

THE IT

PLANNER

The Planner for Perfectionist and Procrastinators.

January 2026- December 2026

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 2026- December 2026

Created by Cris Somers



Cheers to 2026, 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 Practitioner.

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 © 2022-2026 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 2026: _____

Yearly OUTLOOK

2026

JANUARY

S	M	T	W	T	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

FEBRUARY

S	M	T	W	T	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

MARCH

S	M	T	W	T	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				

APRIL

S	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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		

2027

JANUARY

S	M	T	W	T	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						

FEBRUARY

S	M	T	W	T	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						

MARCH

S	M	T	W	T	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			

APRIL

S	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	M	T	W	T	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	

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

01

02

03

04

05

06

07

Clear for TAKEOFF

Departures

↑  Departures

○ _____

○ _____

○ _____

○ _____

○ _____

Terminals

01

Runway



↑  Departures

○ _____

○ _____

○ _____

○ _____

○ _____

02



↑  Departures

○ _____

○ _____

○ _____

○ _____

○ _____

03



↑  Departures

○ _____

○ _____

○ _____

○ _____

○ _____

04



↑  Departures

○ _____

○ _____

○ _____

○ _____

○ _____

05



↑  Departures

○ _____

○ _____

○ _____

○ _____

○ _____

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	
						
						
						
						
						
						
						
						
						
						

Quarter 1

AT A GLANCE

JAN
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

FEB
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

MAR
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

Quarter 2

AT A GLANCE

APR

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

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 

JUN

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 

Quarter 3

AT A GLANCE

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	

☿ mercury retrograde ● full moon ○ new moon 🌸 4th of July 🍁 Fall Equinox

Quarter 4

AT A GLANCE

OCT

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  

NOV

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

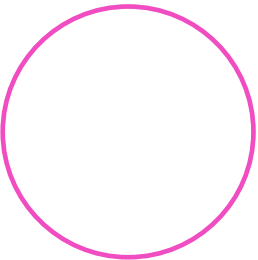
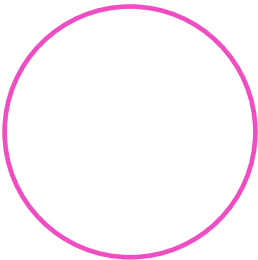
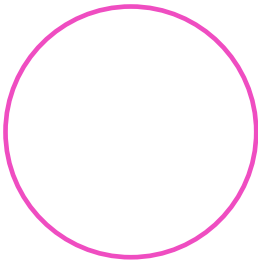
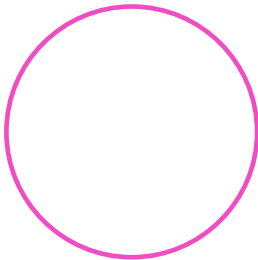
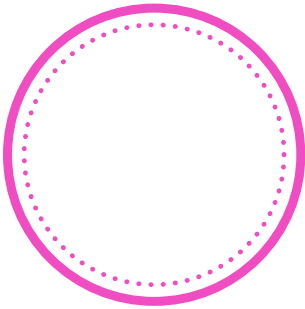
DEC

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 

2026 Business Goals

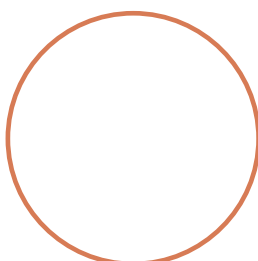
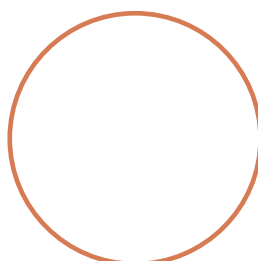
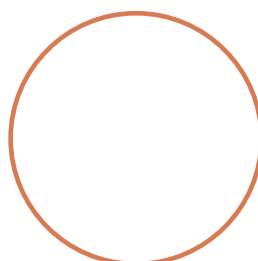
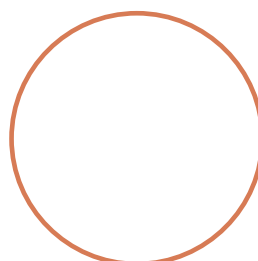
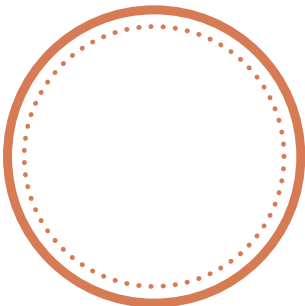
Phase 1 January 1- March 30

Focus

				
--	---	---	--	---

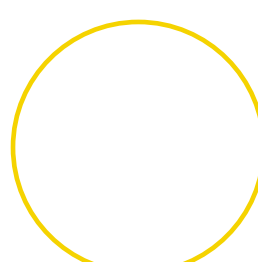
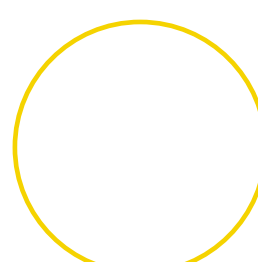
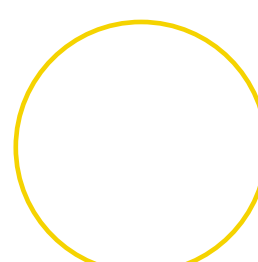
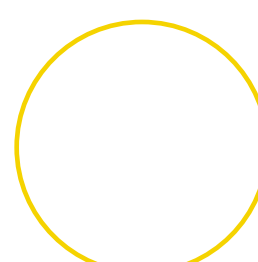
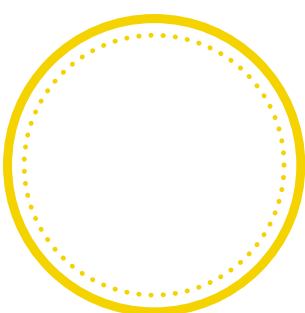
Phase 2 April 1- June 30

Focus

				
---	--	--	---	--

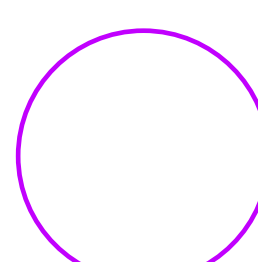
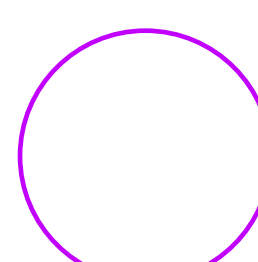
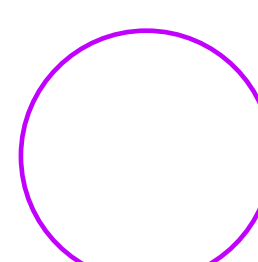
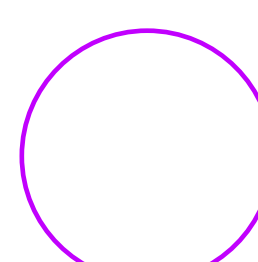
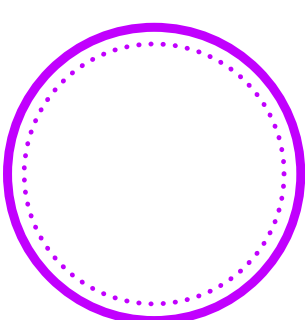
Phase 3 July 1- September 30

