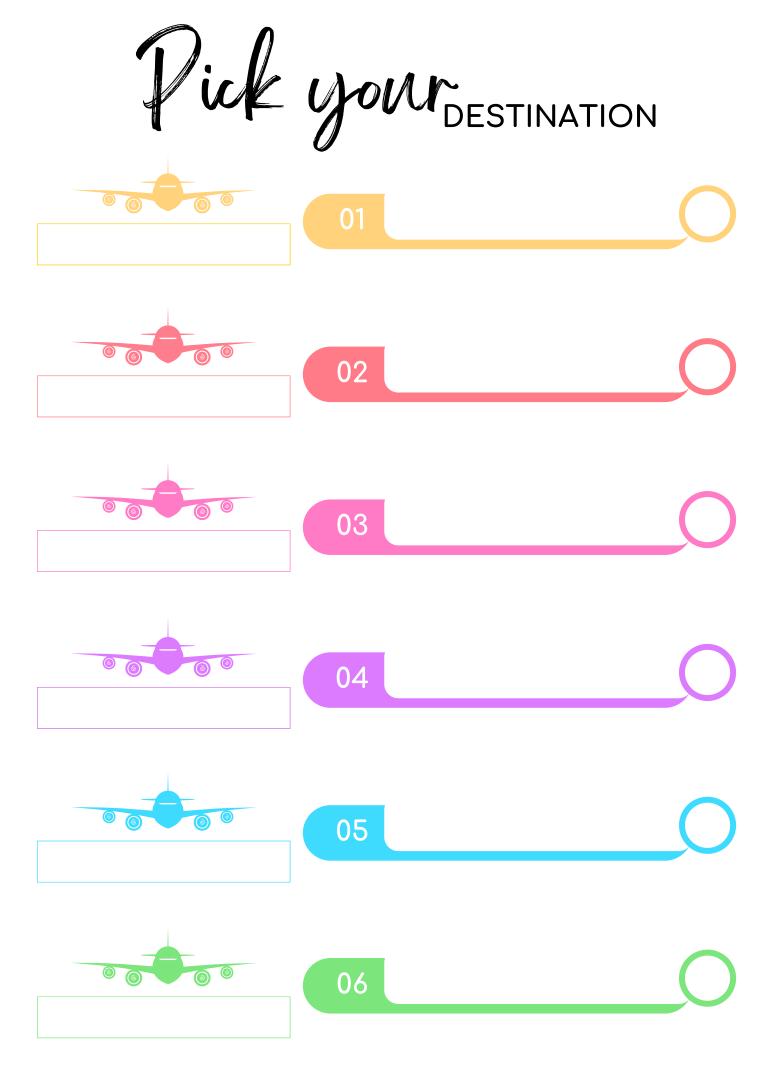


Monday	Tuesday	Wednesday
Thursday	Friday	
Sunday	Weekly Maintenance	Monthly Maintenance

Confellirunway

	<u> </u>
	O
	O
	1 🔾
07	\bigcirc
	O
	O
	1 0
	O
	O
\cup T	
	<u> </u>
	0
	O
	O
	O
	0
	O
06	
	O
] ()
	1 0
07	
	O
	O





Departures & ARRIVALS

$\rightarrow \underline{\mathscr{I}}$	Departures				
Flight #/Project Name	Destination/Goal	Takeoff Date	Gate/ETA	Progress	Arrival
4					<u>\$</u>
7					<u>*</u>
<u>4</u> <u>4</u> 4					<u>*</u>
4					<u>*</u>
7					<u>\$</u>
4					<u>*</u>
7					% ()
7					% ()
4					% ()
7					%

7 💆	Arrivals				
Flight #/Project Name	Layover/Next Step	Arrival Date	Next Flight	Celebration	Refuel
<u> </u>					5
<u> </u>					5 0
<u>%</u> <u>%</u> <u>%</u>					% ()
<u>×</u>					% ()
<u>*</u>					<u>*</u>
<u>×</u>					% ()
<u> </u>					% ()
<u>×</u>					
<u> </u>					% ()
<u>×</u>					% ()

Quarer ATAGLANCE

JAN	FEB	MAR
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
12	12	12
13	13	13
14	14 🚫	14 \$\times\$
15	15	15 🔾
16	16	16 Q
17	17	17 Q
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 0	29	29 🖔 🔾
30		зо 🌣
31		31 💆

Quarter 2 AT A GLANCE

1 ♥ 1	APR	MAY	JUN	
2 ♥ 2 3 ♥ 3 4 ♥ 4 4 ♥ 4 5 ♥ 5 5 ♥ 6 7 7 7 7 7 7 8 8 8 8 8 8 9 9 9 10 10 10 10 10 10 11 11 11 11 11 11 11 11 11 11 11 11 11				
3 ♥ 3 5 4 ♥ 4 4 5 ♥ 5 7 6 ♥ 6 6 7 7 7 8 8 8 9 9 9 10 10 10 11 11 11 12 13 13 14 14 14 15 15 15 16 16 16 10 17 17 17 18 18 18 18 19 19 19 19 20 20 20 20 21 21 21 22 23 23 39 39 24 24 24 24 25 26 26 26 27 27 27 28 28 29 30 30 30				
4 5 \$ 5 \$ 5 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 26 25 26 26 25 27 27 27 28 29 29 30 80				
5 ♥ 5 5 6 ♥ 6 6 7 7 7 8 8 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 20 20 20 20 21 21 21 22 22 22 23 23 23 24 24 24 25 26 25 ○ 26 26 ○ 26 27 ○ 27 27 28 28 28 29 29 29 30 30				
6 ♥ 7 7 7 7 7 8 8 8 8 8 8 8 8 9 9 9 9 9 0 10 10 10 10 10 11 11 11 11 11 11 11 1	- ' ' '			
7 7 7 8 8 8 9 9 9 10 10 20 11 11 11 • • • • • • • • • • • • • • • • • •				
8 8 8 9 9 10 10 11 11 12 12 13 13 14 14 15 15 16 16 17 17 18 18 19 19 20 20 21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30				
9 9 9 10 10 10 10 10 10 11 11 11 11 11 11 11				
10 10 10 11 11 12 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 20 30				
11 12 12 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 25 27 27 27 28 28 28 29 29 29 30 30 30				
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				
14 14 15 15 16 16 17 17 18 18 19 19 20 20 21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30				
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				
17 17 18 18 19 19 20 20 21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30	15	15	15	
18 18 19 19 20 20 21 21 22	16	16	16	
19 19 19 20 20	17	17	17	
20 20	18	18	18	
21 21 21 22	19	19		
22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30	20	20	20 👸	
23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30	21	21	21	
24 24 25 25 26 26 27 27 28 28 29 29 30 30	22 🚺	22	22	
25 25 26 26 27 27 28 28 29 29 30 30	23	23	23	
26 26	24	24	24	
27 27 28 28 29 29 30 30 30 30	25	25	25	
28 28 29 29 30 30	26	26	26	
29 29 30 30 30	27	27	27	
30 30 30	28	28	28	
	29	29	29	
31	30	30	30	
		31		



Qual 3 AT A GLANCE

JUL	AUG	SEP
JOL	AUG	OLI .
1	1	1
2	2 🌣	2
3	3 Q	3
4	4 Q	
5	5 Q	5
6	6 ♥	6
7	7 💆	7 🛑
8	8 💆	8
9	9 💆 🛑	9
10	10 Ф	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
23 ♥ 24 ♥ ○ 25 ♥ 26 ♥ 27 ♥ 28 ♥ 29 ♥ 30 ♥	26	26
27 🌣	27	27
28 🌣	28	28
29 🌣	29	29
30 Ф	30	30
31 🌣	31	

Undrer ATAGLANCE

OCT	NOV	DEC	
001		Die	
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	29 ♥	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	

