

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



PLANNER

The Planner for Perfectionist and Procrastinators.

January 2026- December 2026



THE **POP** IT  
  
PLANNER

The planner specifically designed to give lift off to the dreams and creations of Perfectionist and Procrastinators while making peace with their Inner Critic once and for all.

This Planner will take you places

January 2026- December 2026

Created by Cris Somers



Cheers to 2026, where  
anything is possible!

Dedicated to all of the Perfectionist, and  
Procrastinators that have dreams and ideas  
within them to make this world a better place,  
but their inner critic keeps getting in the way.

First Printed November  
2022

[www.popitplanner.com](http://www.popitplanner.com)

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# Oh the Places that you are about to Go



## Passport

This Pop-It Planner Belongs to:

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

Aka Captain: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_



Word for 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						
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MARCH						
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29	30	31				

APRIL						
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MAY						
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24	25	26	27	28	29	30
31						

JUNE						
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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
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19	20	21	22	23	24	25
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AUGUST						
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23	24	25	26	27	28	29
30	31					

SEPTEMBER						
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NOVEMBER						
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27	28	29	30	31		

2027

JANUARY						
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31						

FEBRUARY						
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28						

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30	31					

JUNE						
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27	28	29	30			

JULY						
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AUGUST						
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NOVEMBER						
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DECEMBER						
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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
<ul style="list-style-type: none"><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li></ul>	<ul style="list-style-type: none"><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li></ul>	<ul style="list-style-type: none"><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li></ul>
Thursday	Friday	Saturday
<ul style="list-style-type: none"><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li></ul>	<ul style="list-style-type: none"><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li></ul>	<ul style="list-style-type: none"><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li></ul>
Sunday	Weekly Maintenance	Monthly Maintenance
<ul style="list-style-type: none"><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li></ul>	<ul style="list-style-type: none"><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li></ul>	<ul style="list-style-type: none"><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li><li>● _____</li></ul>

# Confetti RUNWAY



28 horizontal lines for writing, each corresponding to a confetti piece and a small circle.

# Clear for TAKEOFF

## Departures

↑  Departures

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## Terminals

01

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## Runway



↑  Departures

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02

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↑  Departures

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03

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↑  Departures

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04

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↑  Departures

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05

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↑  Departures

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06

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# Pick your DESTINATION



01



02



03



04



05



06



# Departures & ARRIVALS

 <b>Departures</b>						
Flight #/Project Name	Destination/Goal	Takeoff Date	Gate/ETA	Progress	Arrival	
				<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/>
				<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/>
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 <b>Arrivals</b>						
Flight #/Project Name	Layover/Next Step	Arrival Date	Next Flight	Celebration	Refuel	
						<input type="checkbox"/>
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# Quarter 1

## AT A GLANCE

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### FEB

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### MAR

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# Quarter 2

## AT A GLANCE

### APR

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# Quarter 3 AT A GLANCE

## JUL

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7	☿
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9	☿
10	☿
11	☿
12	☿
13	☿
14	☿ ☾
15	☿
16	☿
17	☿
18	☿
19	☿
20	☿
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22	☿
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## AUG

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## SEP

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# Quarter 4 AT A GLANCE

## OCT

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## NOV

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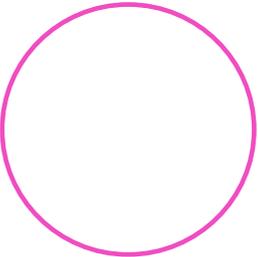
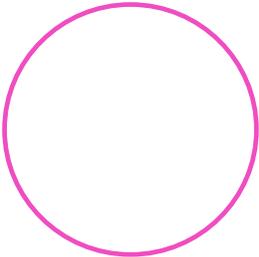
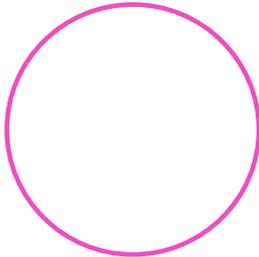
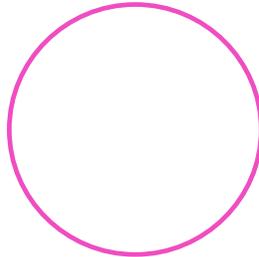
## DEC