Focus

				
--	---	---	--	---

Phase 4 October 1-December 31

Focus

				
--	---	---	--	---

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

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Kids

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Pets

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Relationships

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Family

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Friendships

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

House Keeping



Vehicles

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Electronics

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Finances

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Business

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Projects

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Charity

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

House Keeping



My Room

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Kitchen

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Family Room

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Living Room

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Bathrooms

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Front Yard

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

House Keeping



Backyard

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Laundry Room

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Kids Room

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Guest Room

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Office

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Garage

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

House Keeping



Books

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Courses

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Movies

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Adventures

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Recipes

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Hobbies

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

House Keeping



Fears to Face

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Karma

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Bucket List

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Body

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Skills/Interests

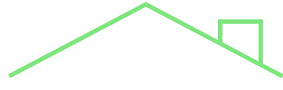
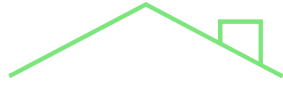
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Spiritual

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

House Keeping

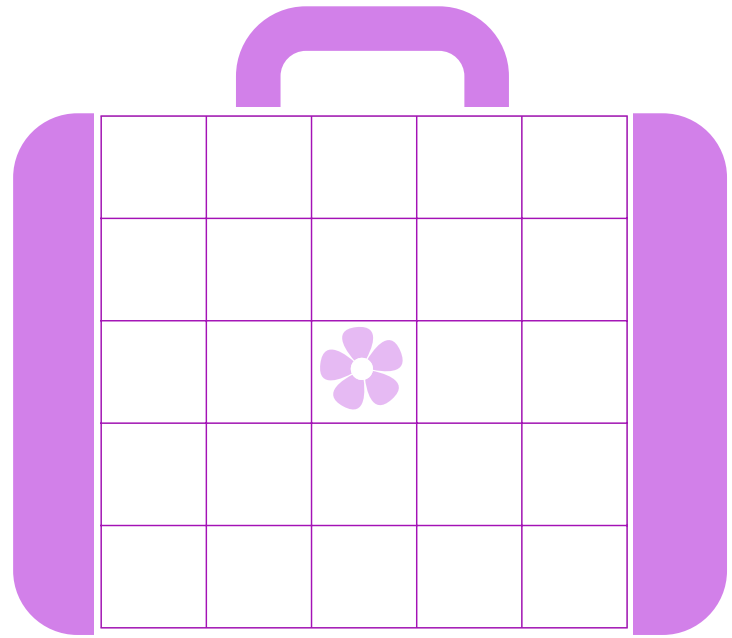
[illegible][illegible][illegible][illegible][illegible][illegible]

Adventure Awaits

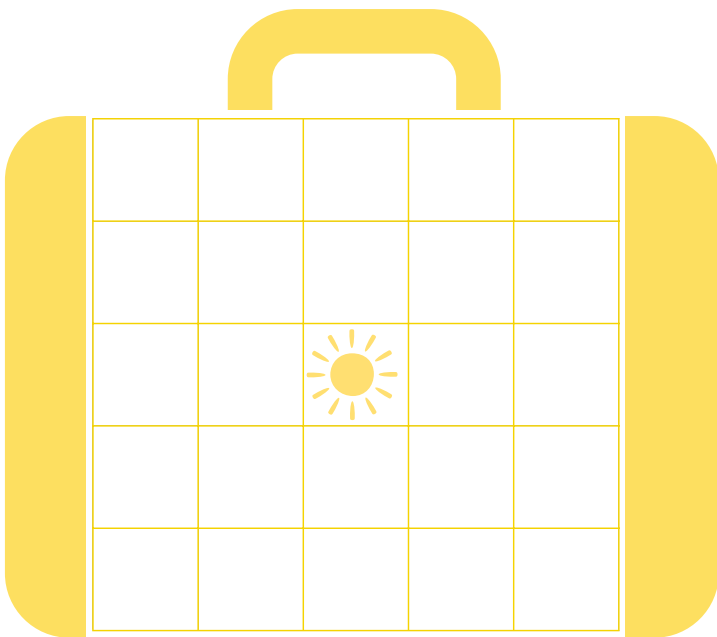
SEASONAL FUN



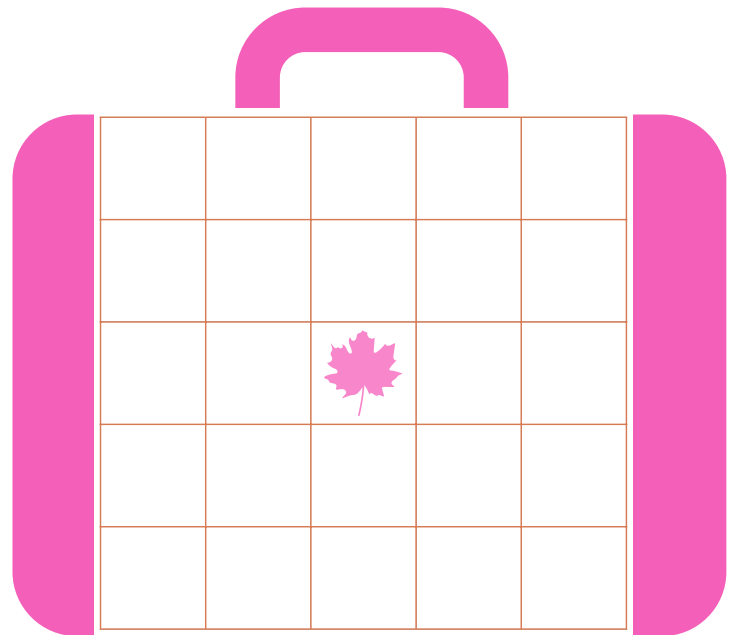
WINTER



SPRING



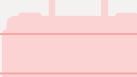
SUMMER



FALL

Excess BAGGAGE

I CHOOSE TO LET GO OF:

A pink suitcase icon with a handle and wheels, centered on a background of horizontal pink lines.

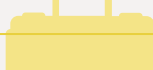
TO MAKE ROOM FOR:

I CHOOSE TO LET GO OF:



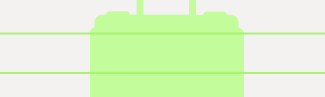
TO MAKE ROOM FOR:

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

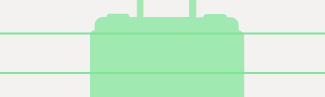
I CHOOSE TO LET GO OF:



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:

A pink suitcase icon with a handle and wheels, positioned in the center of the page. The text "TO MAKE ROOM FOR:" is written in a dark blue, sans-serif font across the middle of the suitcase. The background is a light pink color with horizontal lines.