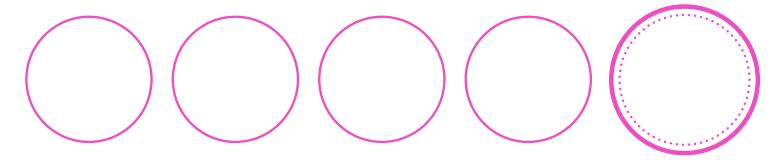




2025 Business Goals

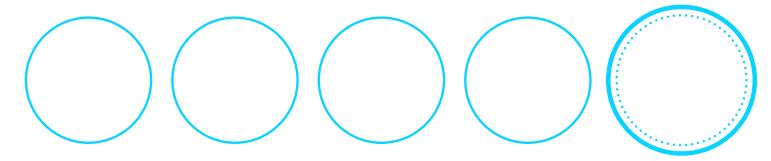
Phase 1 January 1- March 30

Focus



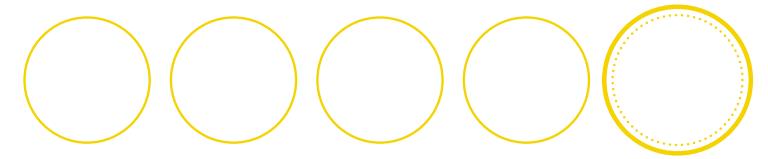
Phase 2 April 1- June 30

Focus



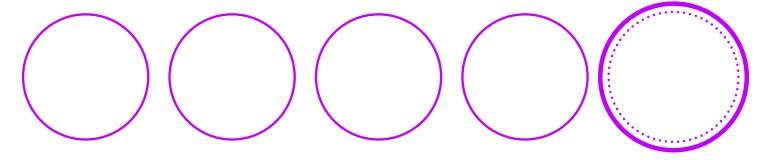
Phase 3 July 1- September 30

Focus



Phase 4 October 1-Decmber 31

Focus





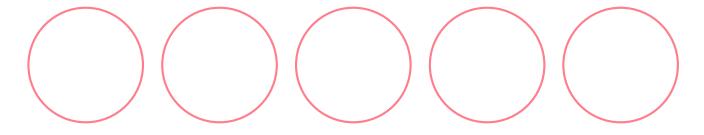
HEALTH



BUSINESS



CONNECTION



FILL UP

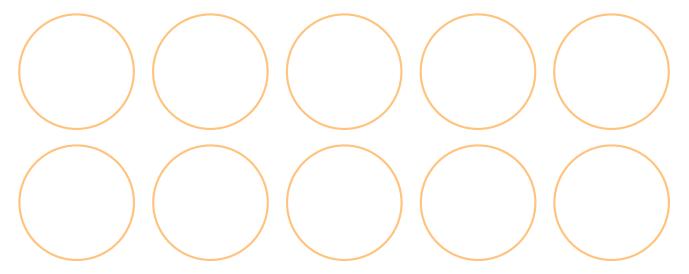


HOBBIES

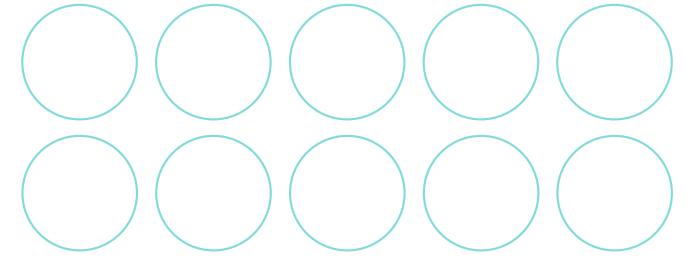




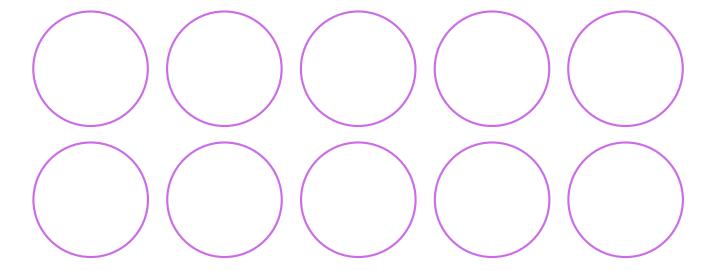
MORNING ROUTINE



BUSINESS ROUTINE

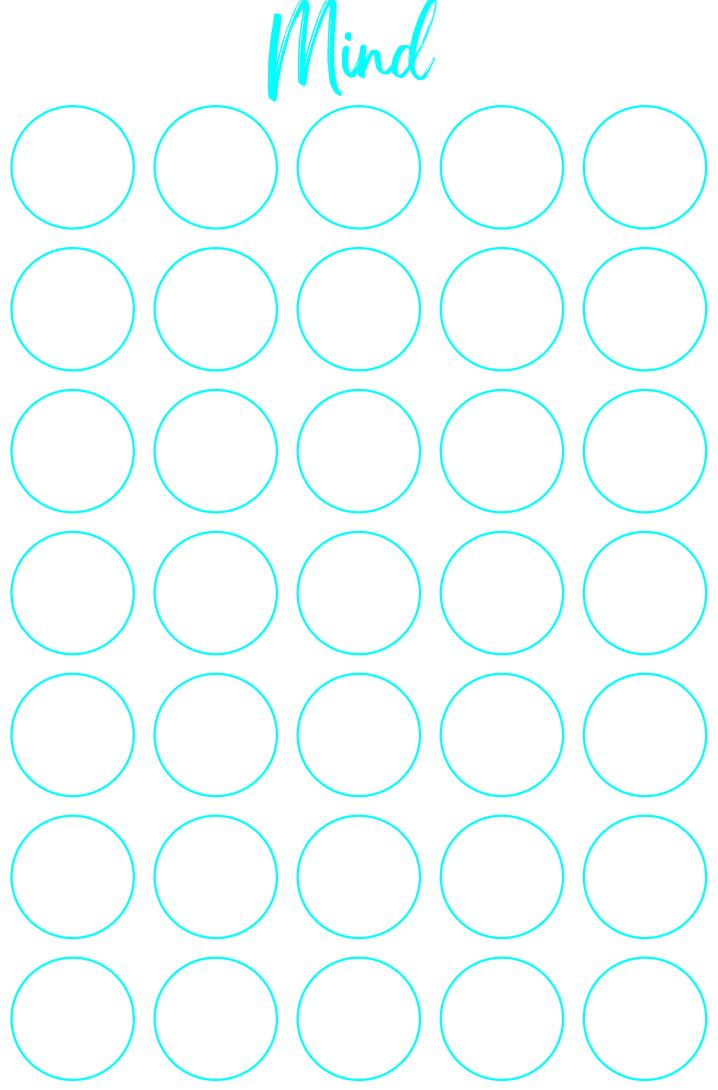


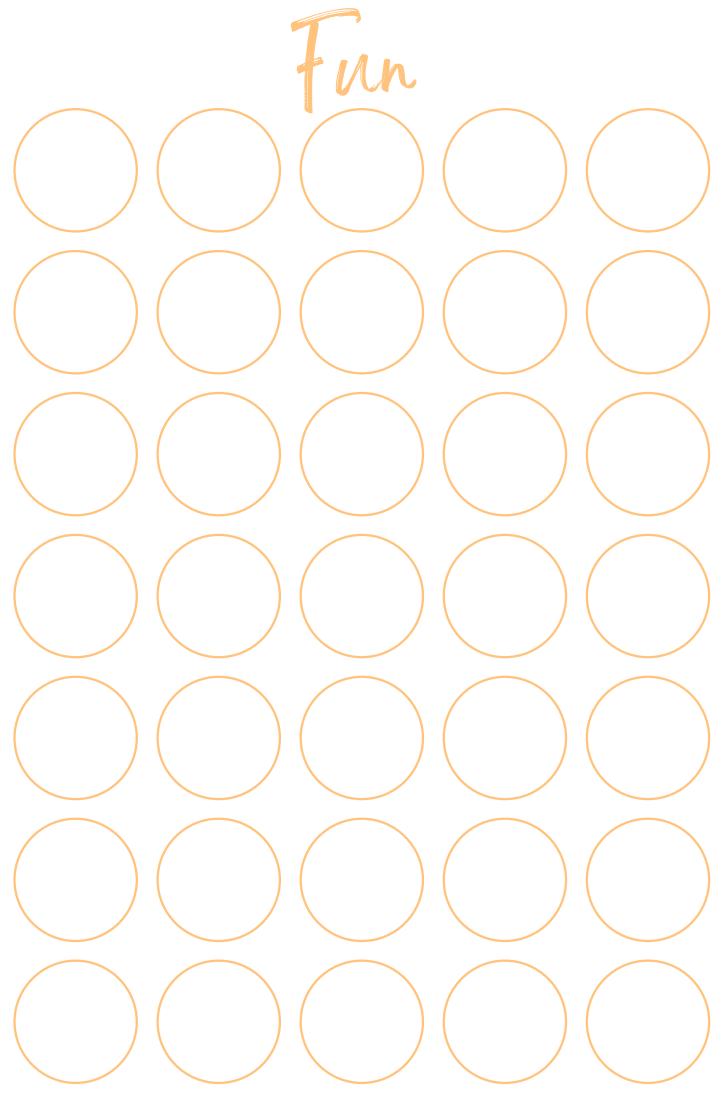
NIGHT ROUTINE













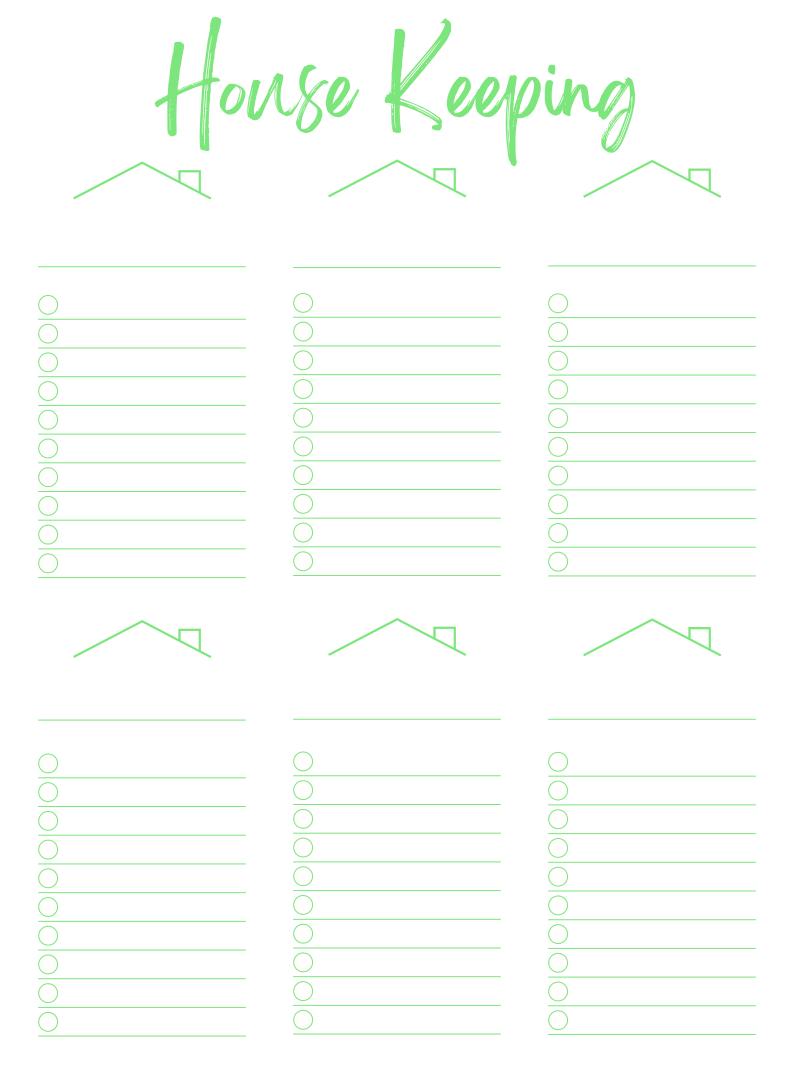




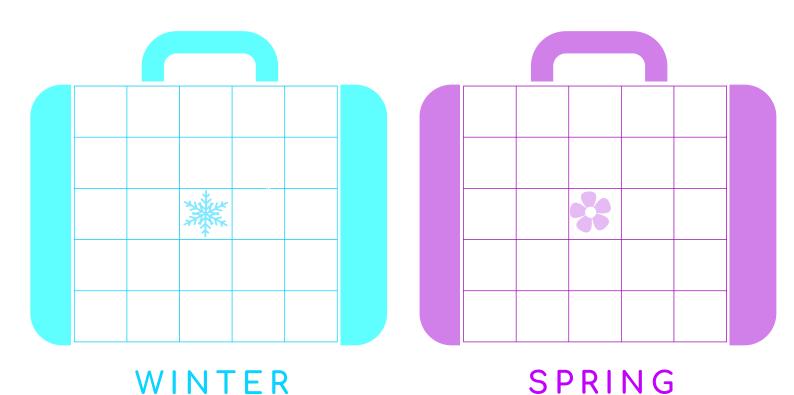


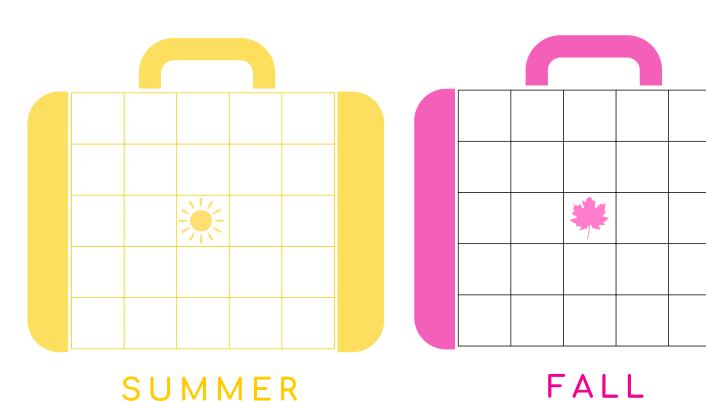






Adventure Awais SEASONAL FUN





Excess BAGGAGE

















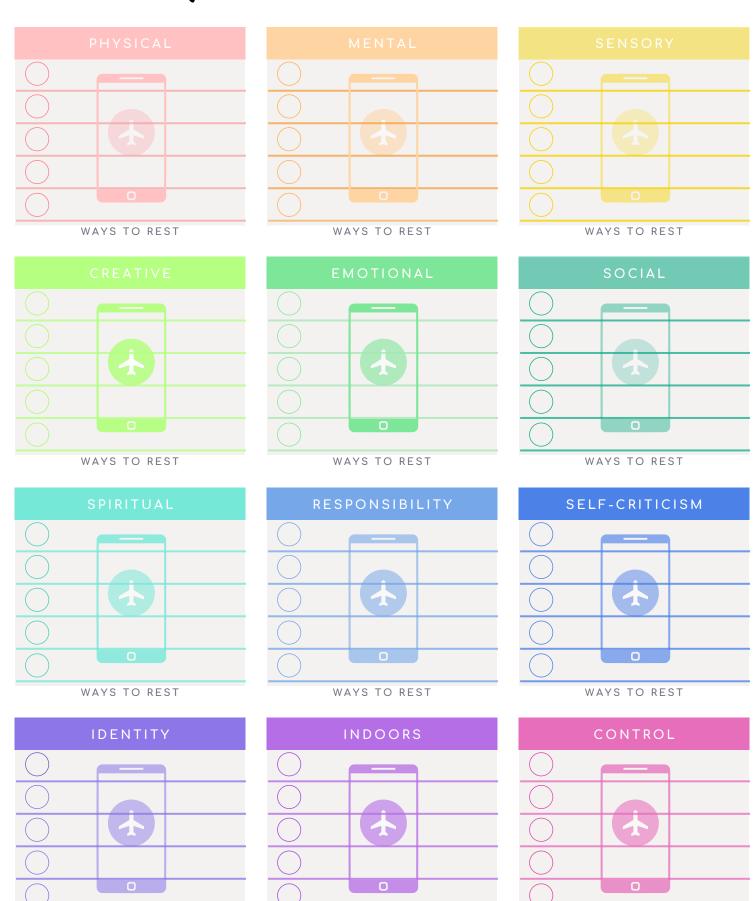








Airplane Mode REST



WAYS TO REST

WAYS TO REST

WAYS TO REST

Flamingo BINGO

LEAP: LEAP: LEAP: OUTCOME: OUTCOME: OUTCOME: WHAT DID/I LEARN? WHAT DID/I LEARN? WHAT DID/I LEARN? WHAT NEW STRENGTH DID I WHAT NEW STRENGTH DID I WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? DISCOVER ABOUT MYSELF? DISCOVER ABOUT MYSELF? LEAP: LEAP: LEAP: OUTCOME: OUTCOME: OUTCOME: WHAT DID I LEARN? WHAT DID I LEARN? WHAT DID I LEARN? WHAT NEW STRENGTH DID I WHAT NEW STRENGTH DID I WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? DISCOVER ABOUT MYSELF? DISCOVER ABOUT MYSELF? LEAP: LEAP: LEAP: OUTCOME OUTCOME OUTCOME WHAT DID/ LEARN? WHAT DID/ LEARN? WHAT DID/ LEARN? WHAT NEW STRENGTH DID I WHAT NEW STRENGTH DID I WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF? DISCOVER ABOUT MYSELF? DISCOVER ABOUT MYSELF? OUTCOME: OUTCOME: OUTCOME:

WHAT DID/ LEARN?

WHAT NEW STRENGTH DID I

DISCOVER ABOUT MYSELF?

WHAT NEW STRENGTH DID I

DISCOVER ABOUT MYSELF?

WHAT DID/ LEARN?

WHAT DID/I LEARN?

WHAT NEW STRENGTH DID I

DISCOVER ABOUT MYSELF?

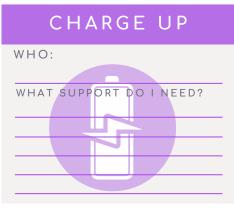
Charging STATION



















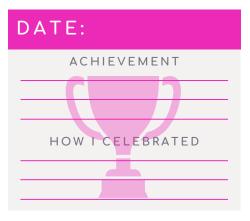






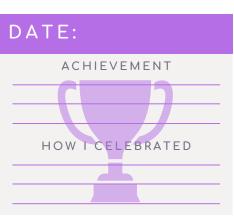
Compagne CELEBRATIONS

























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?

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?

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 INTEGRITY

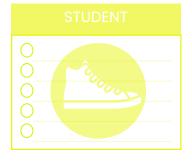




















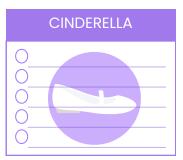












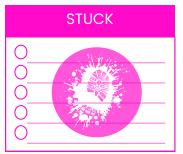
















Words that Litte Reflection



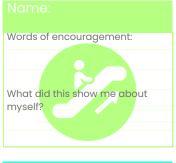












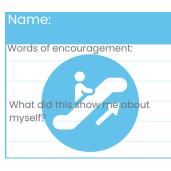






















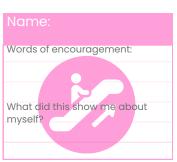






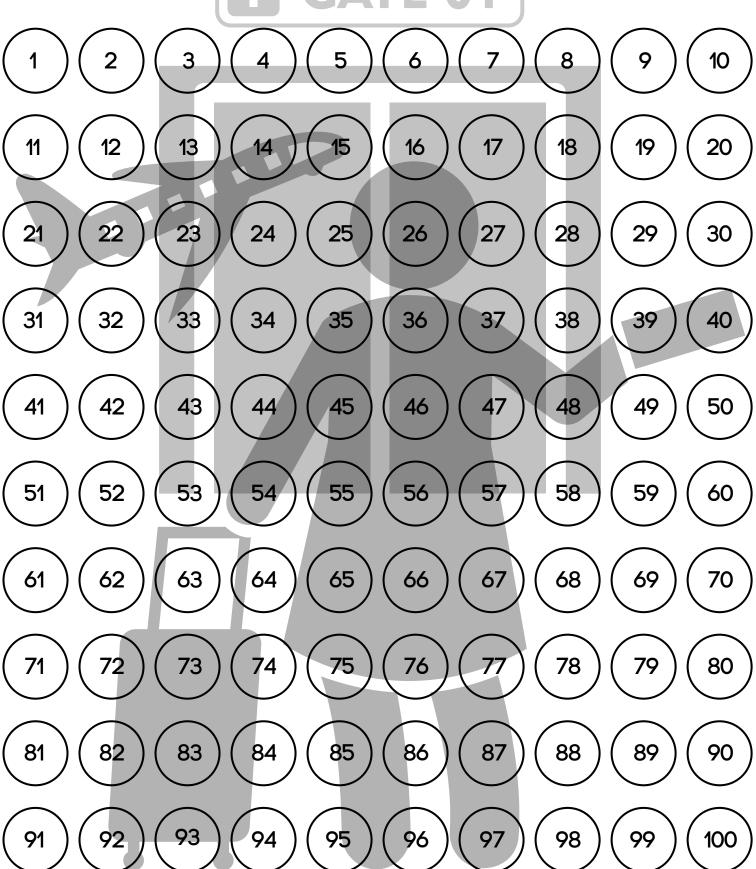






Gale Closed SAY NO

GATE 01

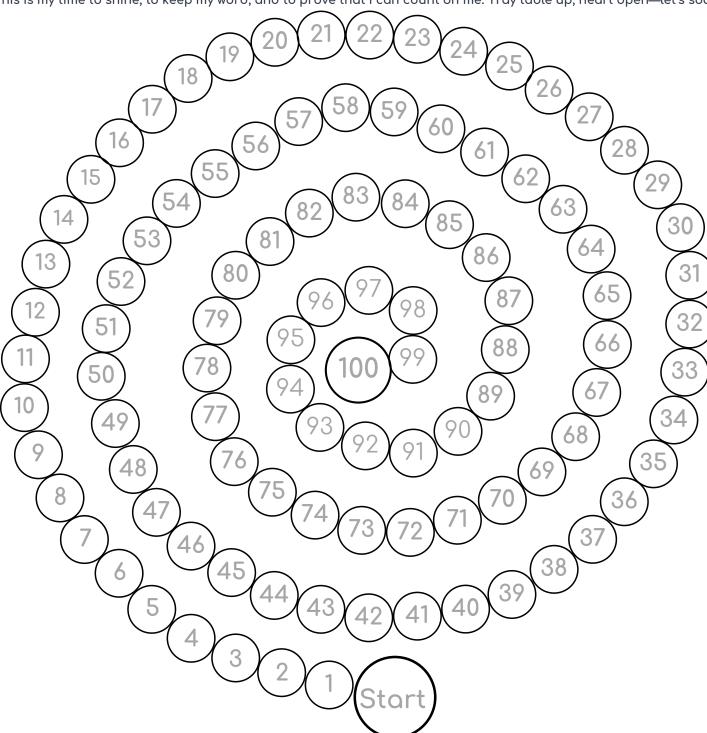


100 Days CHALLENGE

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

My ρromise 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 o	of staying true to myself on:			
I will Celebrate by :				

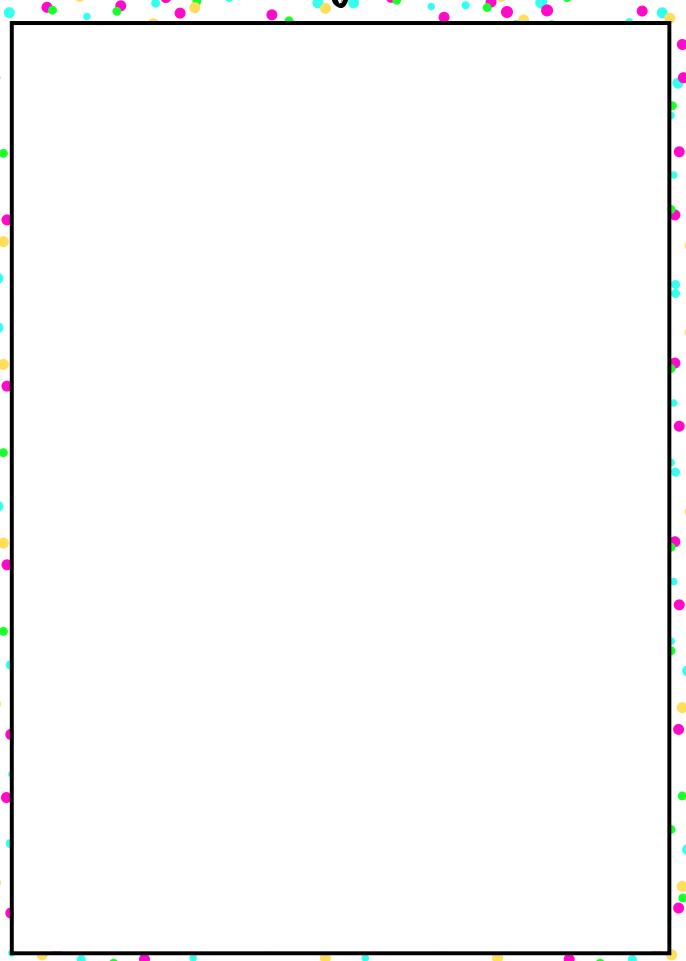
This is my time to shine, to keep my word, and to prove that I can count on me. Tray table up, heart open—let's soar!



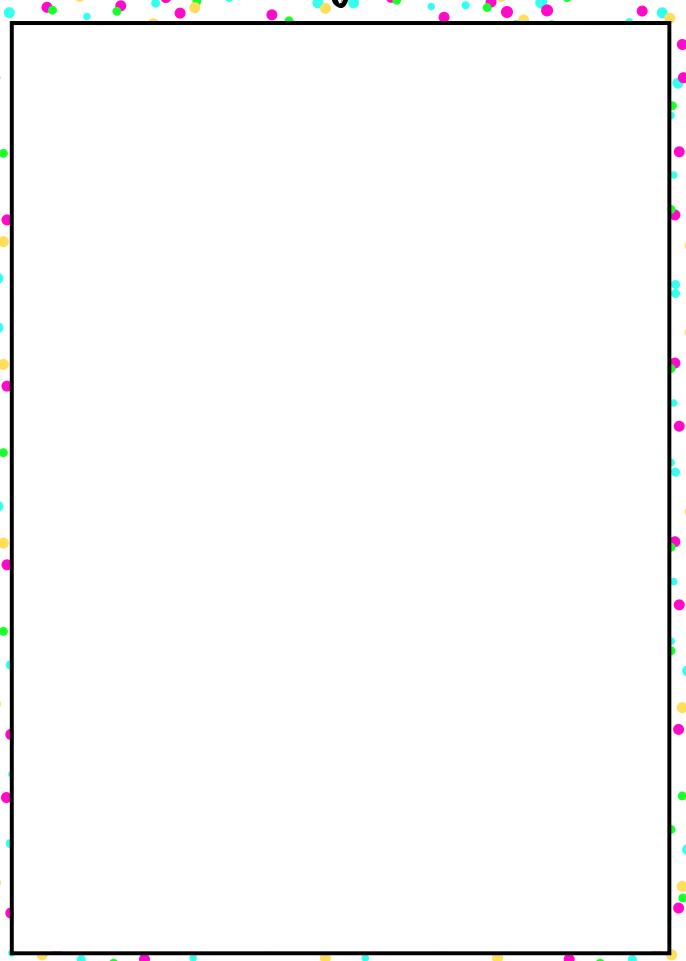
lets get social

	f	(O)	(P)	y	in		t
JANUARY							
FEBRUARY							
MARCH							
APRIL							
MAY							
JUNE							
JULY							
AUGUST							
SEPTEMBER							
OCTOBER							
NOVEMBER							
DECEMBER							