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# 2026 Business Goals

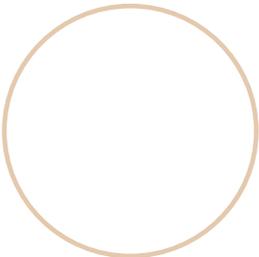
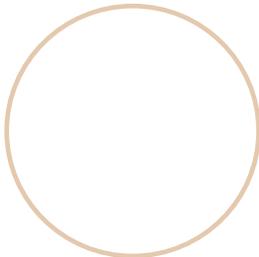
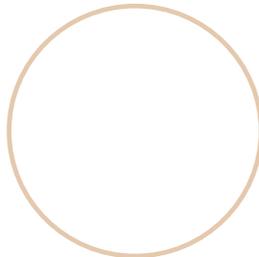
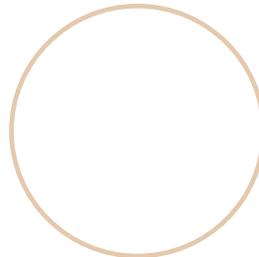
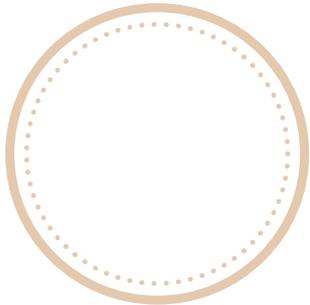
Phase 1 January 1- March 30

Focus

				
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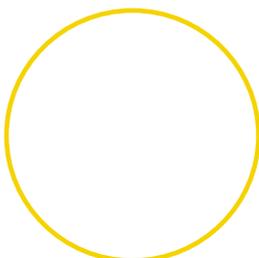
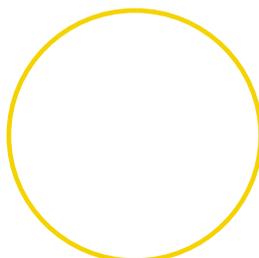
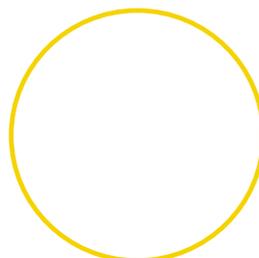
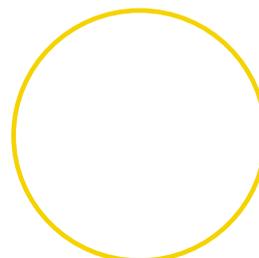
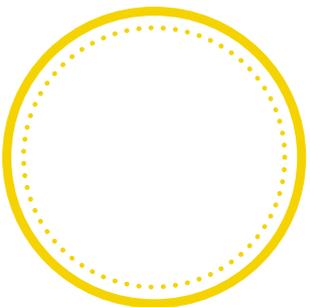
Phase 2 April 1- June 30

Focus

				
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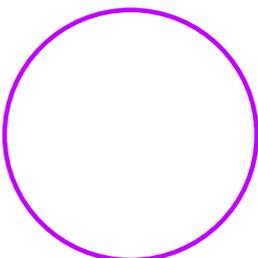
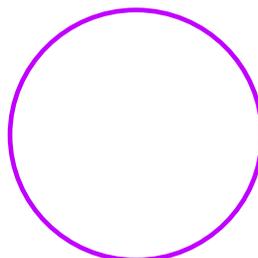
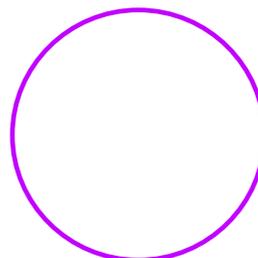
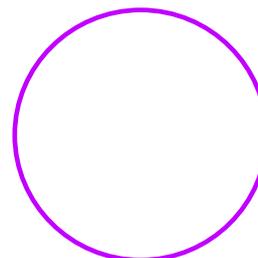
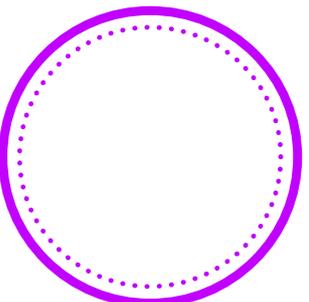
Phase 3 July 1- September 30