TO MAKE ROOM FOR:

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

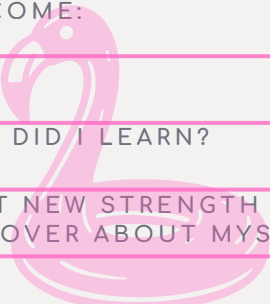
Flamingo BINGO

LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?

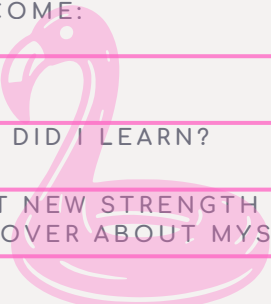


LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?

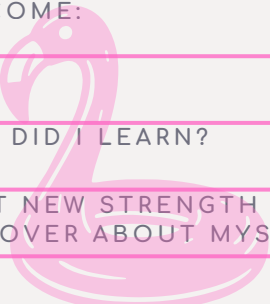


LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

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?

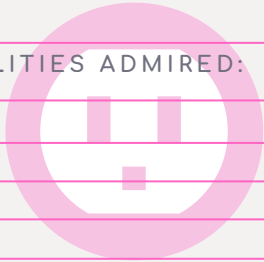


Charging STATION

PLUG INTO

NAME:

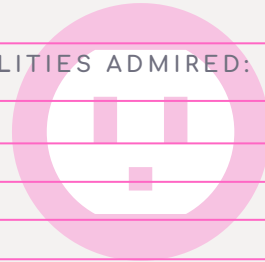
QUALITIES ADMIRERD:



PLUG INTO

NAME:

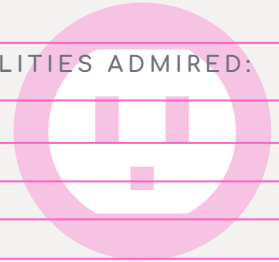
QUALITIES ADMIRERD:



PLUG INTO

NAME:

QUALITIES ADMIRERD:



CHARGE UP

WHO:

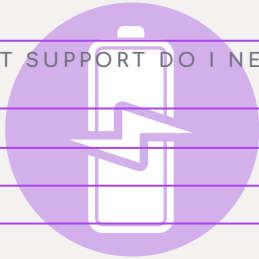
WHAT SUPPORT DO I NEED?



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:

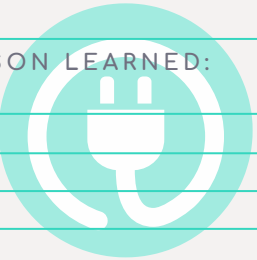
WHAT AM I AVOIDING?



UNPLUG

I CHOOSE TO LET GO OF:

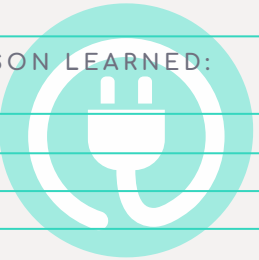
LESSON LEARNED:



UNPLUG

I CHOOSE TO LET GO OF:

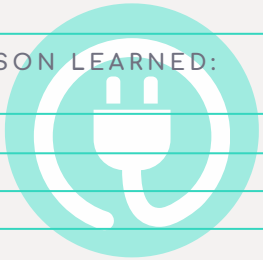
LESSON LEARNED:



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:

ACHIEVEMENT

HOW I CELEBRATED



DATE:

ACHIEVEMENT

HOW I CELEBRATED



DATE:

ACHIEVEMENT

HOW I CELEBRATED



DATE:

ACHIEVEMENT

HOW I CELEBRATED



DATE:

ACHIEVEMENT

HOW I CELEBRATED



DATE:

ACHIEVEMENT

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

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

SELF

○
○
○
○
○
○



COMFORT ZONE

○
○
○
○
○
○



INTEGRITY

○
○
○
○
○
○



ADULTING

○
○
○
○
○
○



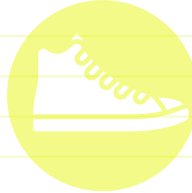
CEO

○
○
○
○
○
○



STUDENT

○
○
○
○
○
○



NURTURER

○
○
○
○
○
○



CARETAKER

○
○
○
○
○
○



CONNECTING

○
○
○
○
○
○



BUILDING

○
○
○
○
○
○



SUPPORTING

○
○
○
○
○
○



RISKTAKER

○
○
○
○
○
○



FIREFIGHTING

○
○
○
○
○
○



BOUNDARIES

○
○
○
○
○
○



CELEBRATING

○
○
○
○
○
○



CINDERELLA

○
○
○
○
○
○



OVERWHELMED

○
○
○
○
○
○



REBELIOUS

○
○
○
○
○
○



AVOIDANT

○
○
○
○
○
○



VULNERABLE

○
○
○
○
○
○



ISOLATING

○
○
○
○
○
○



STUCK

○
○
○
○
○
○



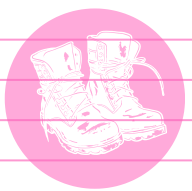
EMOTIONAL

○
○
○
○
○
○



BURNT OUT

○
○
○
○
○
○



Words that Lift

Reflection

Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

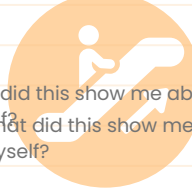
What did this show me about myself? _____



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: _____

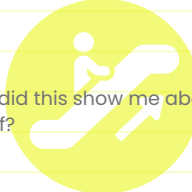
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

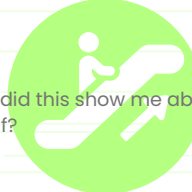
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

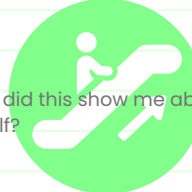
What did this show me about myself? _____



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: _____

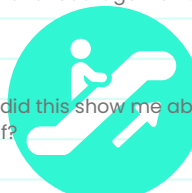
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

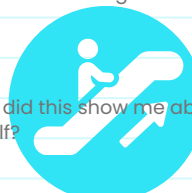
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

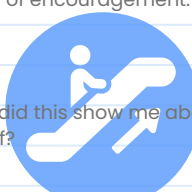
What did this show me about myself? _____



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!

