



The Planner for Perfectionist and Procrastinators.

January 2026- December 2026



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](http://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                                                                                |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> |
| Thursday                                                                                 | Friday                                                                                   | Saturday                                                                                 |
| <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> |
| Sunday                                                                                   | Weekly Maintenance                                                                       | Monthly Maintenance                                                                      |
| <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> |

# Confetti RUNWAY

[illegible][illegible]

# 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                                                                               |
|              |                  |              |          | <div><div></div><div></div><div></div><div></div></div> |    |
|              |                  |              |          | <div><div></div><div></div><div></div><div></div></div> |    |
|              |                  |              |          | <div><div></div><div></div><div></div><div></div></div> |    |
|              |                  |              |          | <div><div></div><div></div><div></div><div></div></div> |    |
|              |                  |              |          | <div><div></div><div></div><div></div><div></div></div> |    |
|              |                  |              |          | <div><div></div><div></div><div></div><div></div></div> |    |
|             |                  |              |          | <div><div></div><div></div><div></div><div></div></div> |   |
|            |                  |              |          | <div><div></div><div></div><div></div><div></div></div> |  |
|            |                  |              |          | <div><div></div><div></div><div></div><div></div></div> |  |
|            |                  |              |          | <div><div></div><div></div><div></div><div></div></div> |  |
|                                                                                              |                  |              |          |                                                         |                                                                                       |

|  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                                                                                                                                                                    |

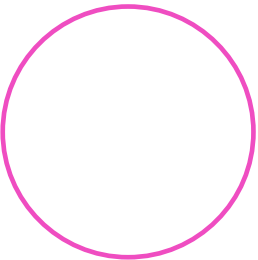
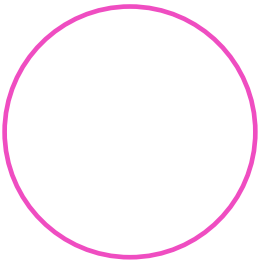
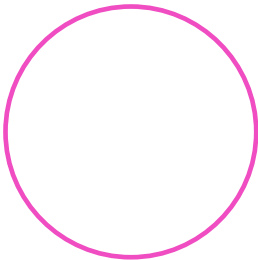
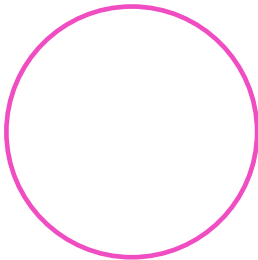
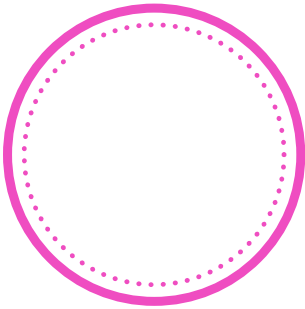
### DEC

|                                                                                          |
|------------------------------------------------------------------------------------------|
| 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

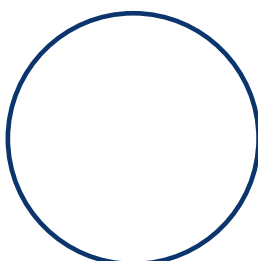
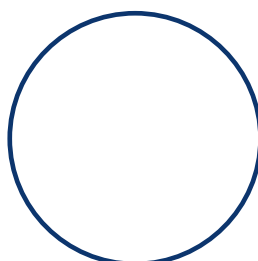
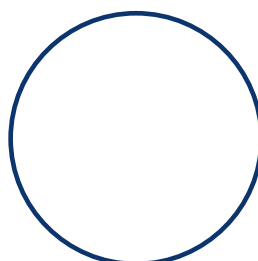
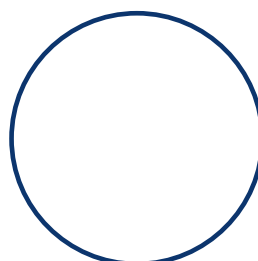
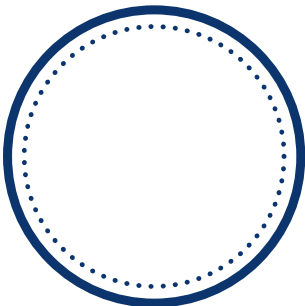
Phase 1 January 1- March 30

Focus

|                                                                                  |                                                                                   |                                                                                   |                                                                                    |                                                                                     |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |  |  |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|

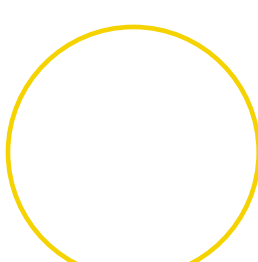
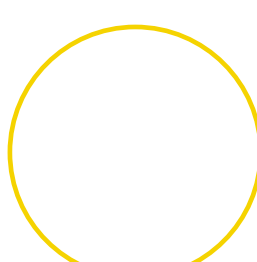
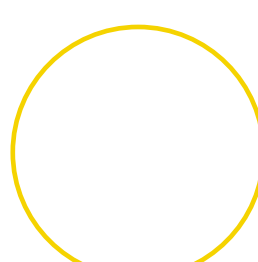
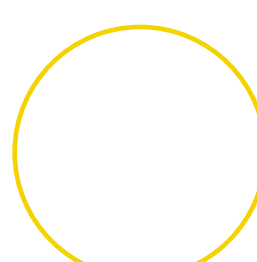
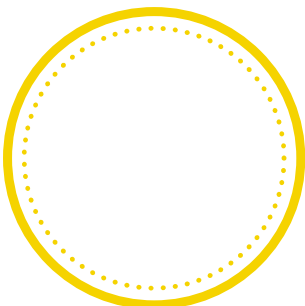
Phase 2 April 1- June 30

Focus

|                                                                                   |                                                                                    |                                                                                    |                                                                                     |                                                                                      |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|  |  |  |  |  |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|

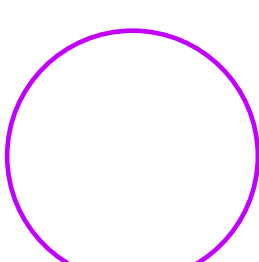
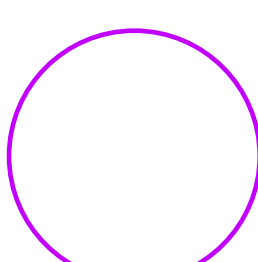
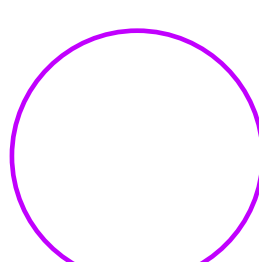
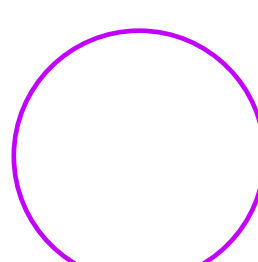
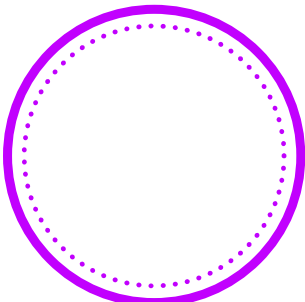
Phase 3 July 1- September 30