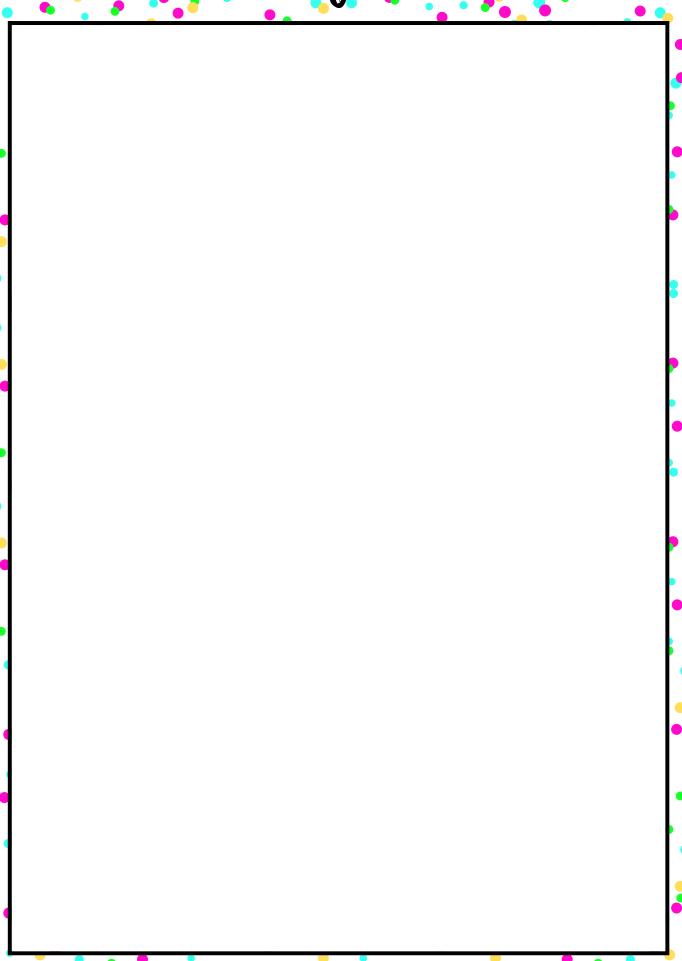




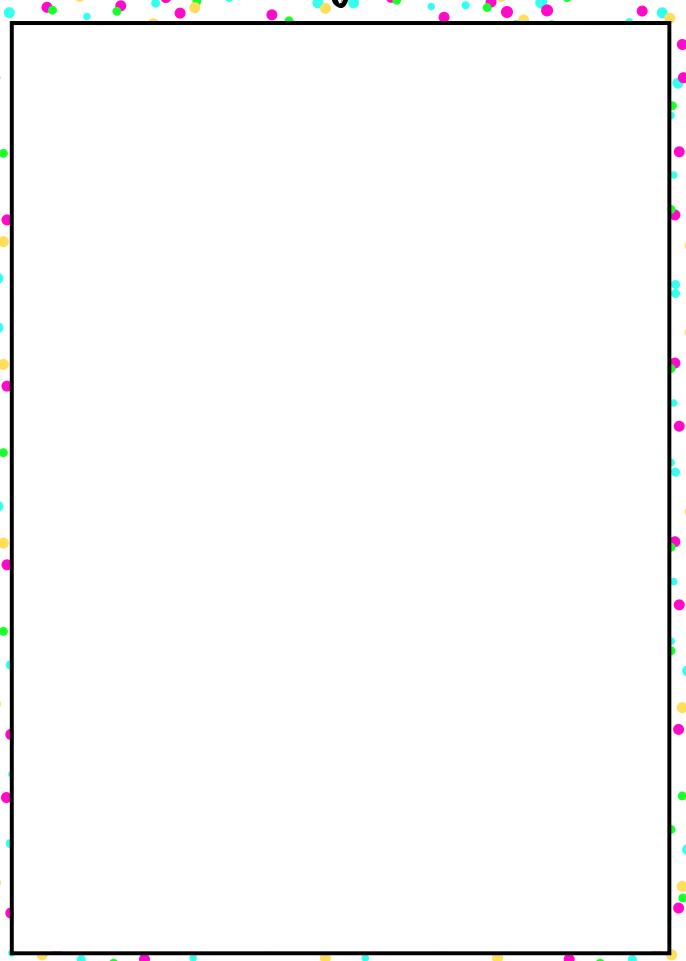




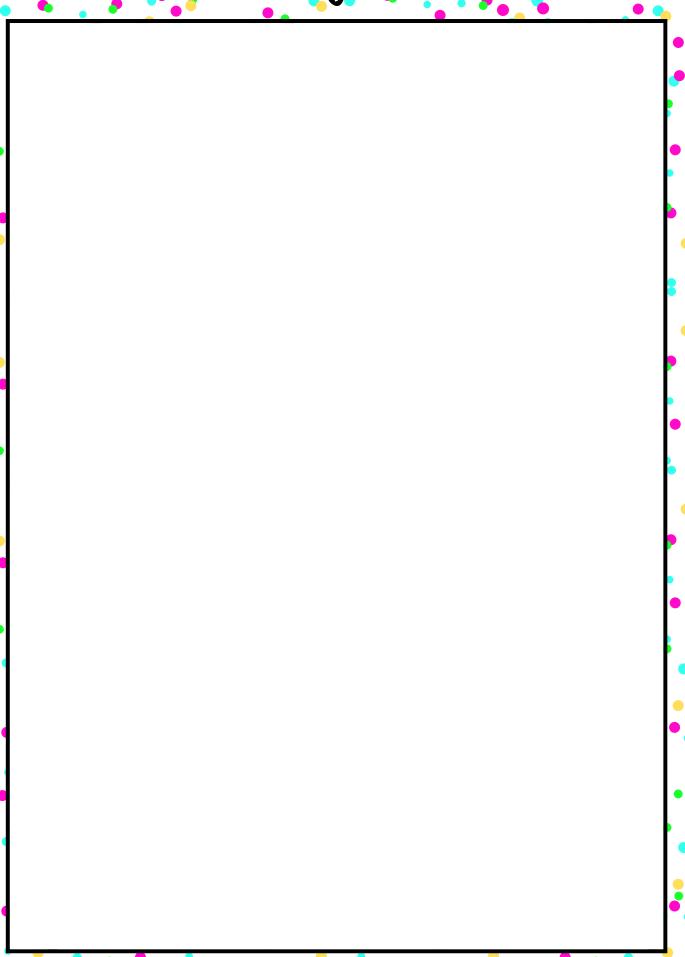




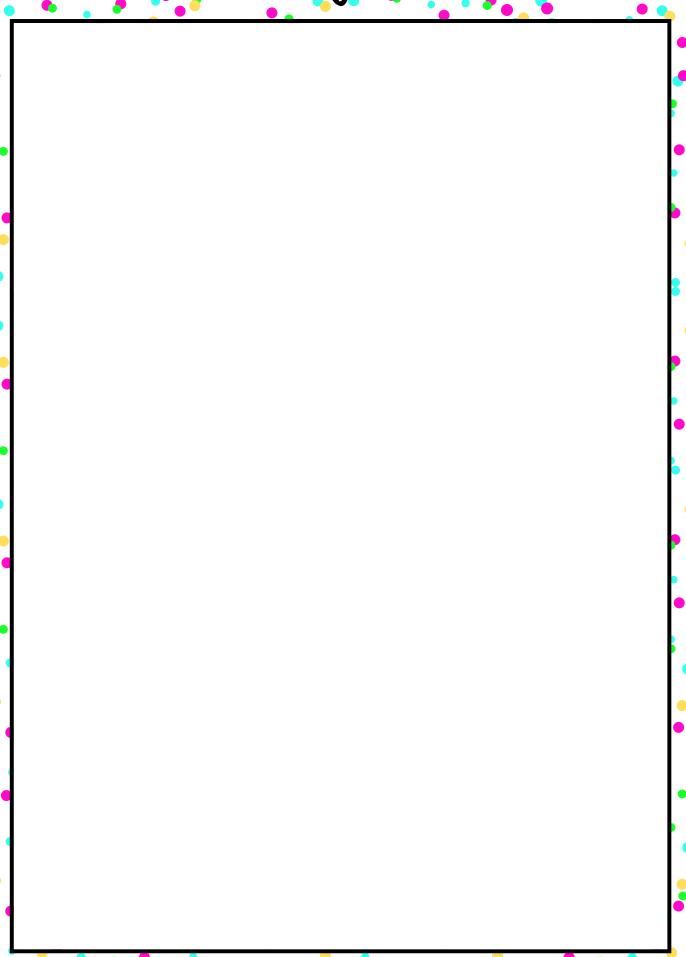




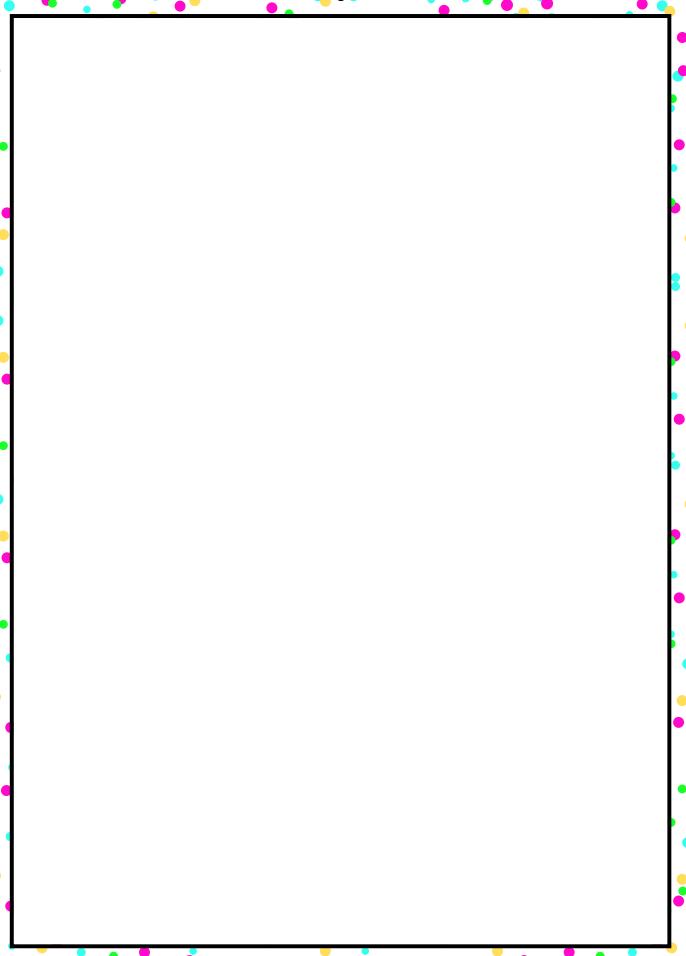




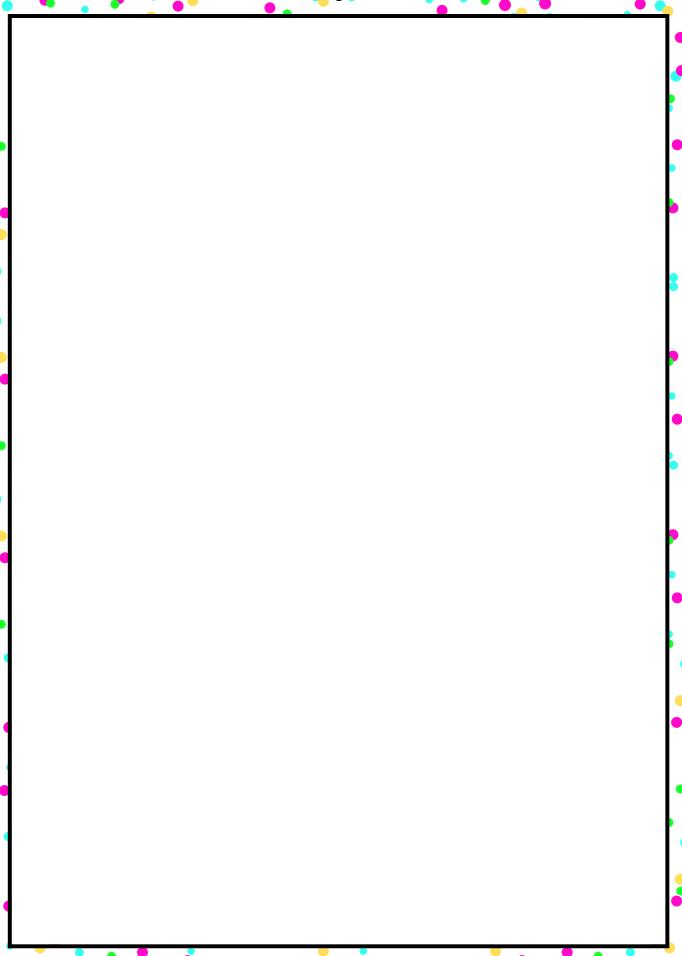


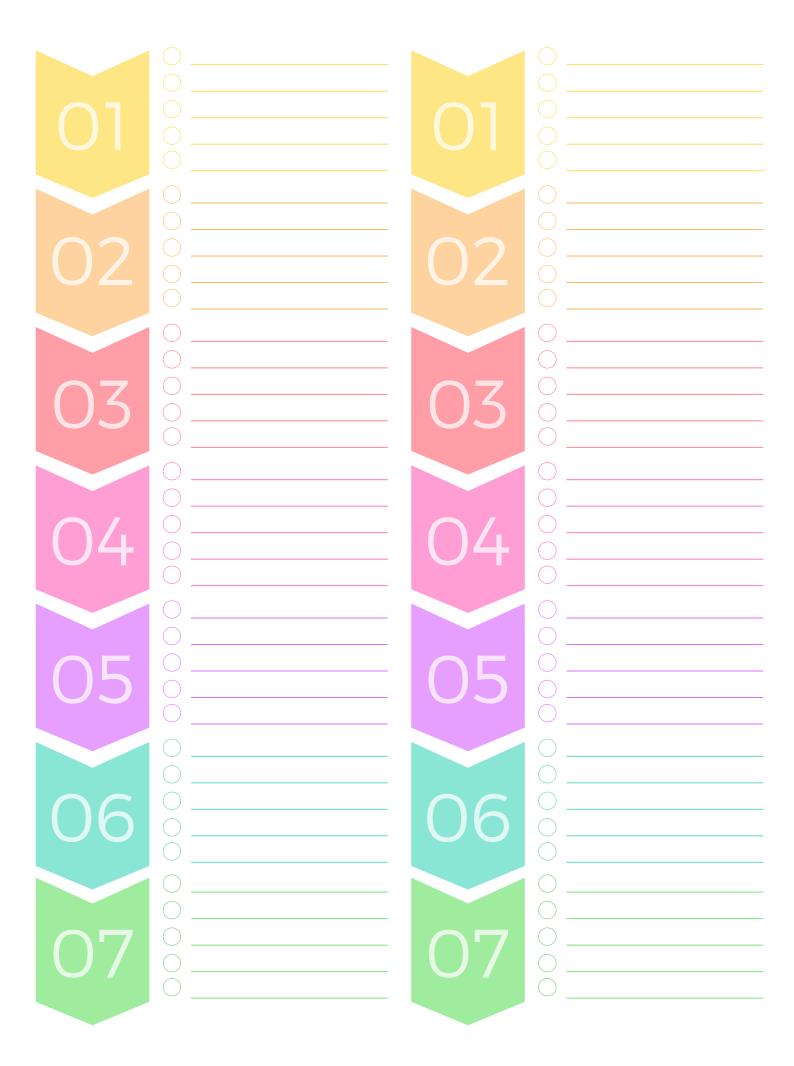


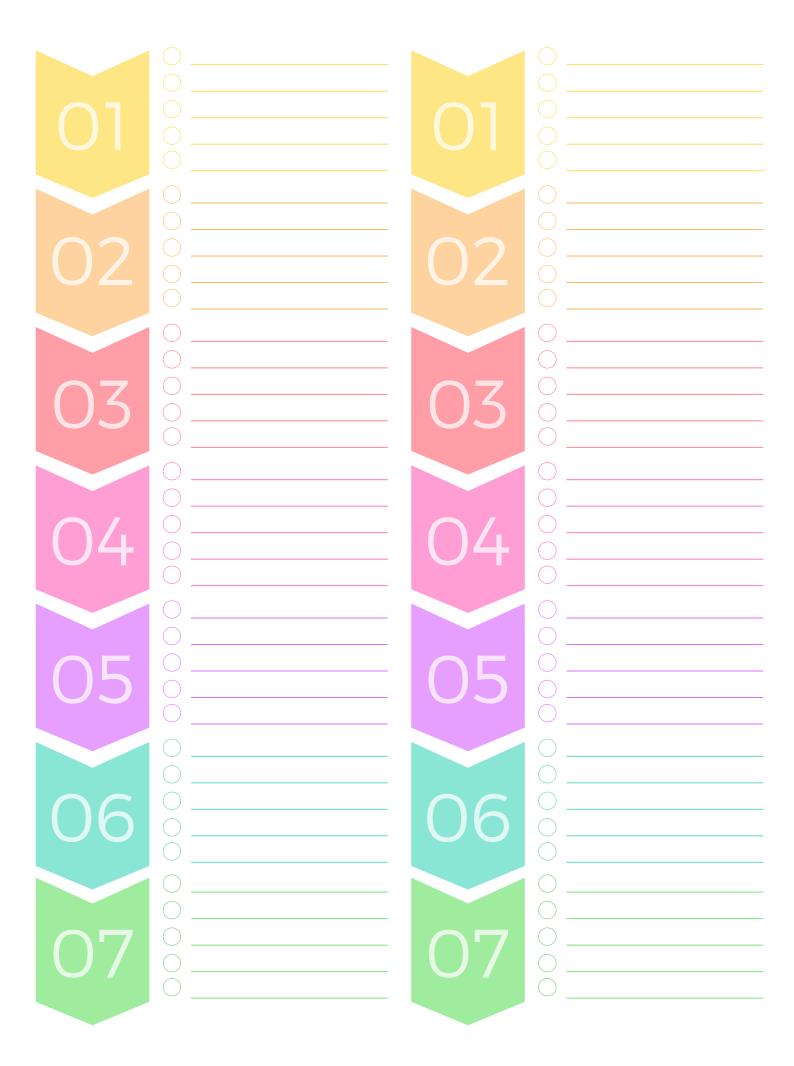


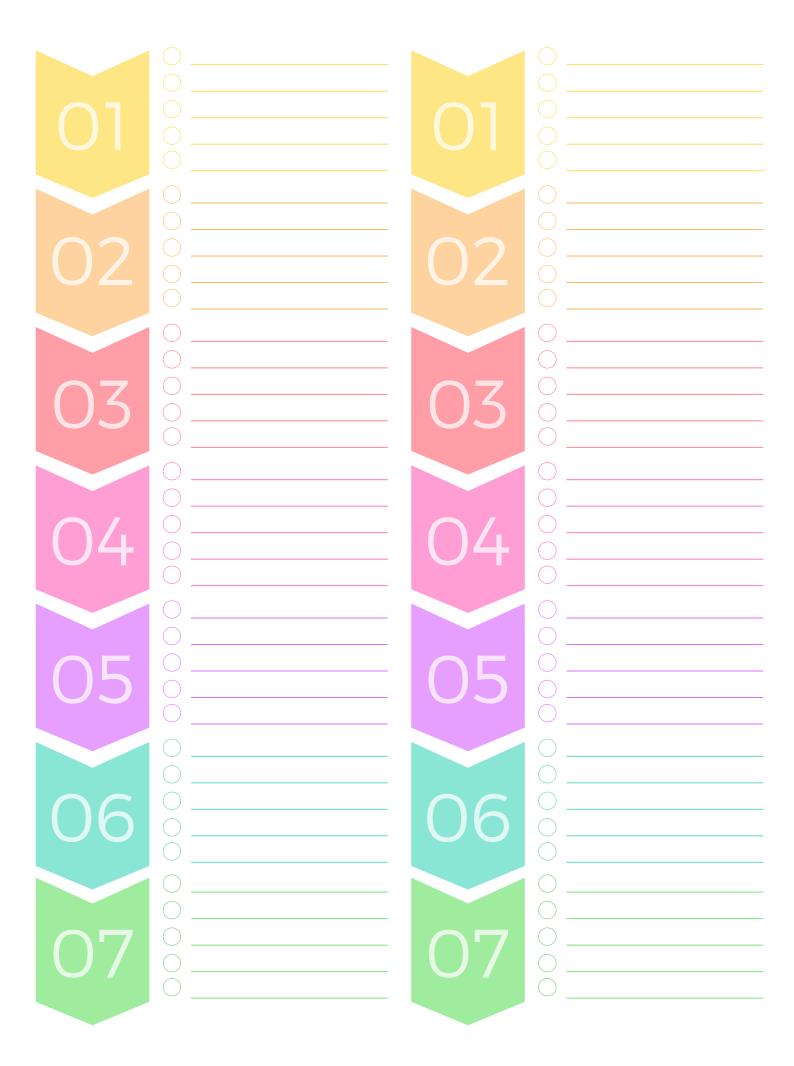


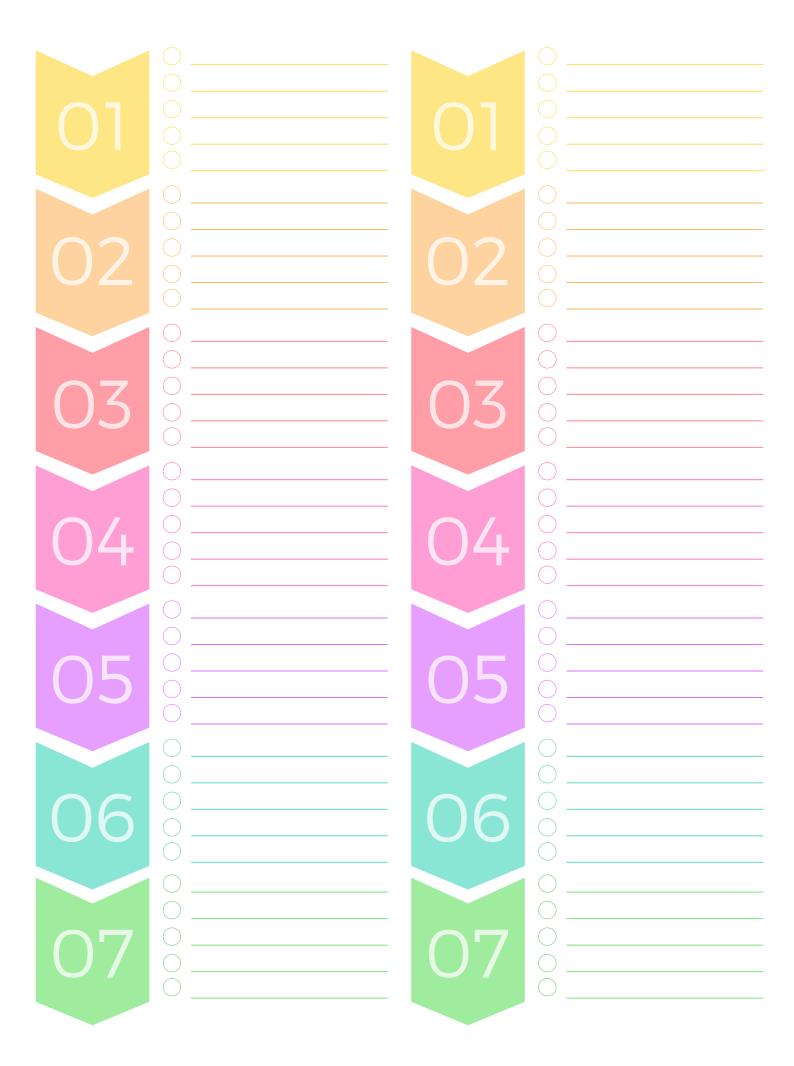


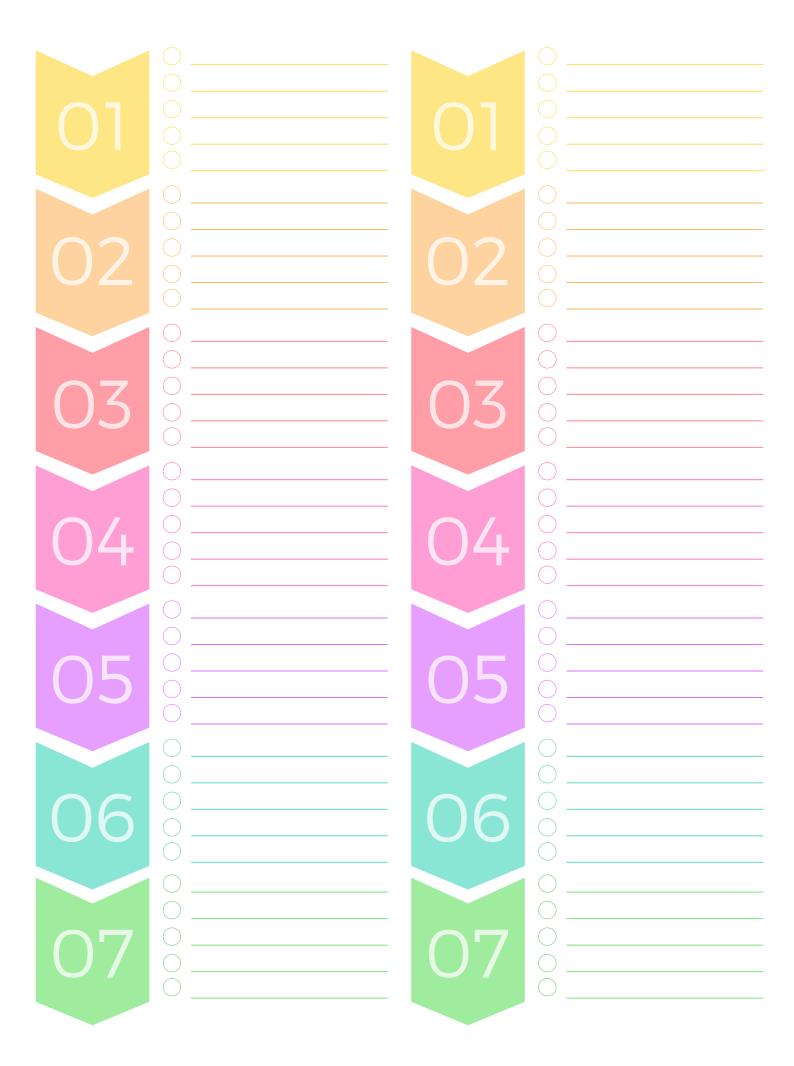


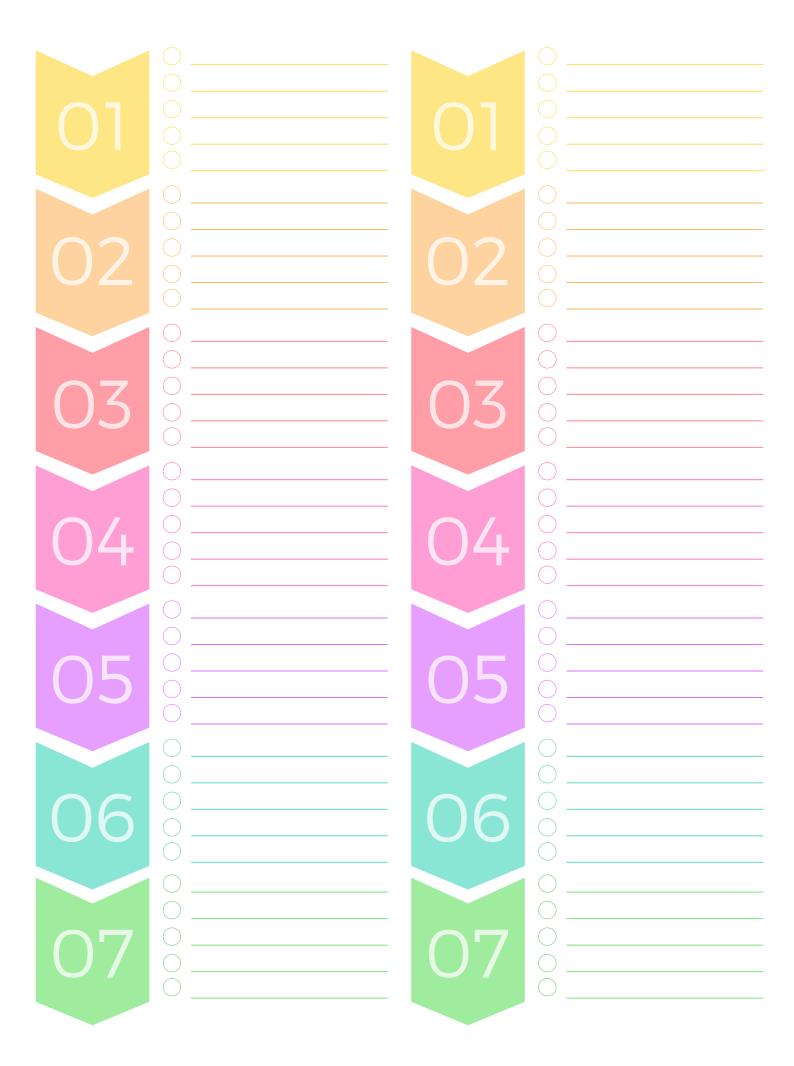


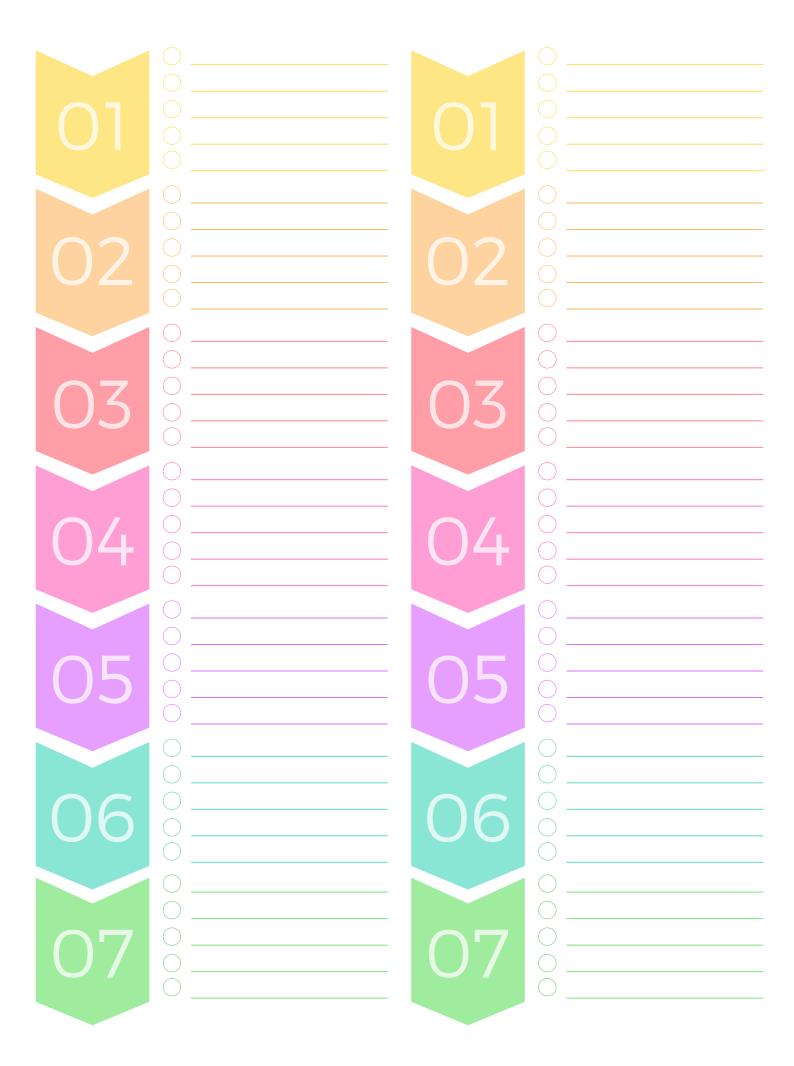


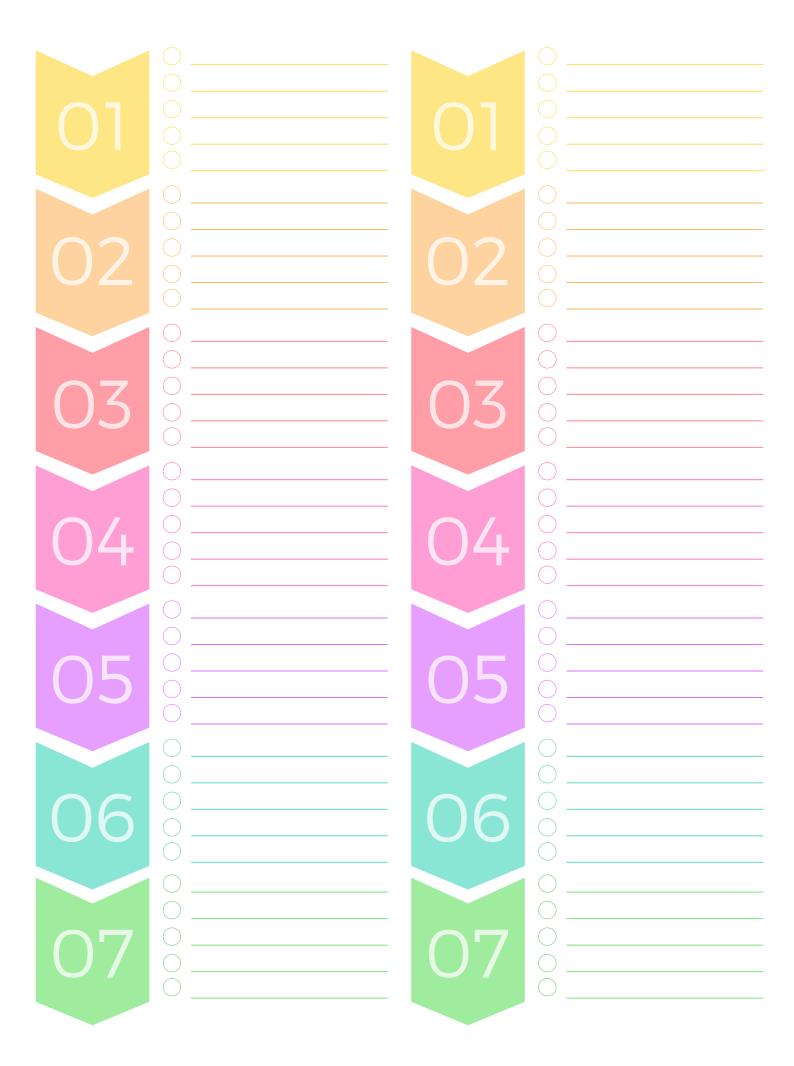






















Minning Streak

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

Minning Strenk

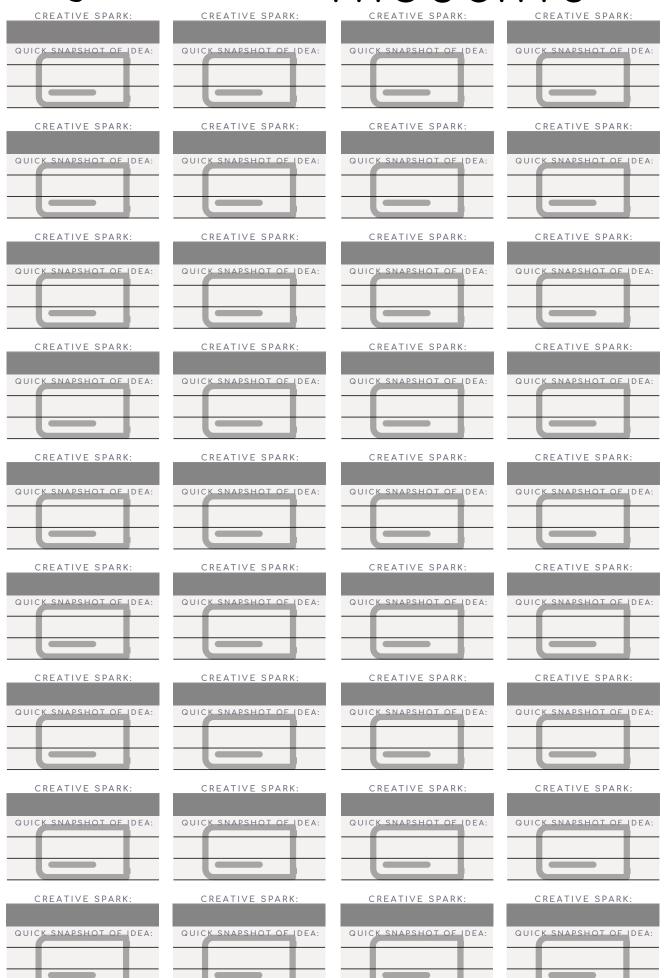
APR	MAY	JUN		
1	1	1		
2	2	2		
3	3	3		
4	4	4		
5	5	5		
6	6	6		
7	7	7		
8	8	8		
9	9	9		
10	10	10		
11	11	11		
12	12	12		
13	13	13		
14	14	14		
15	15	15		
16	16	16		
17	17	17		
18	18	18		
19	19	19		
20	20	20		
21	21	21		
22	22	22		
23	23	23		
24	24	24		
25	25	25		
26	26	26		
27	27	27		
28	28	28		
29	29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