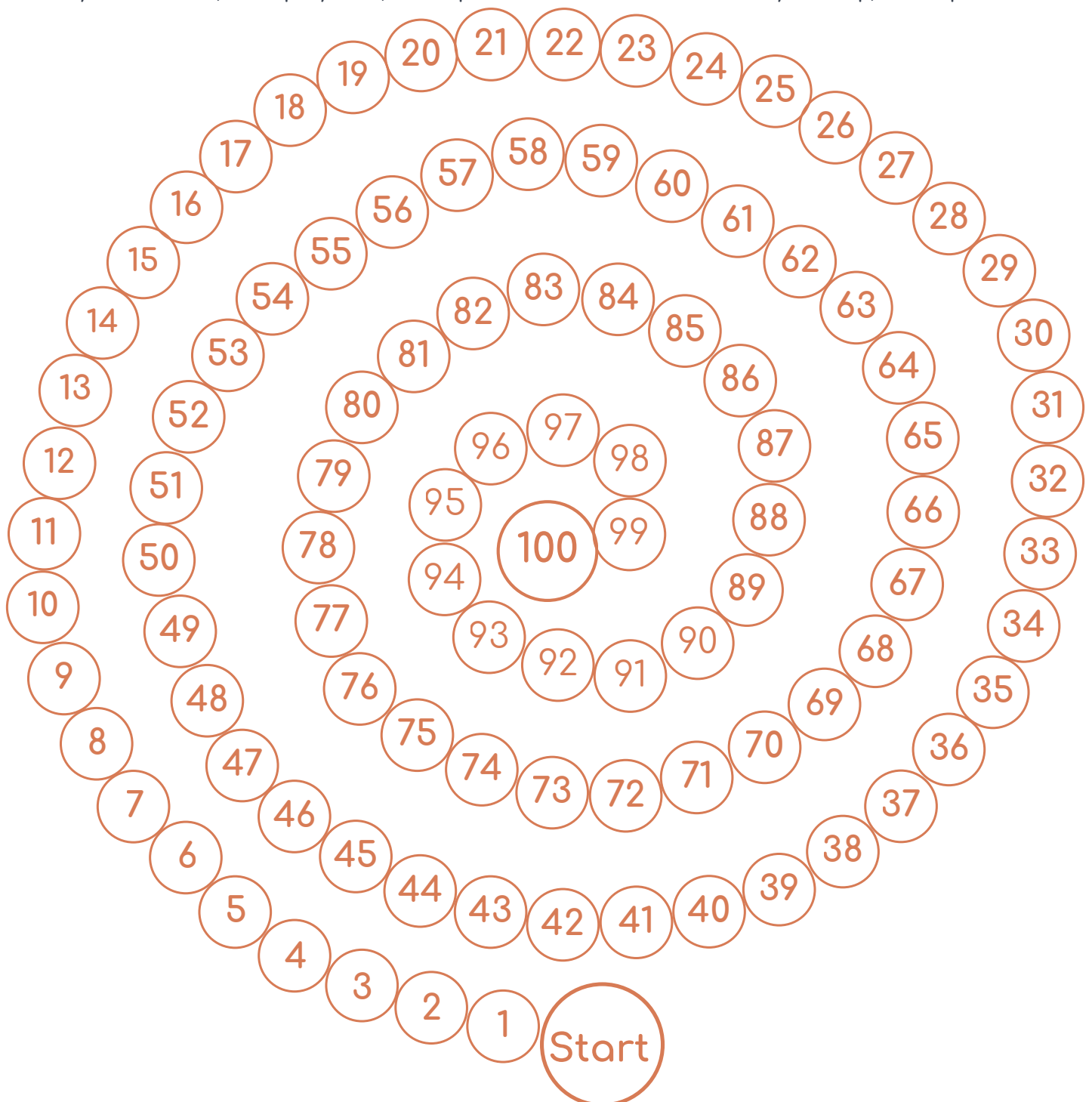
To make room for this commitment to myself, I'm letting go of: _____.