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



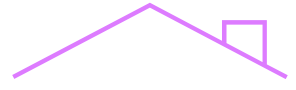
Books

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



Courses

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



Movies

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



Adventures

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



Recipes

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



Hobbies

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

# House Keeping



## Fears to Face

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



## Karma

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



## Bucket List

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



## Body

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



## Skills/Interests

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



## Spiritual

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

# House Keeping

[illegible][illegible]

# Adventure Awaits

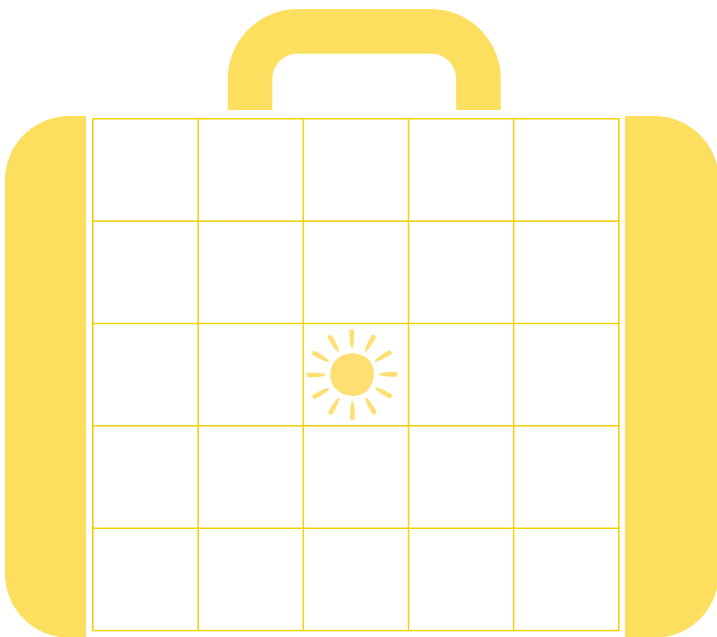
## SEASONAL FUN



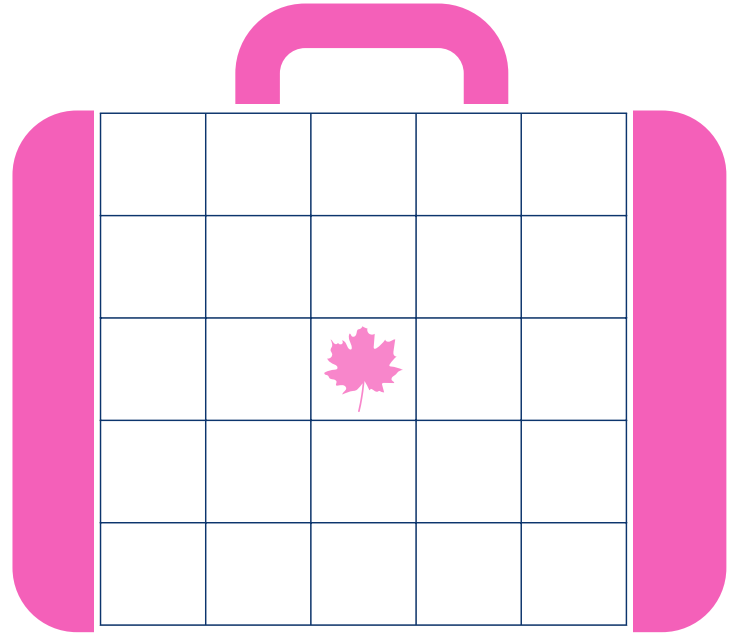
WINTER



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

|                       |                                                                                   |
|-----------------------|-----------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                   |
| <input type="radio"/> |                                                                                   |
| <input type="radio"/> |                                                                                   |
| <input type="radio"/> |                                                                                   |
| <input type="radio"/> |                                                                                   |

WAYS TO REST

MENTAL

|                       |                                                                                   |
|-----------------------|-----------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                   |
| <input type="radio"/> |                                                                                   |
| <input type="radio"/> |                                                                                   |
| <input type="radio"/> |                                                                                   |
| <input type="radio"/> |                                                                                   |

WAYS TO REST

SENSORY

|                       |                                                                                     |
|-----------------------|-------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |

WAYS TO REST

CREATIVE

|                       |                                                                                    |
|-----------------------|------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |

WAYS TO REST

EMOTIONAL

|                       |                                                                                    |
|-----------------------|------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |
| <input type="radio"/> |                                                                                    |

WAYS TO REST

SOCIAL

|                       |                                                                                      |
|-----------------------|--------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                      |
| <input type="radio"/> |                                                                                      |
| <input type="radio"/> |                                                                                      |
| <input type="radio"/> |                                                                                      |
| <input type="radio"/> |                                                                                      |

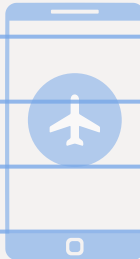
WAYS TO REST

SPIRITUAL

|                       |                                                                                     |
|-----------------------|-------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |

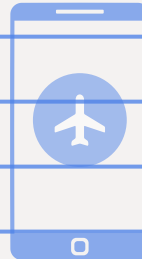
WAYS TO REST

RESPONSIBILITY

|                       |                                                                                     |
|-----------------------|-------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |

WAYS TO REST

SELF-CRITICISM

|                       |                                                                                       |
|-----------------------|---------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |

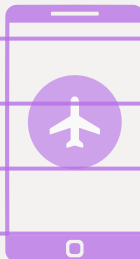
WAYS TO REST

IDENTITY

|                       |                                                                                     |
|-----------------------|-------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |

WAYS TO REST

INDOORS

|                       |                                                                                     |
|-----------------------|-------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |
| <input type="radio"/> |                                                                                     |

WAYS TO REST

CONTROL

|                       |                                                                                       |
|-----------------------|---------------------------------------------------------------------------------------|
| <input type="radio"/> |  |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |
| <input type="radio"/> |                                                                                       |

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? |

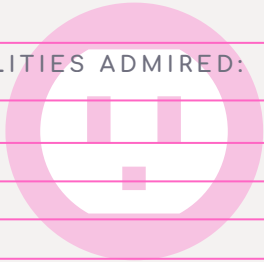
|                                                |
|------------------------------------------------|
| LEAP:                                          |
| OUTCOME:                                       |
| WHAT DID I LEARN?                              |
| WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?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