Focus

				
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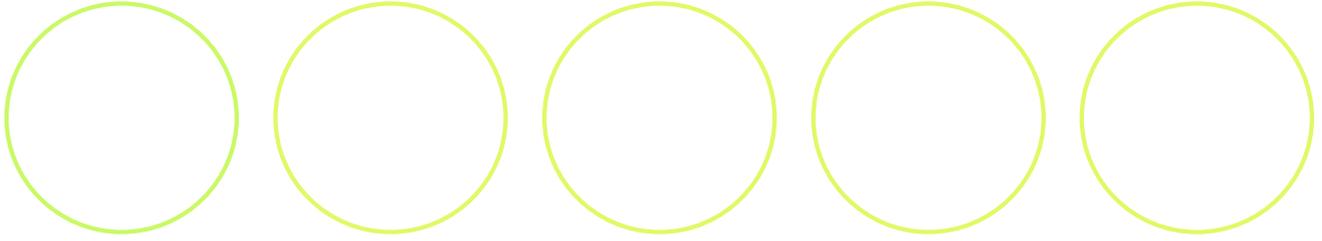
Phase 4 October 1-December 31

Focus

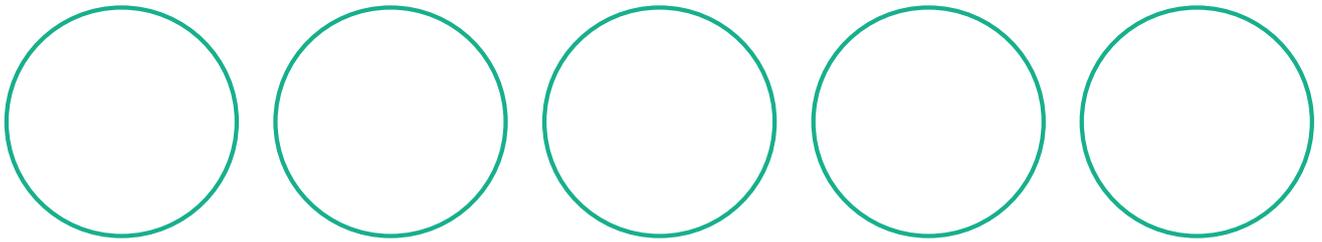
				
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# Balance

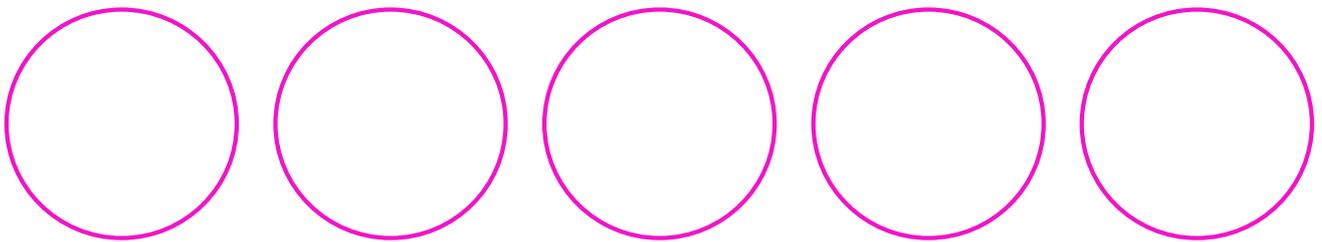
## HEALTH



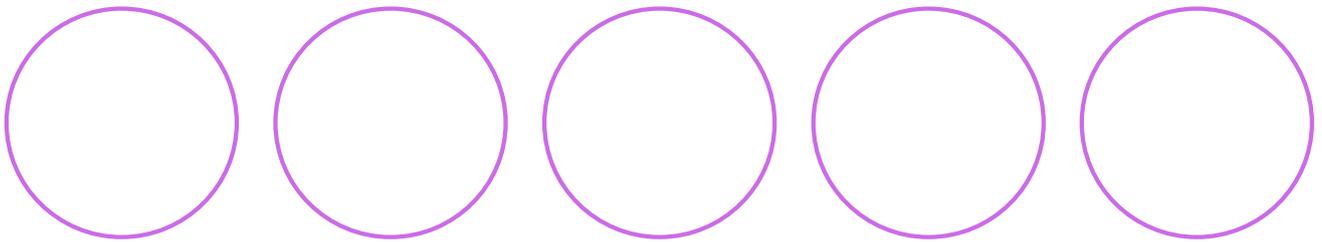
## BUSINESS



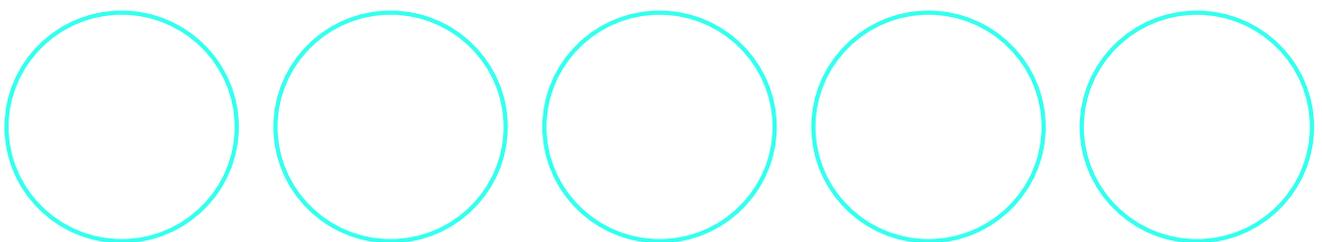
## CONNECTION



## FILL UP



## HOBBIES



# Routines

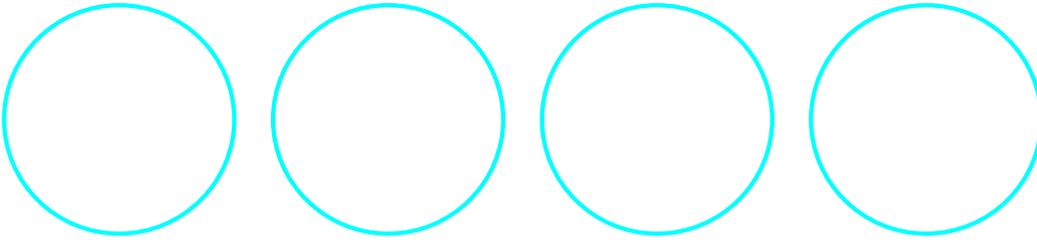
## MORNING ROUTINE


## BUSINESS ROUTINE


## NIGHT ROUTINE


# Anchors

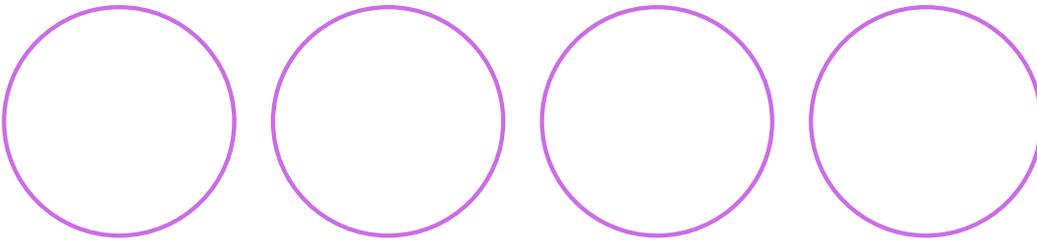
STEPS TO RELEASE



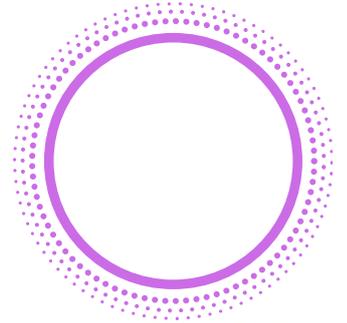
ANCHOR