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

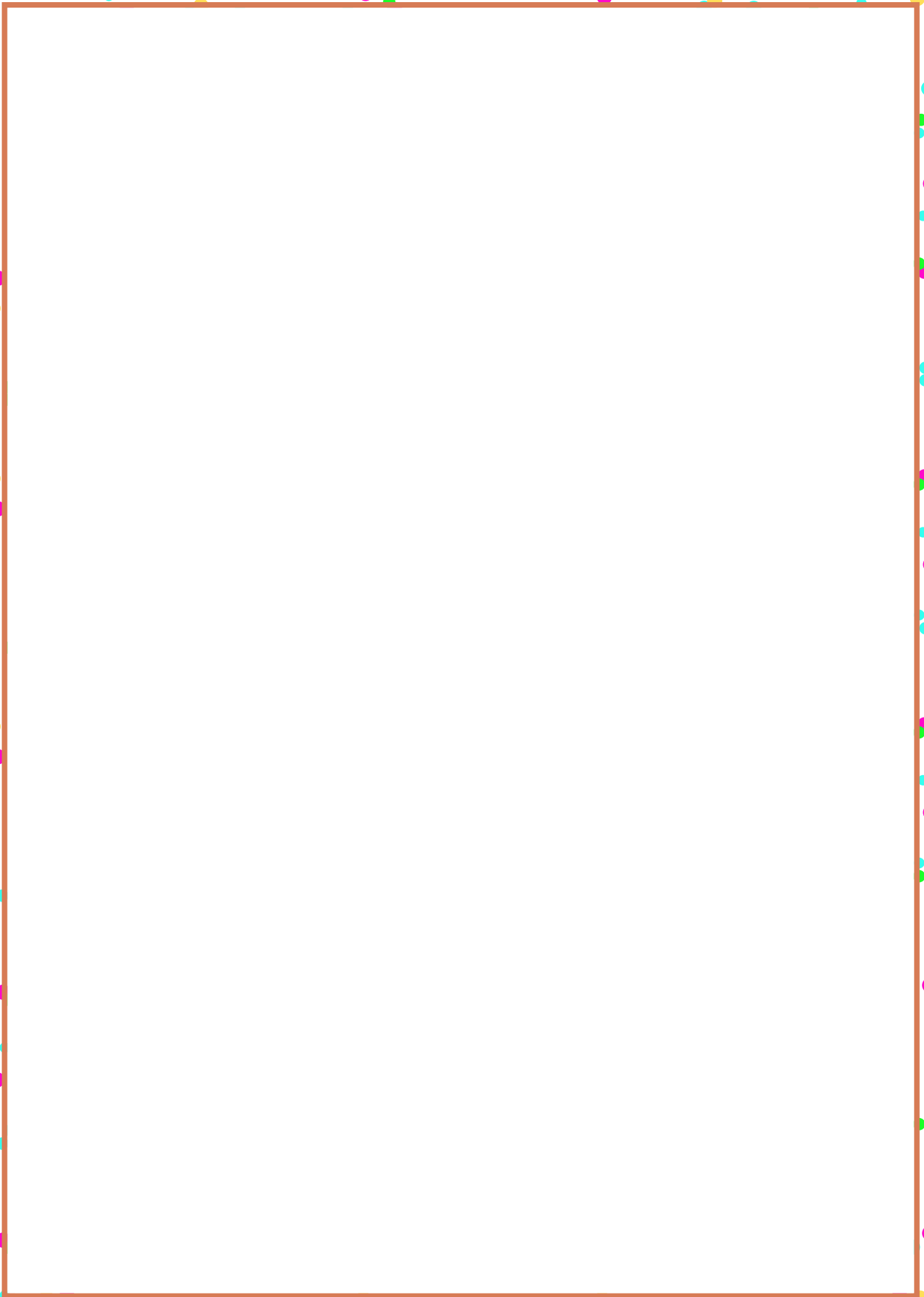
Confetti



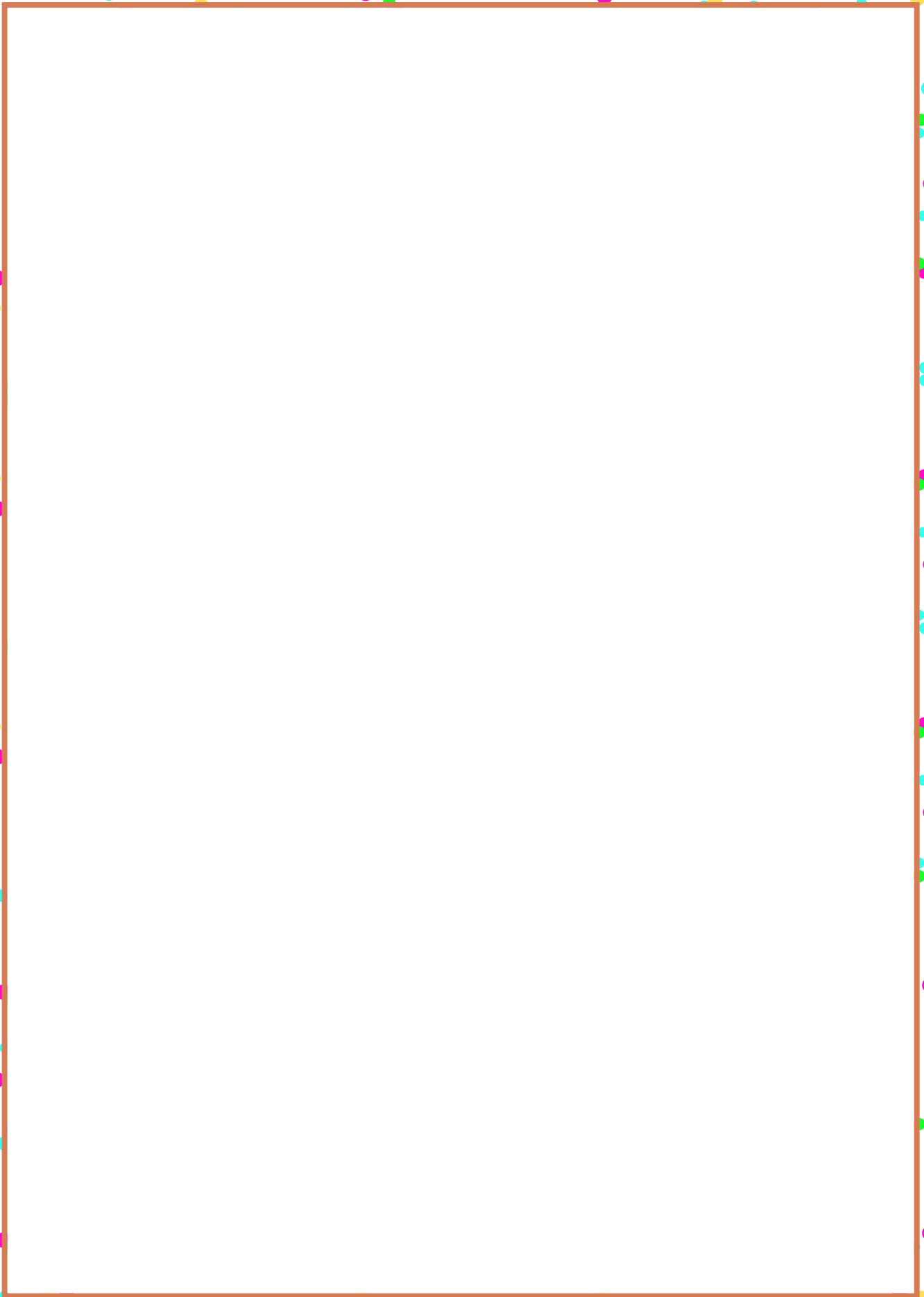
Confetti