# Charging STATION

## PLUG INTO

NAME: \_\_\_\_\_

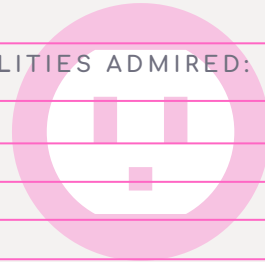
QUALITIES ADMIRERD: \_\_\_\_\_



## PLUG INTO

NAME: \_\_\_\_\_

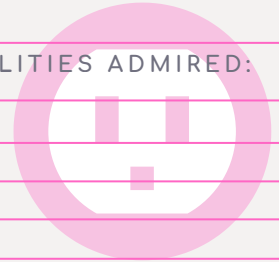
QUALITIES ADMIRERD: \_\_\_\_\_



## PLUG INTO

NAME: \_\_\_\_\_

QUALITIES ADMIRERD: \_\_\_\_\_



## CHARGE UP

WHO: \_\_\_\_\_

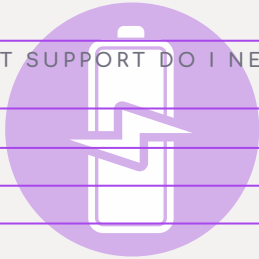
WHAT SUPPORT DO I NEED? \_\_\_\_\_



## 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: \_\_\_\_\_

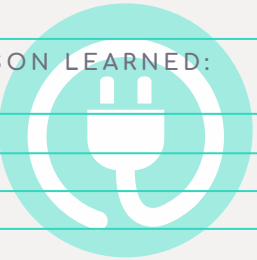
WHAT AM I AVOIDING? \_\_\_\_\_



## UNPLUG

I CHOOSE TO LET GO OF: \_\_\_\_\_

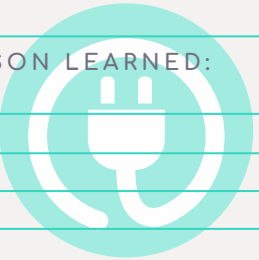
LESSON LEARNED: \_\_\_\_\_



## UNPLUG

I CHOOSE TO LET GO OF: \_\_\_\_\_

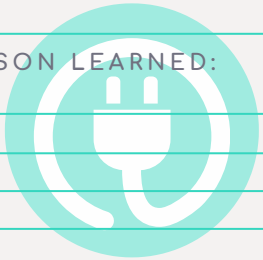
LESSON LEARNED: \_\_\_\_\_



## 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

○  
○  
○  
○  
○  
○



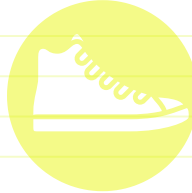
CEO

○  
○  
○  
○  
○  
○



STUDENT

○  
○  
○  
○  
○  
○



NURTURER

○  
○  
○  
○  
○  
○



CARETAKER

○  
○  
○  
○  
○  
○



CONNECTING

○  
○  
○  
○  
○  
○



BUILDING

○  
○  
○  
○  
○  
○



SUPPORTING

○  
○  
○  
○  
○  
○



RISKTAKER

○  
○  
○  
○  
○  
○



FIREFIGHTING

○  
○  
○  
○  
○  
○



BOUNDARIES

○  
○  
○  
○  
○  
○



CELEBRATING

○  
○  
○  
○  
○  
○



CINDERELLA

○  
○  
○  
○  
○  
○



OVERWHELMED

○  
○  
○  
○  
○  
○



REBELIOUS

○  
○  
○  
○  
○  
○



AVOIDANT

○  
○  
○  
○  
○  
○



VULNERABLE

○  
○  
○  
○  
○  
○



ISOLATING

○  
○  
○  
○  
○  
○



STUCK

○  
○  
○  
○  
○  
○



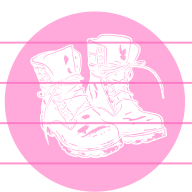
EMOTIONAL

○  
○  
○  
○  
○  
○



BURNT OUT

○  
○  
○  
○  
○  
○



# Words that Lift

## Reflection

Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

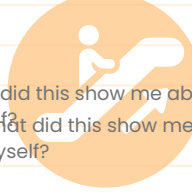
What did this show me about myself? \_\_\_\_\_



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: \_\_\_\_\_

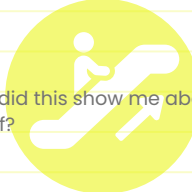
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

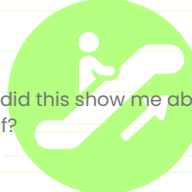
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

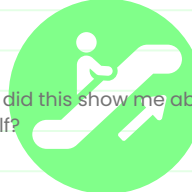
What did this show me about myself? \_\_\_\_\_



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: \_\_\_\_\_

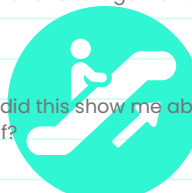
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

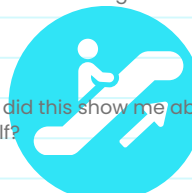
What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

What did this show me about myself? \_\_\_\_\_



Name: \_\_\_\_\_

Words of encouragement: \_\_\_\_\_

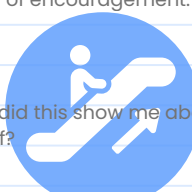
What did this show me about myself? \_\_\_\_\_



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!