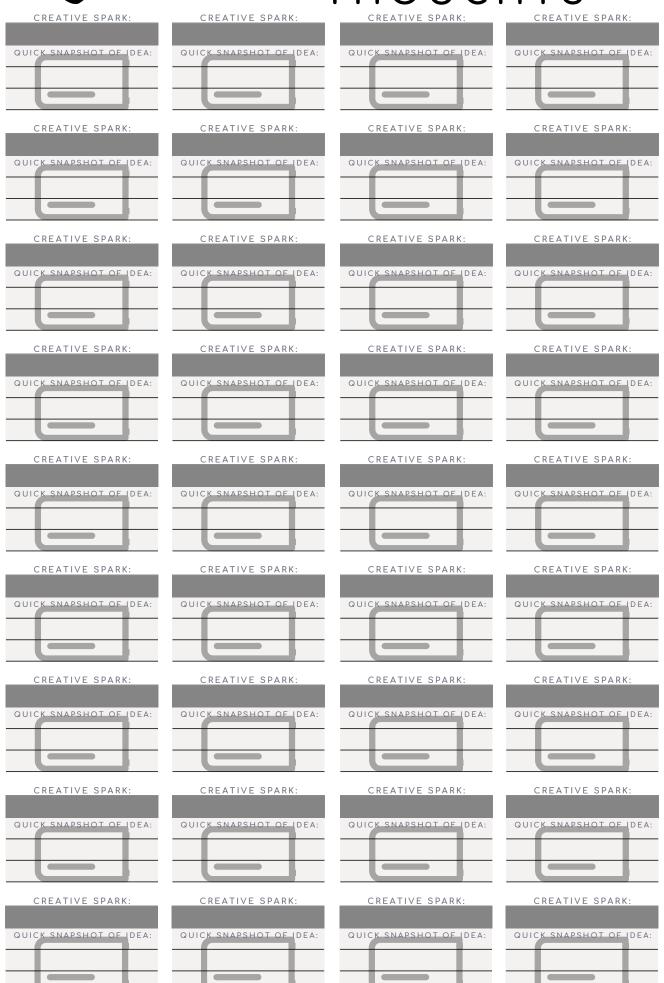
Minning Streak

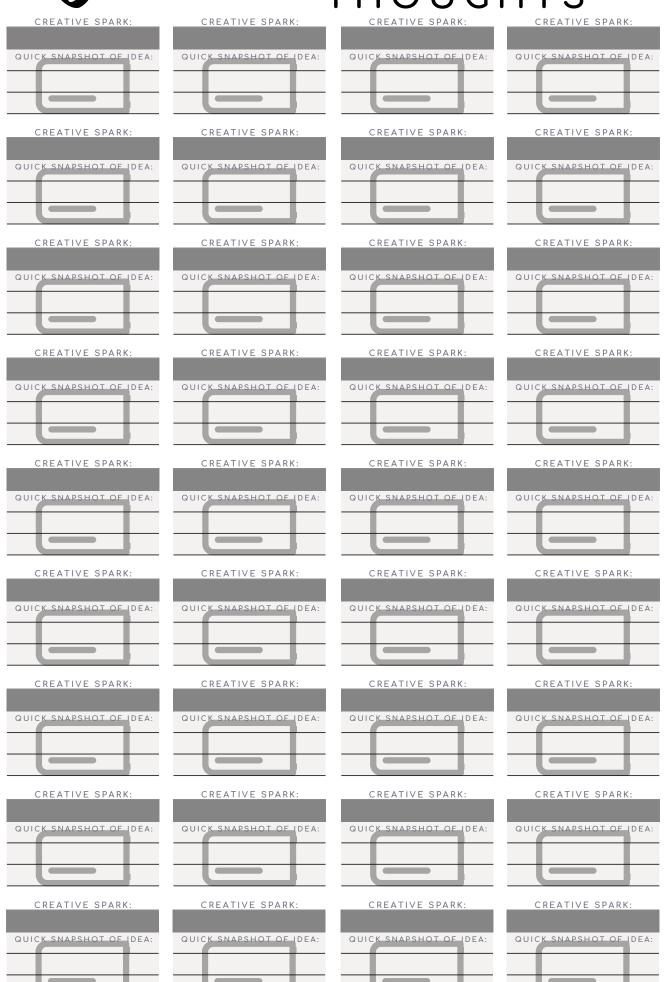
JUL	AUG	SEP		
1	1	1		
2	2	2		
3	3	3		
4	4	4		
5	5	5		
6	6	6		
7	7	7		
8	8	8		
9	9	9		
10	10	10		
11	11	11		
12	12	12		
13	13	13		
14	14	14		
15	15	15		
16	16	16		
17	17	17		
18	18	18		
19	19	19		
20	20	20		
21	21	21		
22	22	22		
23	23	23		
24	24	24		
25	25	25		
26	26	26		
27	27	27		
28	28	28		
29	29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

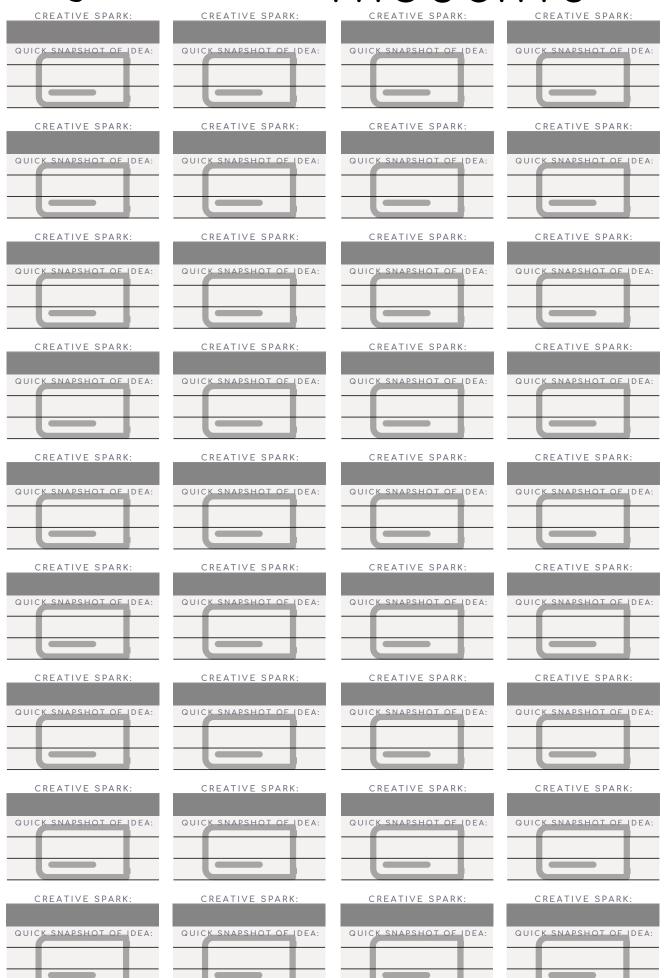
Minning Streak

1 1 1 2 2 2 3 2 3 4 4 4 5 6 6 6 6 6 7 7 7 8 8 8 9 9 9 10 10 10 11 11 11 12 12 12 13 13 18 14 14 14 15 16 16 16 16 16 17 41 17 19 49 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	OCT	NOV	DEC		
3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 11 11 12 12 13 13 14 14 15 15 16 16 17 17 18 19 19 19 20 20 21 21 22 22 23 23 24 24 25 23 24 24 25 25 26 26 27 27 28 28 29 29 29 29 29 29 29 29 20 20	1	1	1		
4 4 4 5 6 6 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 0 19 20 20 20 21 21 21 22 22 22 23 23 23 24 24 24 26 76 26 27 27 27 28 28 28 29 29 29 30 30 30	2	2	2		