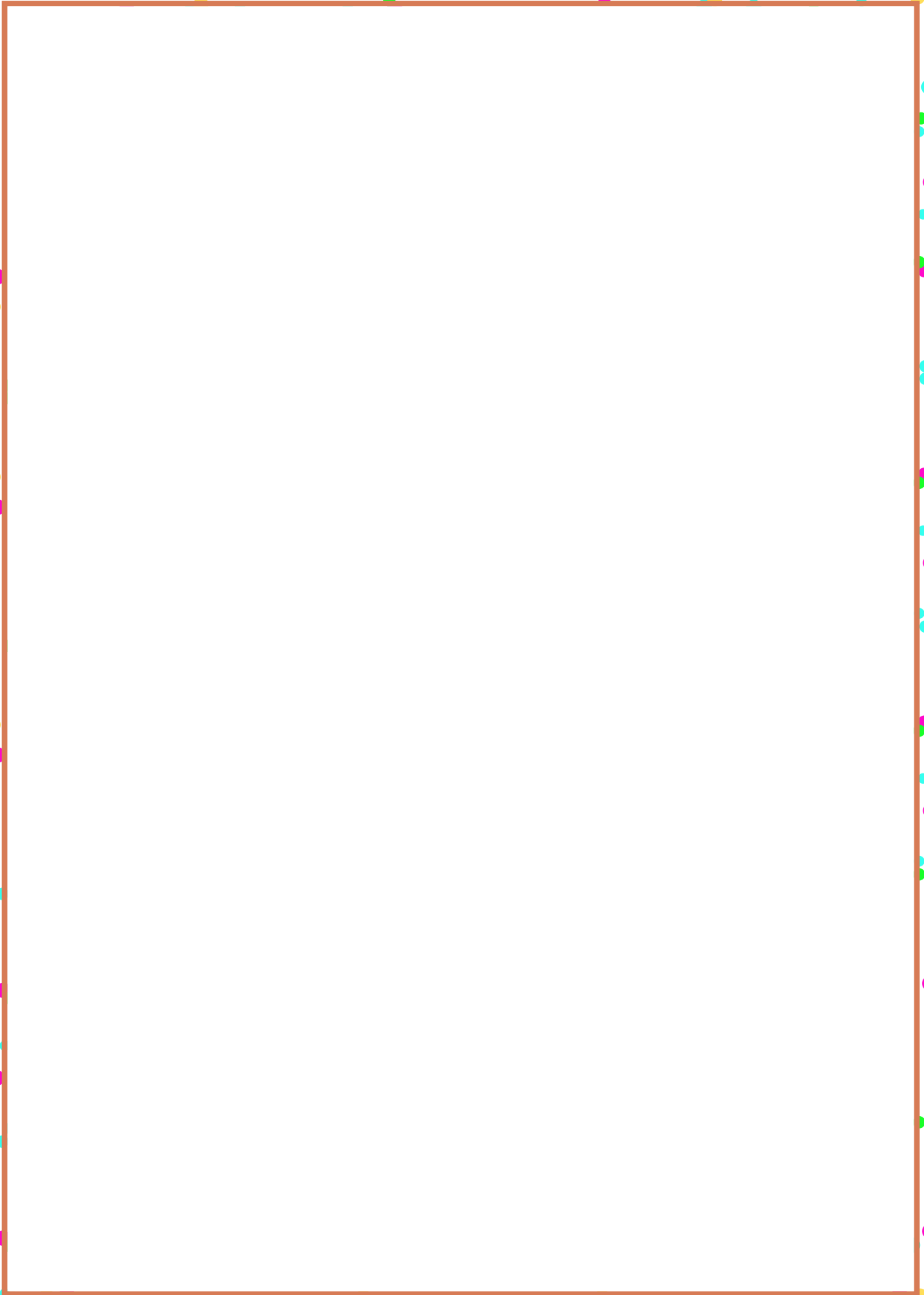
Confetti



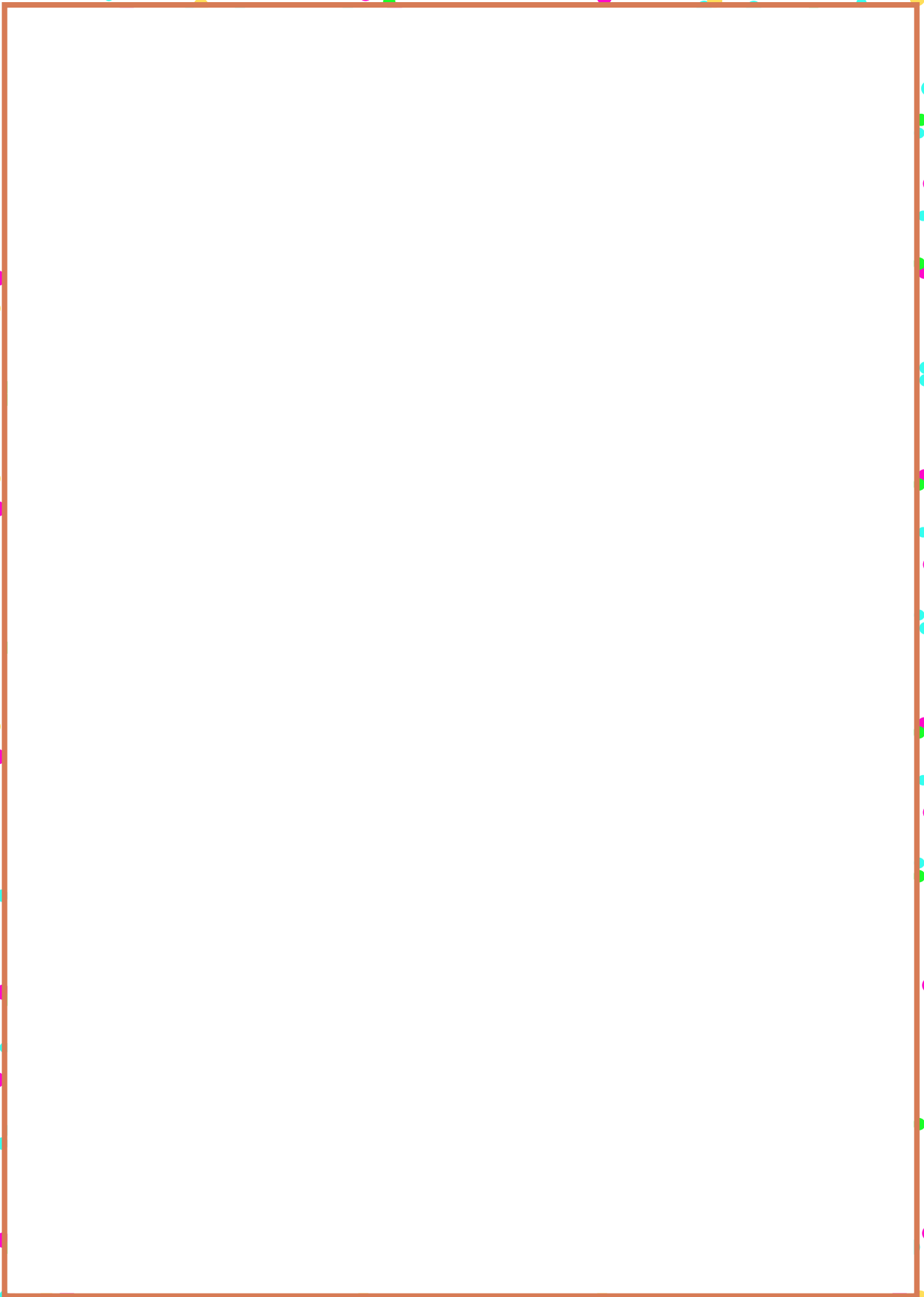
Confetti



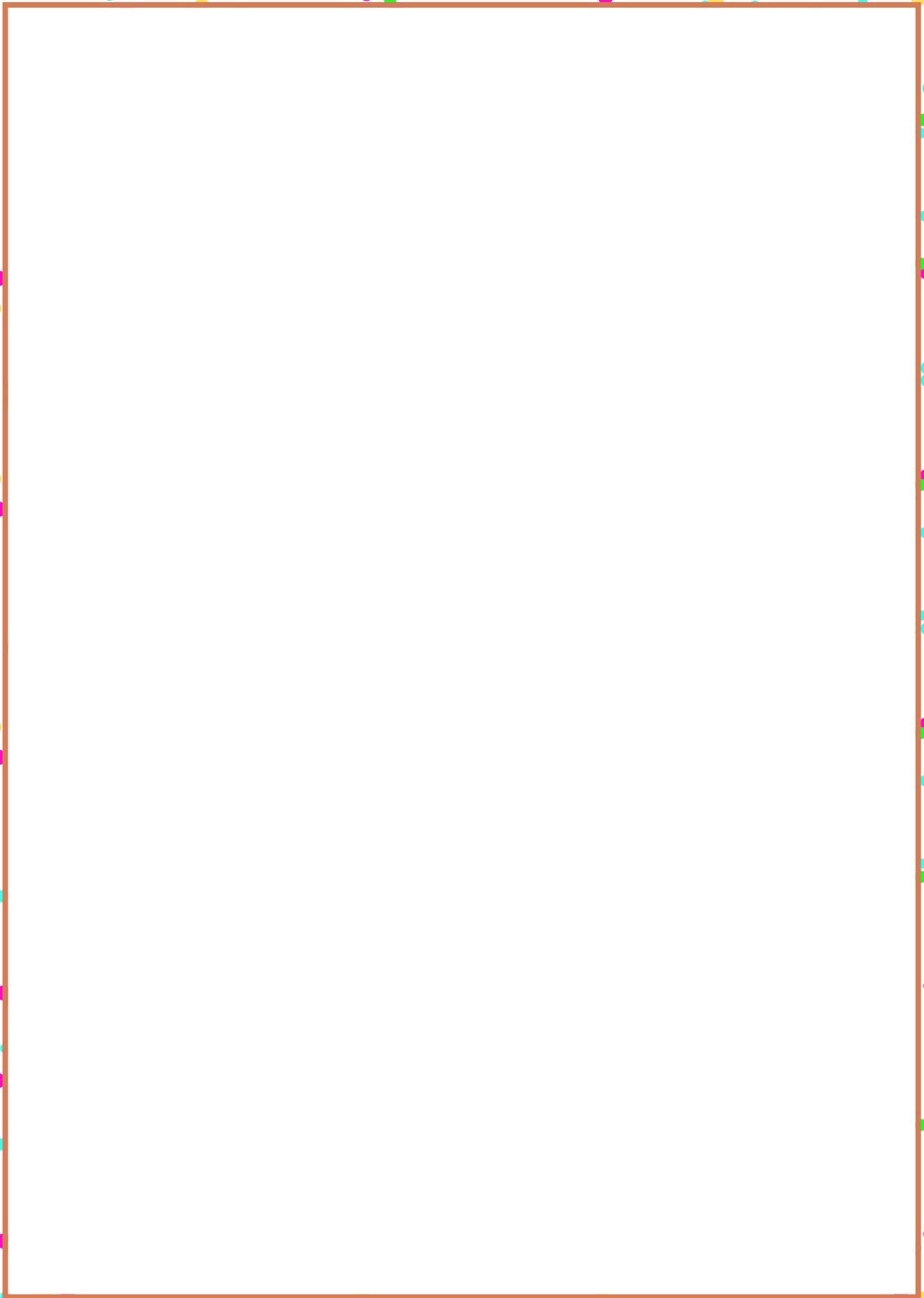