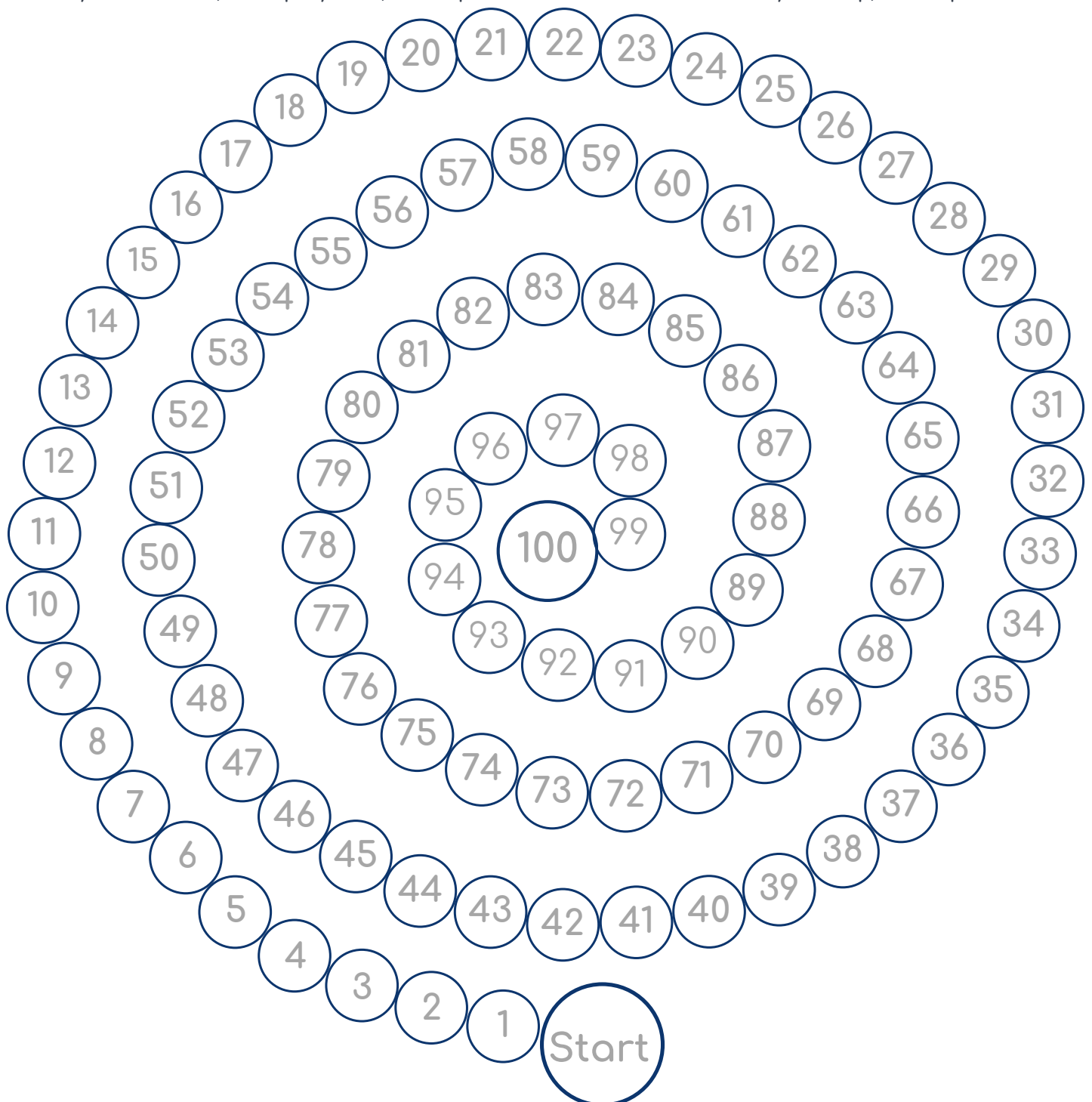
To make room for this commitment to myself, I'm letting go of: \_\_\_\_\_.

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: \_\_\_\_\_.

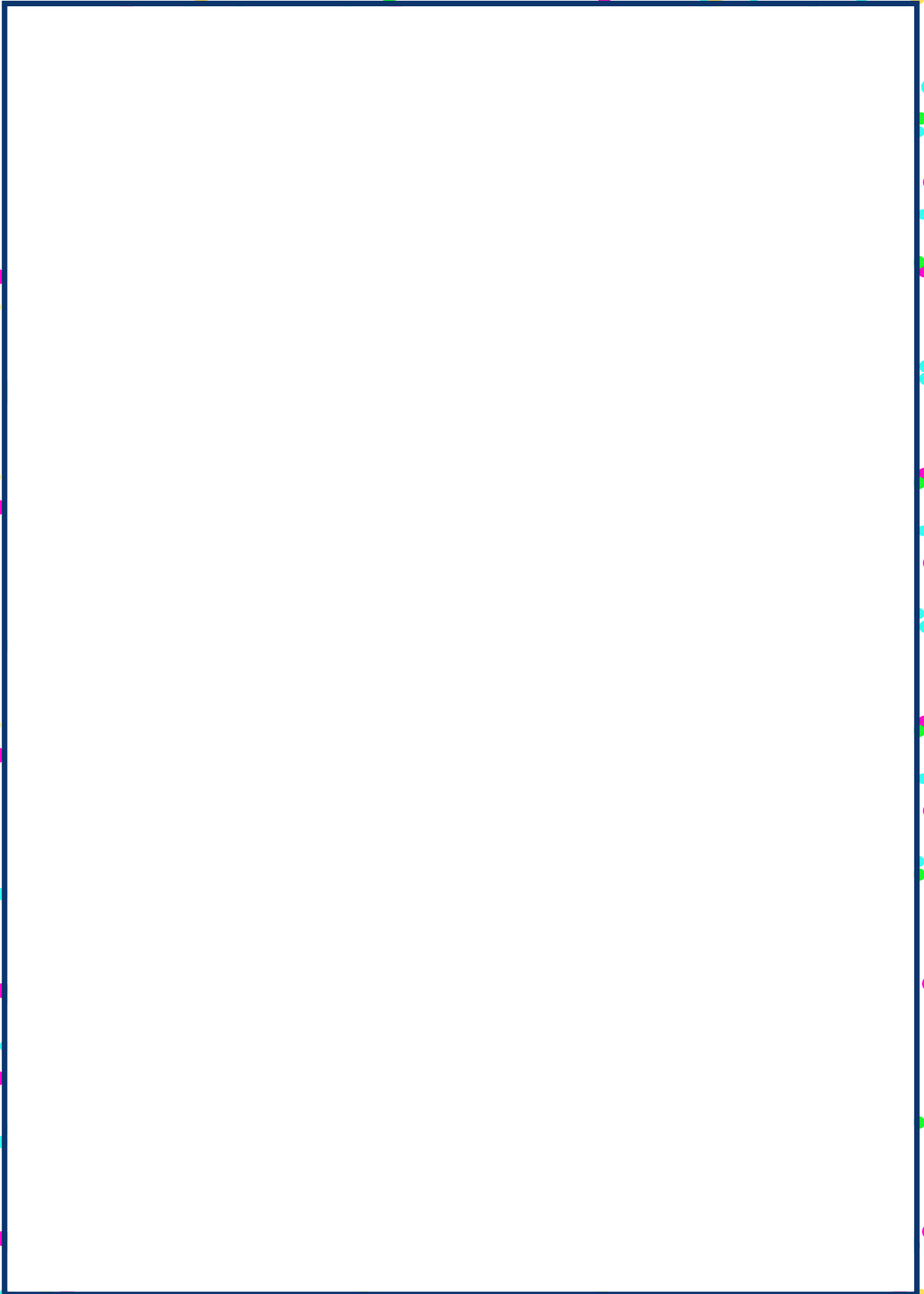
This is my time to shine, to keep my word, and to prove that I can count on me. Tray table up, heart open—let's soar!