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 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	3	3	3		
6 6 7 7 8 8 9 9 10 10 11 11 12 12 13 13 13 13 14 14 15 15 16 16 17 17 18 18 19 19 20 20 21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 20 30	4	4	4		
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	5	5	5		
8 8 9 9 10 10 11 11 12 12 13 13 14 14 15 15 16 16 17 17 18 18 19 19 20 20 21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30	6		6		
8 8 9 9 10 10 11 11 12 12 13 13 14 14 15 15 16 16 17 17 18 18 19 20 21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30	7	7	7		
10 10 11 11 12 12 13 13 14 14 15 15 16 16 17 17 18 18 19 19 20 20 21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30	8	8			
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	9	9	9		
12 12 13 13 14 14 15 15 16 16 17 17 18 18 19 19 20 20 21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30	10	10	10		
13 13 13 14 14 14 15 15 15 16 16 16 17 17 17 18 18 18 19 40 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	11	11	11		
14 14 14 15 15 15 16 16 16 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	12	12	12		
15 16 16 16 16 16 17 17 18 18 18 18 19 10 19 19 20 20 20 20 21 21 21 21 22 22 22 22 23 23 23 23 24 24 24 24 25 25 25 25 26 26 26 26 27 27 27 27 28 28 28 28 29 29 29 30 30 30 30 30	13	13	13		
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	14	14	14		
17 17 18 18 19 19 20 20 21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30	15	15	15		
18 18 19 19 20 20 21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30 30 30	16	16	16		
19 19 20 20 21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30 30 30	17	17			
20 20 21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30	18	18	18		
21 21 22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30	19	19	19		
22 22 23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30	20	20	20		
23 23 24 24 25 25 26 26 27 27 28 28 29 29 30 30	21	21	21		
24 24 25 25 26 26 27 27 28 28 29 29 30 30		22			
25 25 26 26 27 27 28 28 29 29 30 30	23	23	23		
26 26 27 27 28 28 29 29 30 30	24	24	24		
27 27 28 28 29 29 30 30 30 30	25	25	25		
28 28 29 29 30 30 30 30	26	26	26		
29 29 29 30 30 30	27	27	27		
30 30 30	28	28	28		
	29	29	29		
31 31	30	30			
	31		31		