Confetti



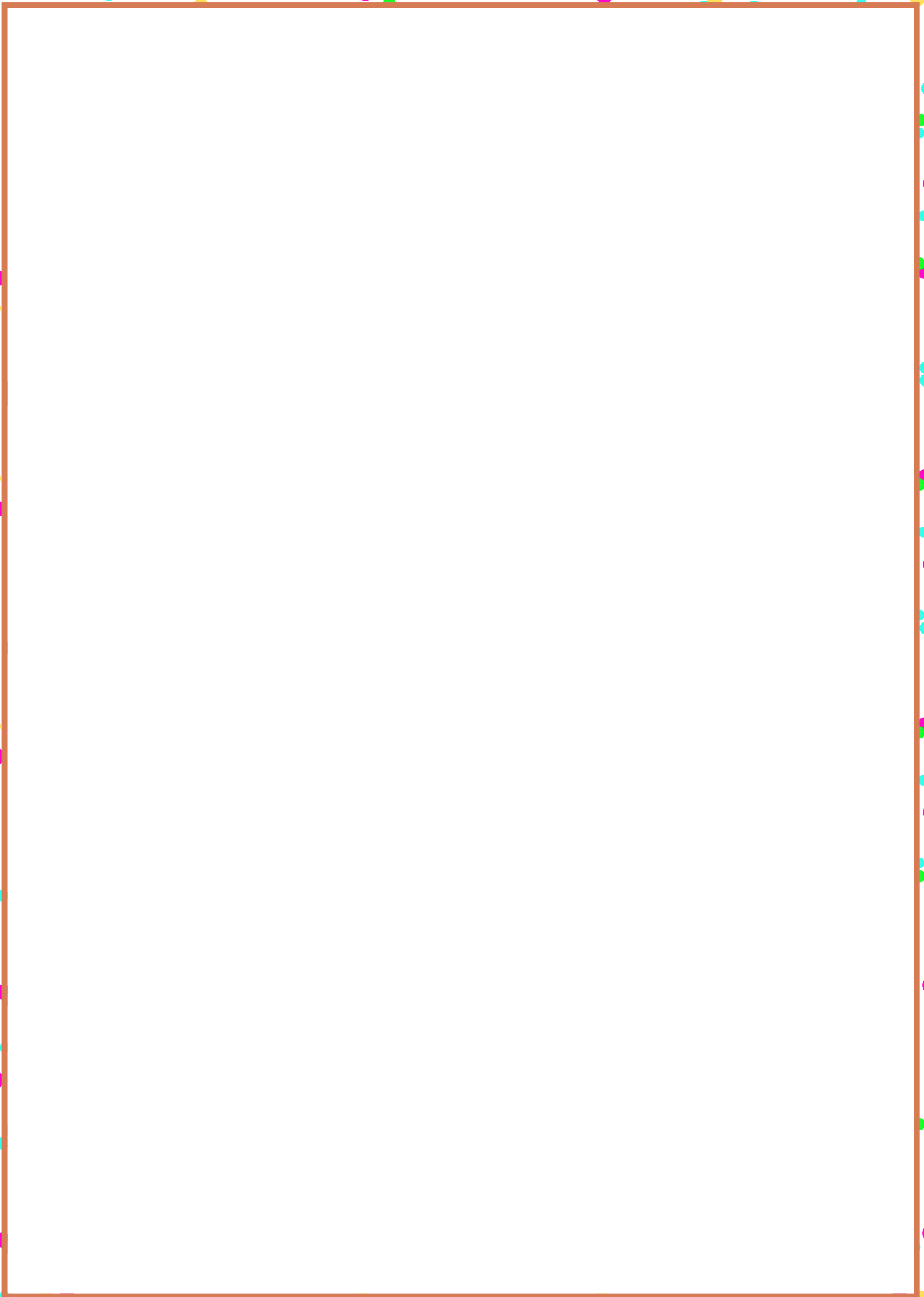
Confetti



Confetti



Confetti



01	
02	
03	
04	
05	
06	
07	

01	
02	
03	
04	
05	
06	
07	

[illegible]