# Let's get SOCIAL

|           |  |  |  |  |  |  |  |  |  |
|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| JANUARY   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| FEBRUARY  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| MARCH     |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| APRIL     |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| MAY       |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| JUNE      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| JULY      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| AUGUST    |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| SEPTEMBER |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| OCTOBER   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| NOVEMBER  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |
| DECEMBER  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |

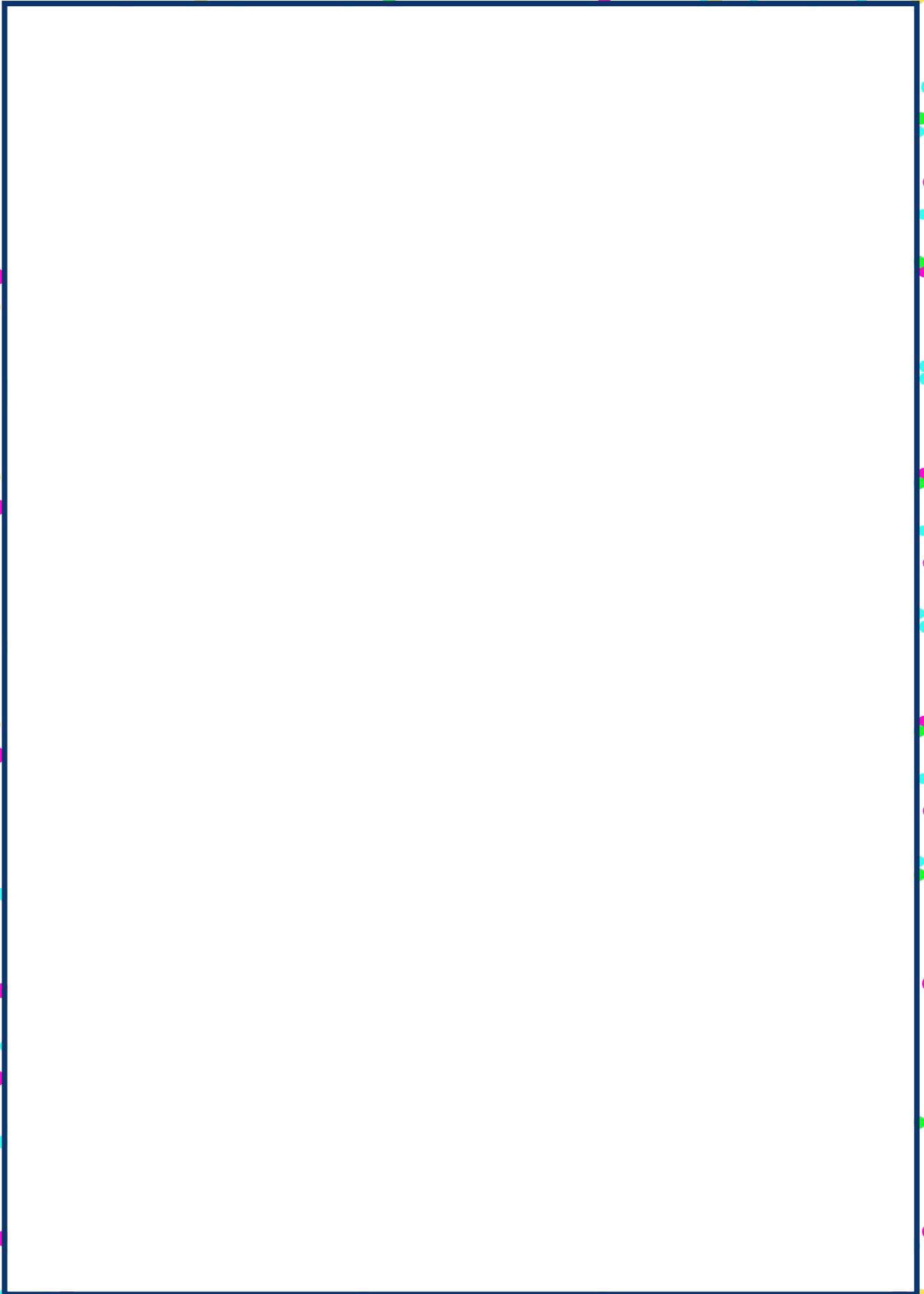
# Confetti



# Confetti



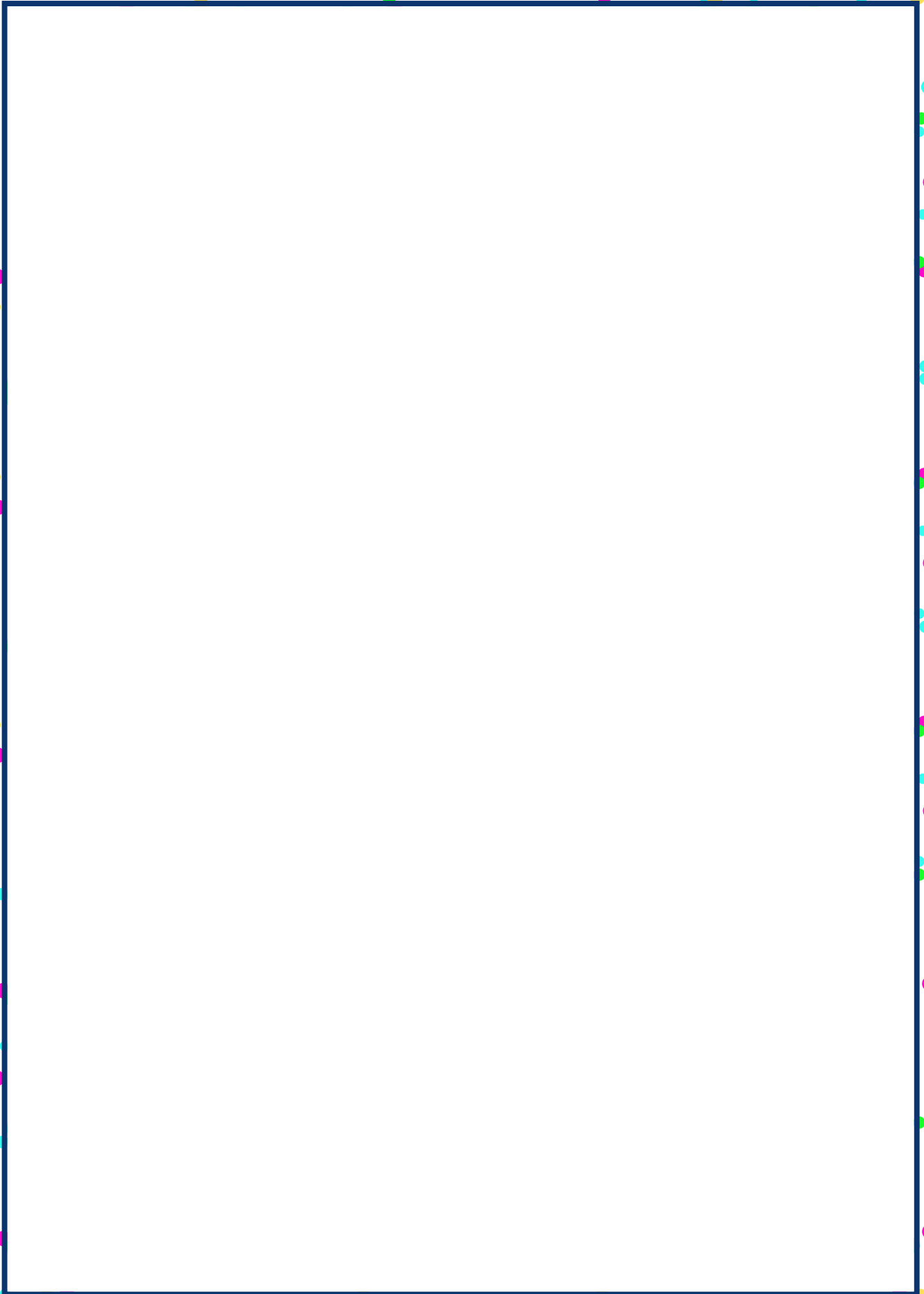