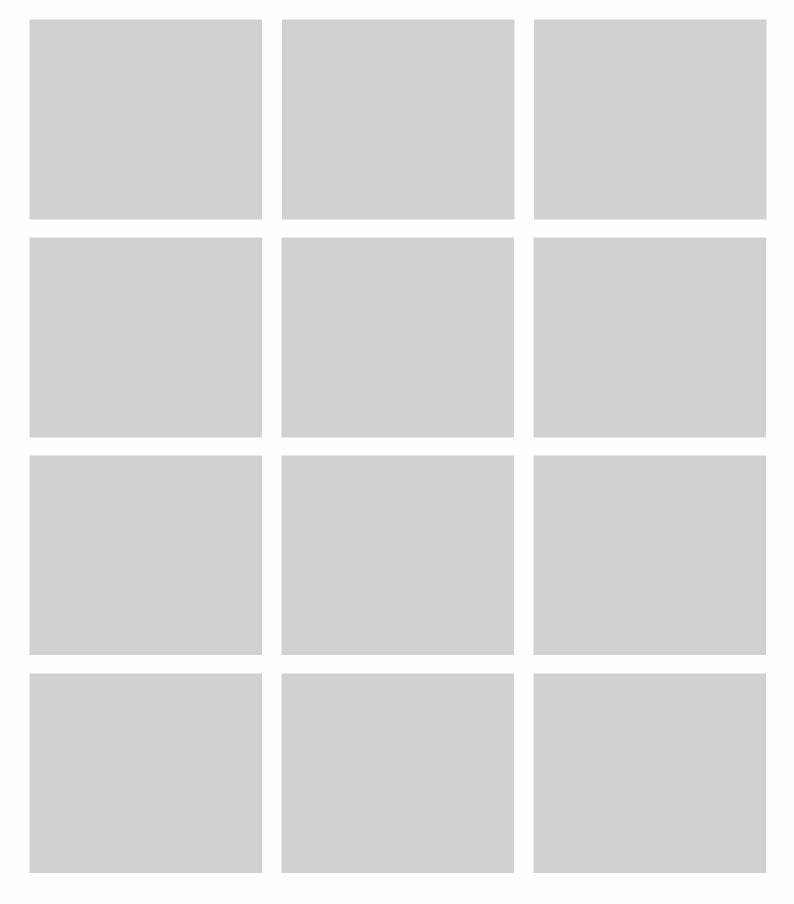




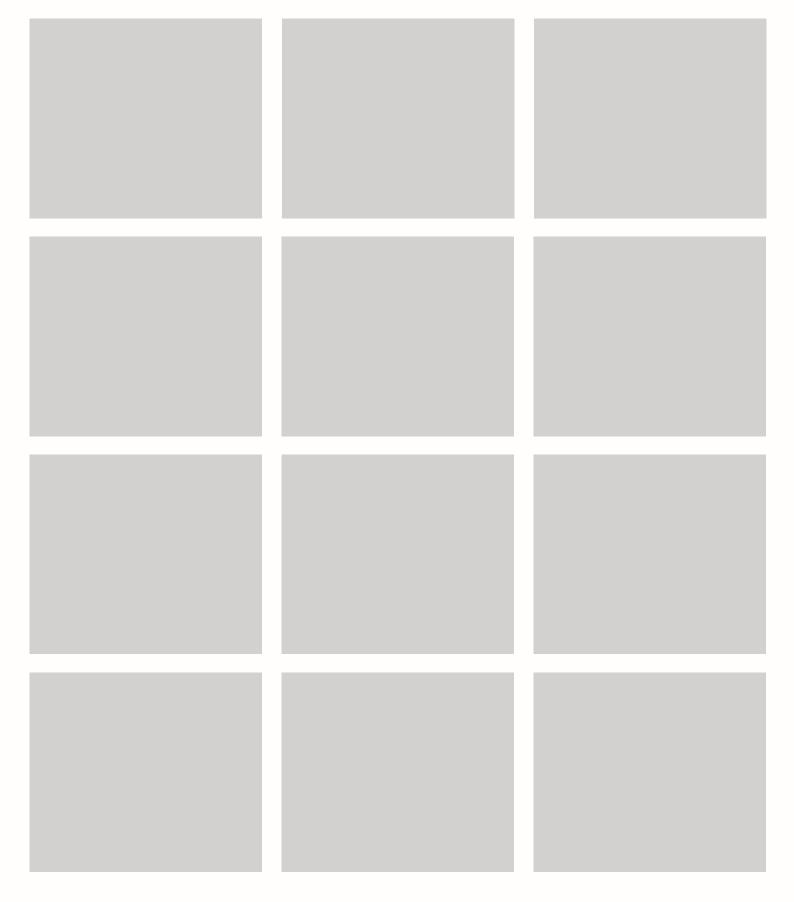




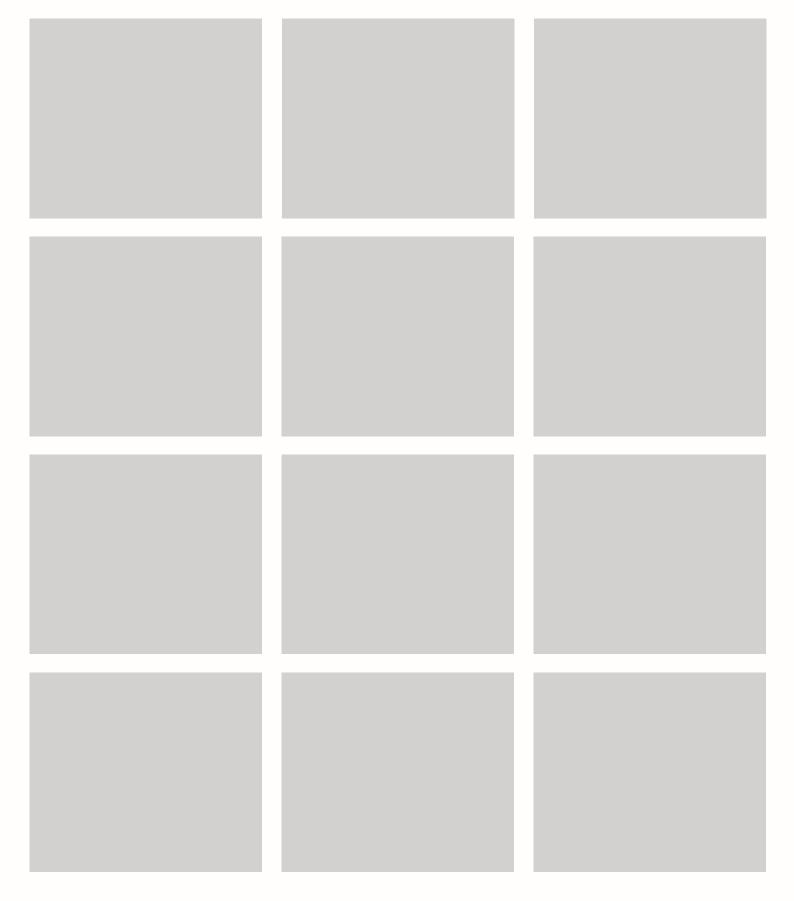




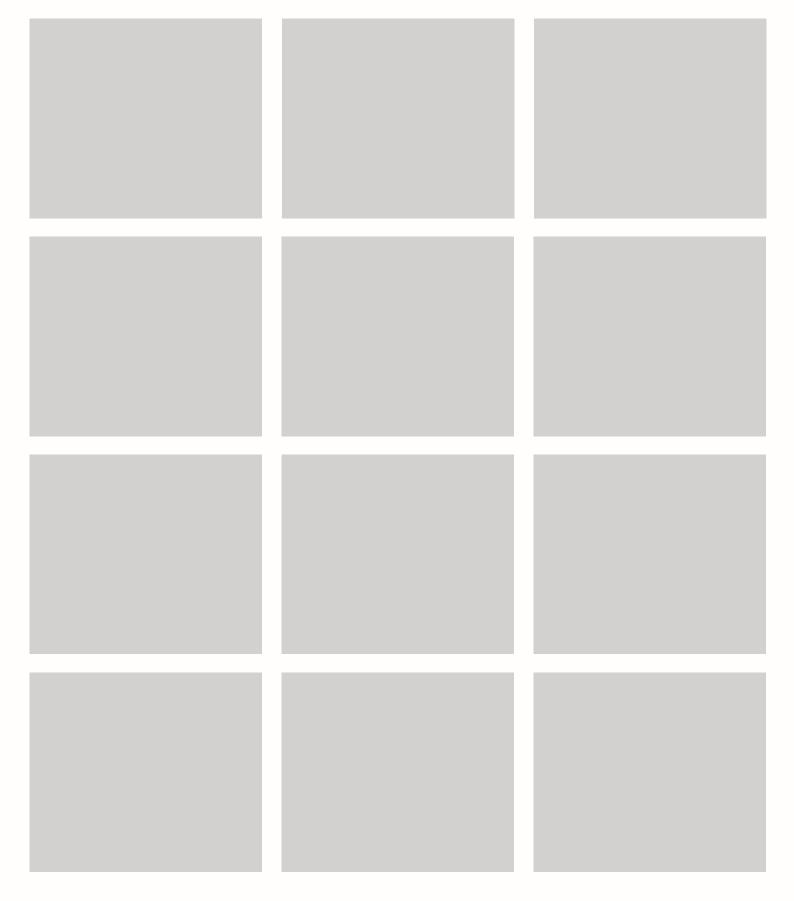












Ming/S_{SUPPORT}

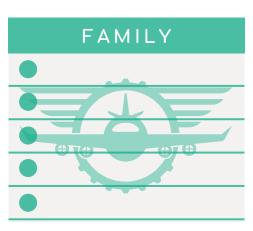






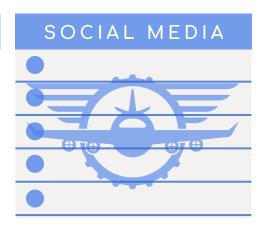


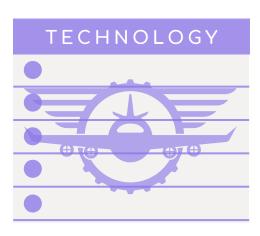


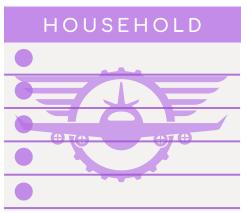


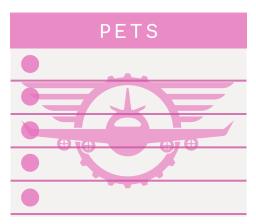


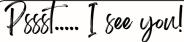












I know how this usually goes. You make the plan. Dream big. Try to be your "highest self."

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.

Welcome Home. Let the journey begin.