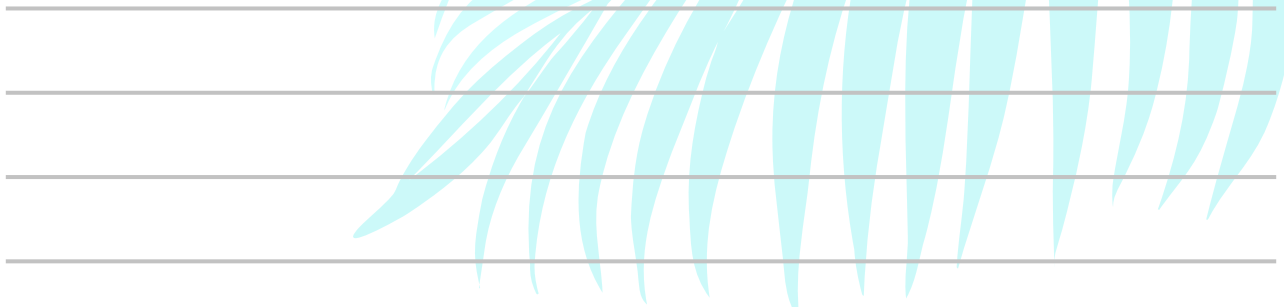
01	
02	
03	
04	
05	
06	
07	

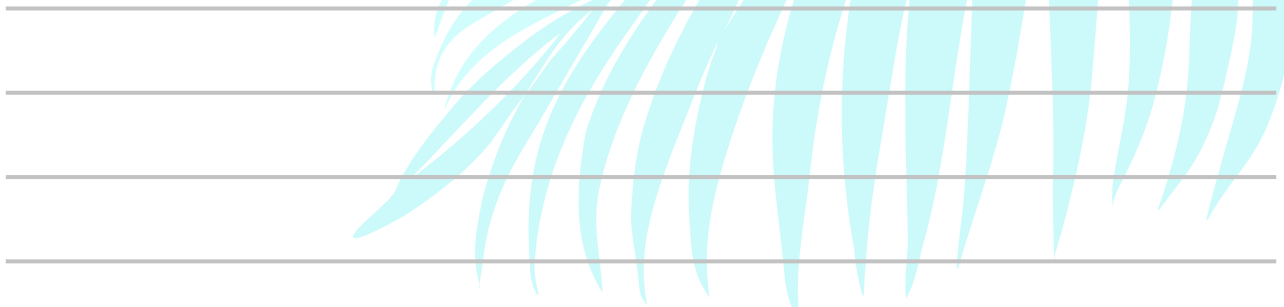
01	
02	
03	
04	
05	
06	
07	

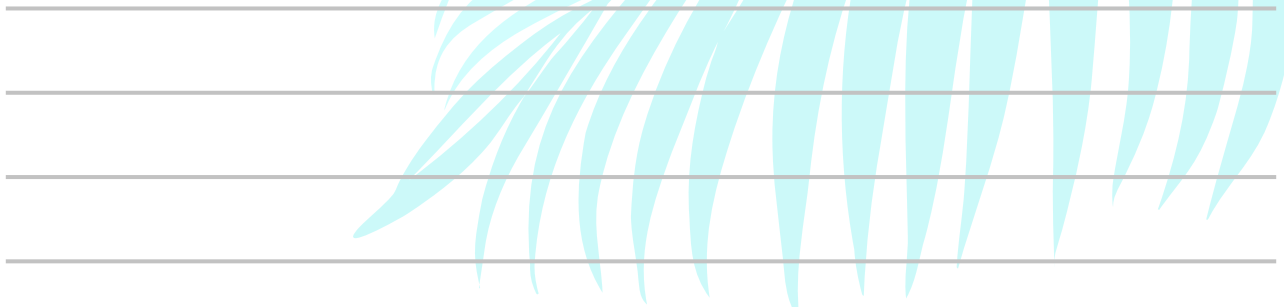
01	
02	
03	
04	
05	
06	
07	

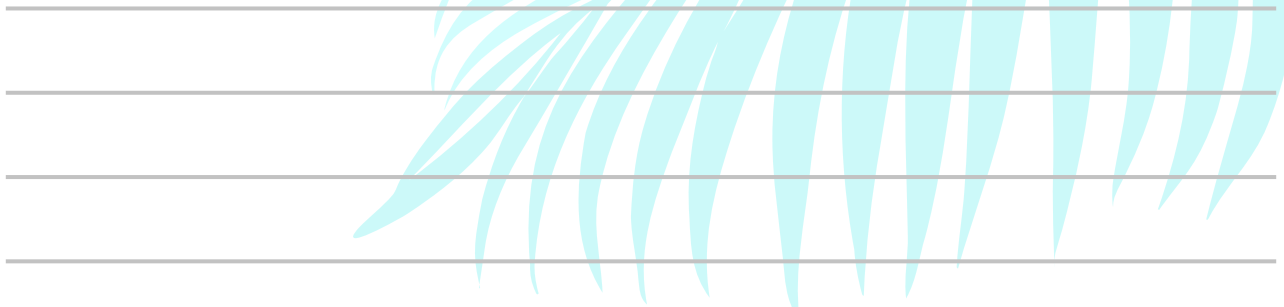
01	
02	
03	
04	
05	
06	
07	

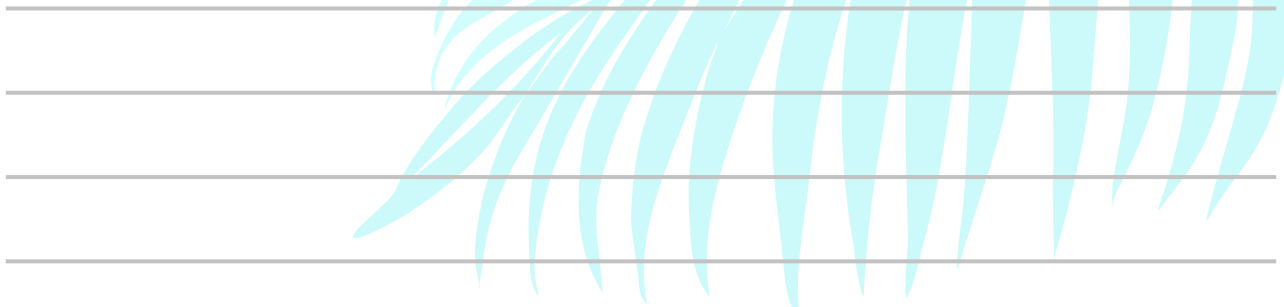
01	
02	
03	
04	
05	
06	
07	











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
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

Overhead.

THOUGHTS

[illegible]

Overhead.

THOUGHTS

[illegible]

Overhead.

THOUGHTS

[illegible]

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.

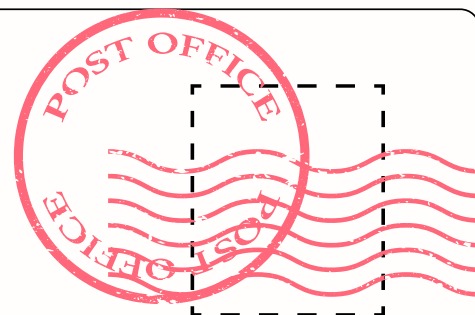
This planner isn't here to push you.
It's here to protect you- from the spiral, from the burnout,
from ghosting your growth when things get messy.

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*



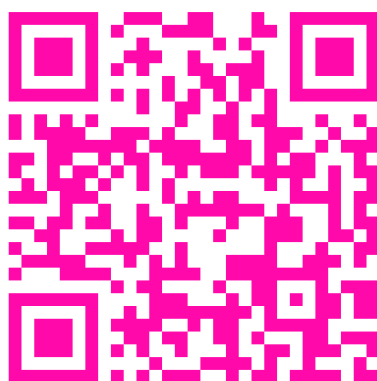
Congratulations!

*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.