# Confetti



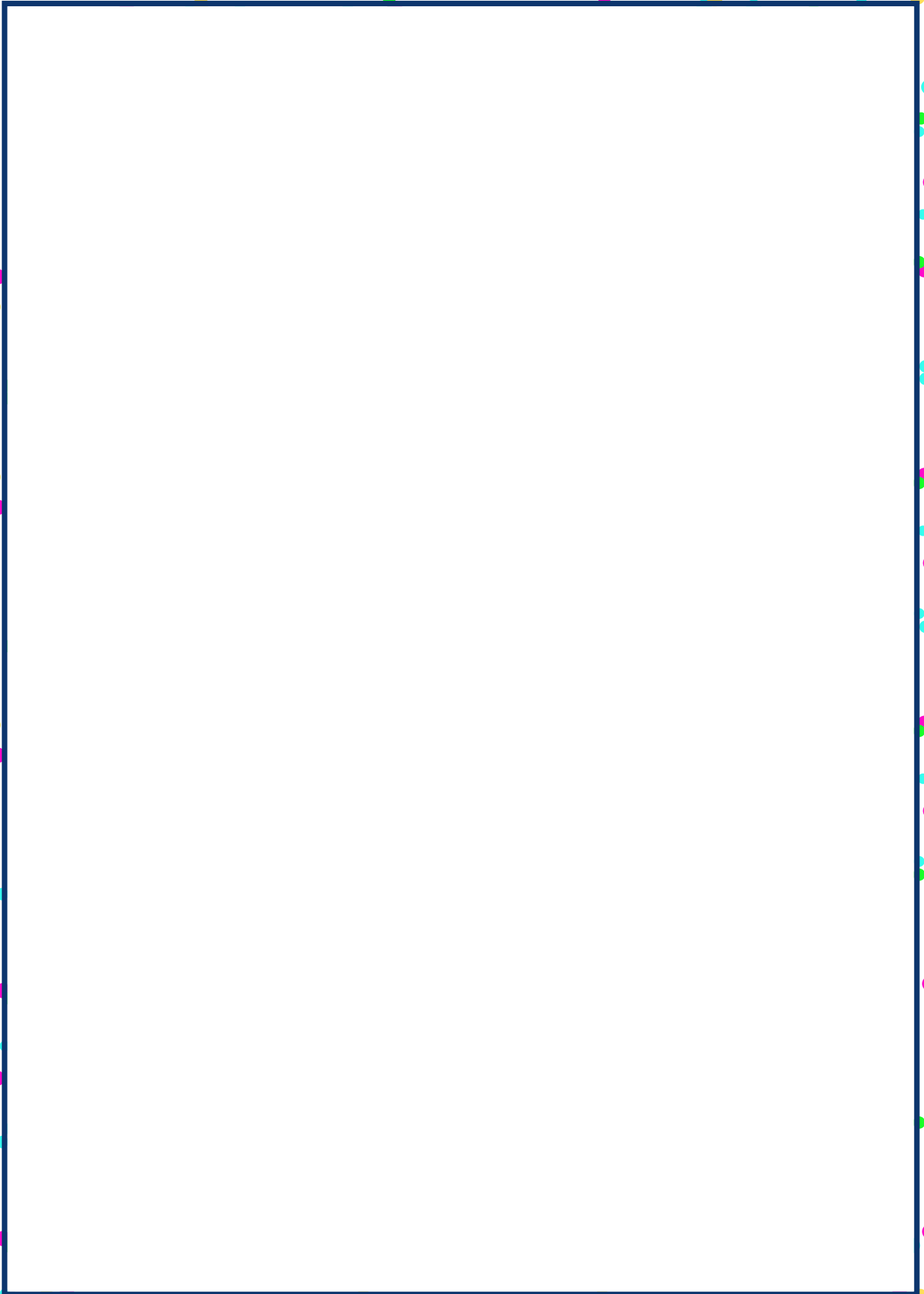
# Confetti



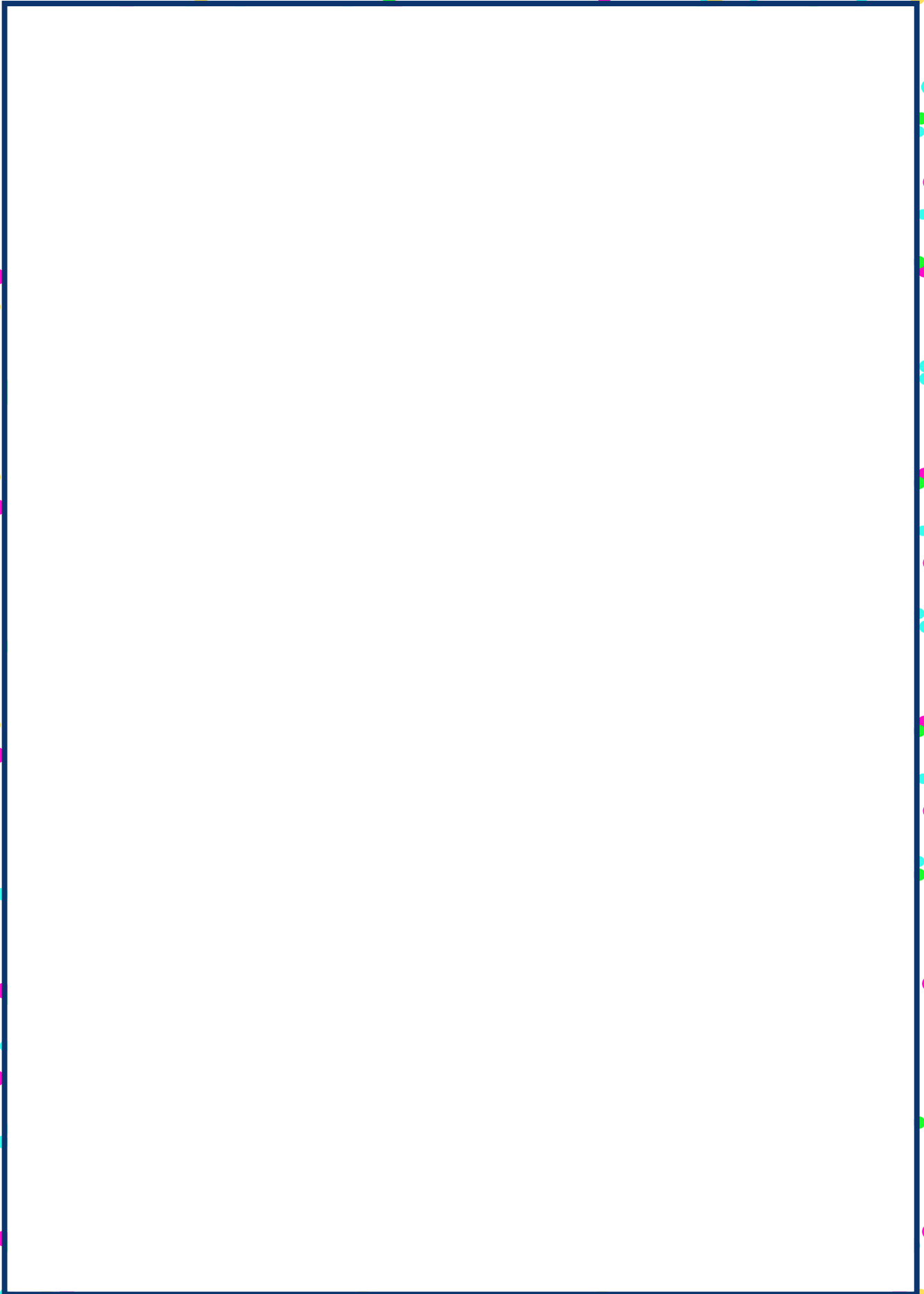
# Confetti



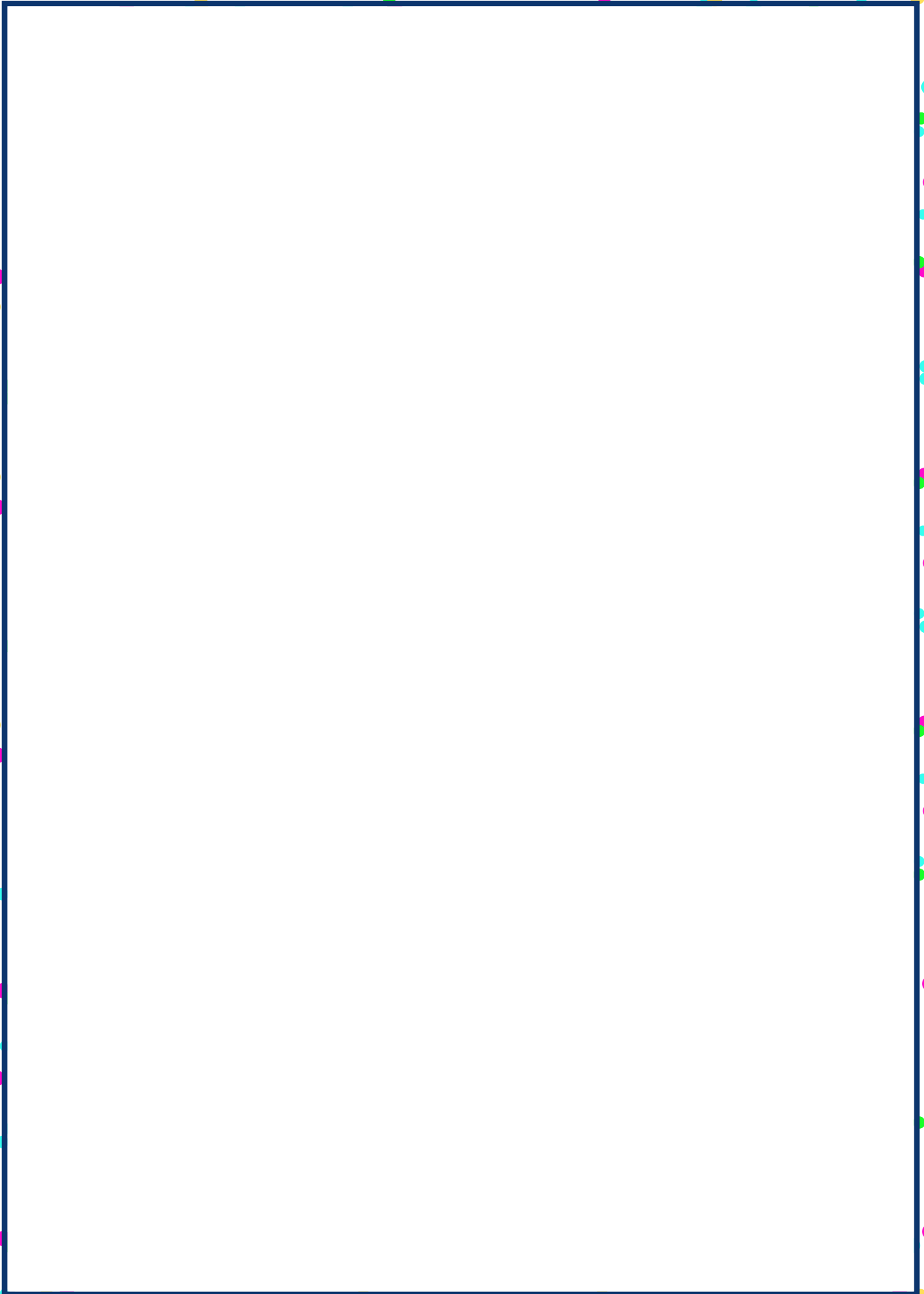
# Confetti



# Confetti



# Confetti



|    |  |
|----|--|
| 01 |  |
| 02 |  |
| 03 |  |
| 04 |  |
| 05 |  |
| 06 |  |
| 07 |  |

[illegible]

|    |  |
|----|--|
| 01 |  |
| 02 |  |
| 03 |  |
| 04 |  |
| 05 |  |
| 06 |  |
| 07 |  |

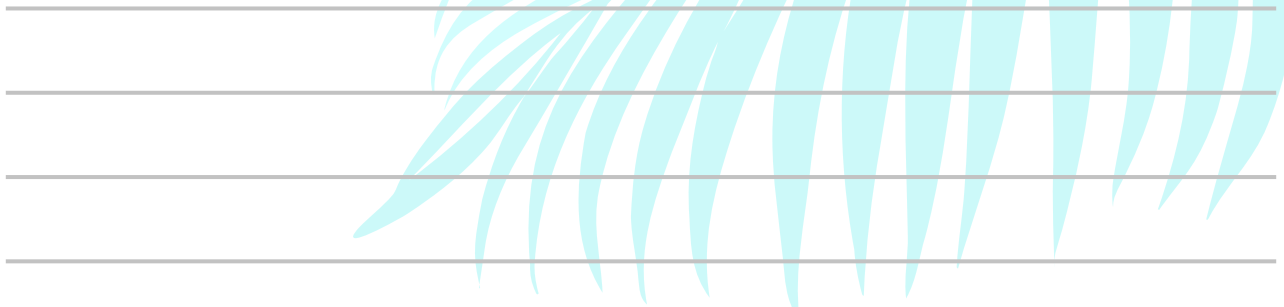
|    |  |
|----|--|
| 01 |  |
| 02 |  |
| 03 |  |
| 04 |  |
| 05 |  |
| 06 |  |
| 07 |  |

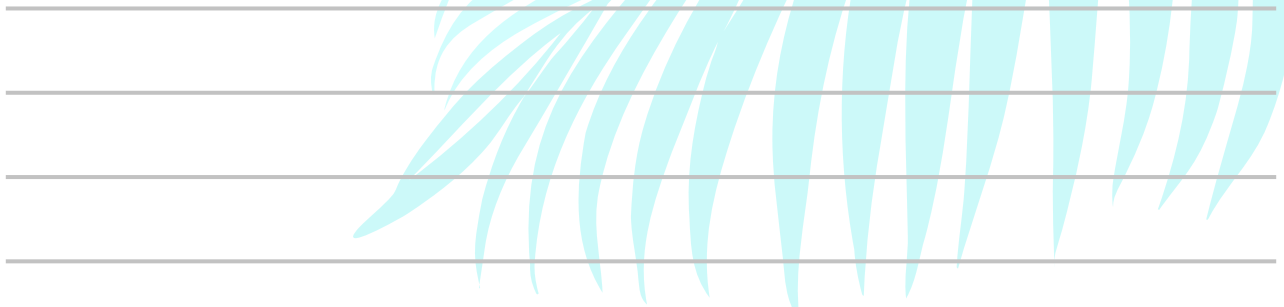
|    |  |
|----|--|
| 01 |  |
| 02 |  |
| 03 |  |
| 04 |  |
| 05 |  |
| 06 |  |
| 07 |  |

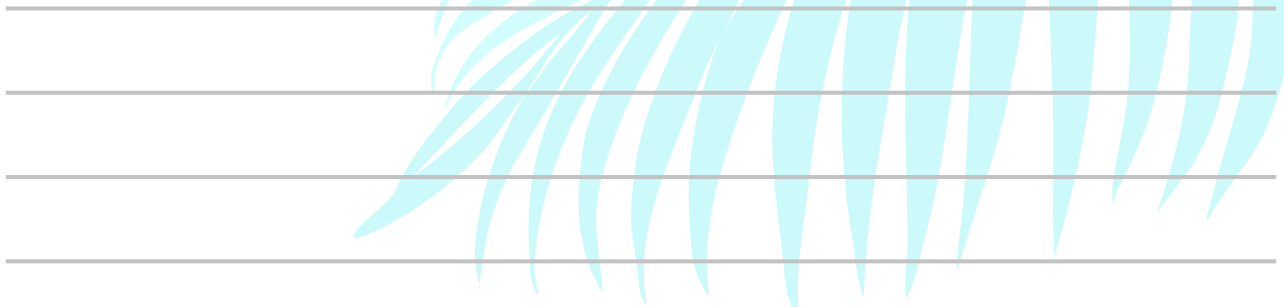
|    |  |
|----|--|
| 01 |  |
| 02 |  |
| 03 |  |
| 04 |  |
| 05 |  |
| 06 |  |
| 07 |  |

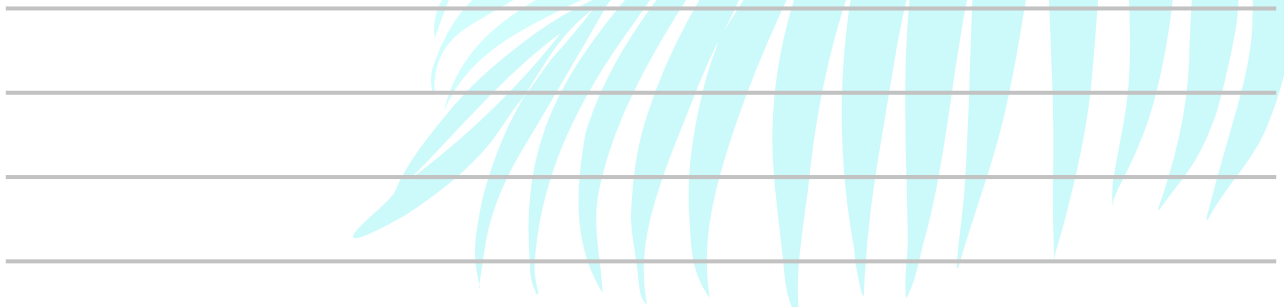
|    |  |
|----|--|
| 01 |  |
| 02 |  |
| 03 |  |
| 04 |  |
| 05 |  |
| 06 |  |
| 07 |  |

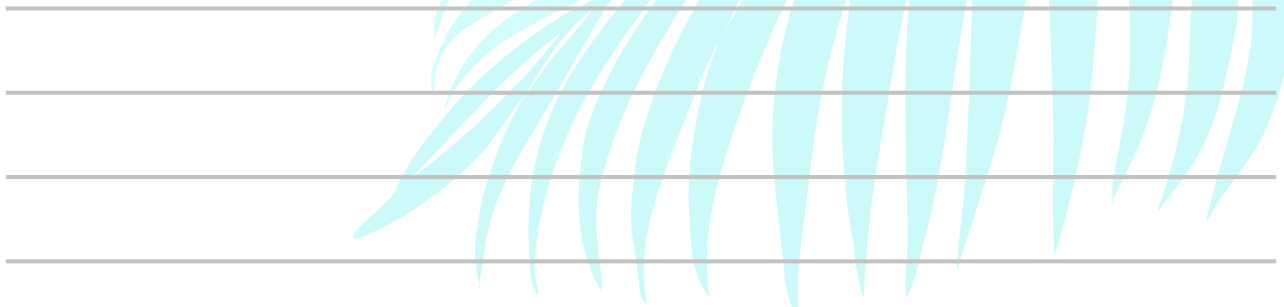
|    |  |
|----|--|
| 01 |  |
| 02 |  |
| 03 |  |
| 04 |  |
| 05 |  |
| 06 |  |
| 07 |  |











# 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.

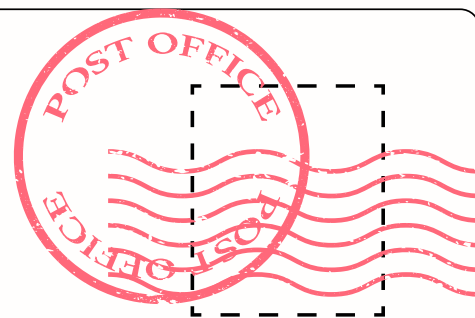
This planner isn't here to push you.  
It's here to protect you- from the spiral, from the burnout,  
from ghosting your growth when things get messy.

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*



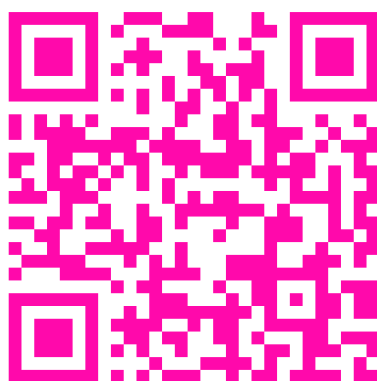
*Congratulations!*

*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.**