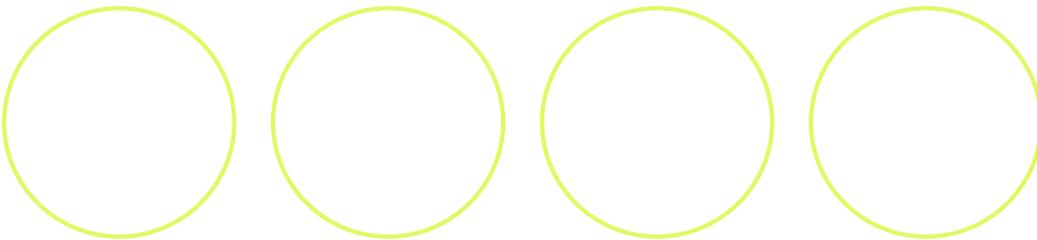
STEPS TO RELEASE



ANCHOR



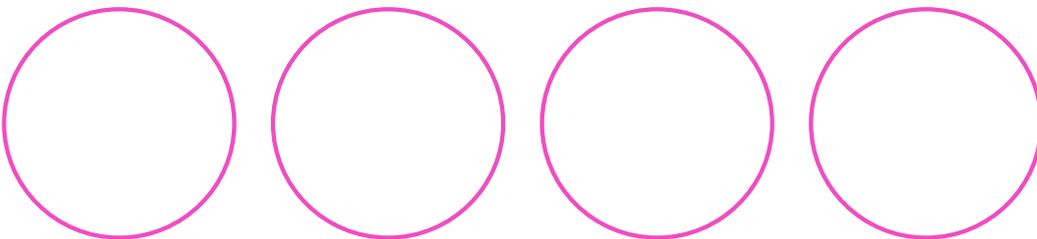
STEPS TO RELEASE



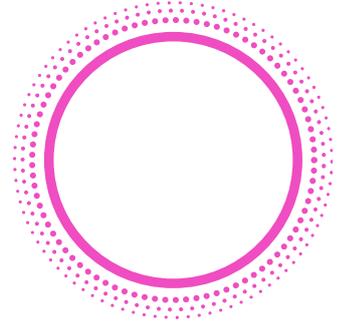
ANCHOR



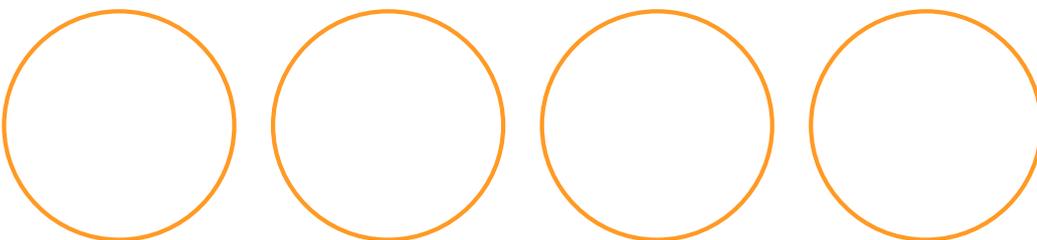
STEPS TO RELEASE



ANCHOR



STEPS TO RELEASE



ANCHOR



# Mind


# Fun


# House Keeping



## Health

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## Kids

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## Pets

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## Relationships

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## Family

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## Friendships

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# House Keeping



## Vehicles

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## Electronics

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## Finances

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## Business

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## Projects

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## Charity

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# House Keeping



My Room

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Kitchen

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Family Room

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Living Room

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Bathrooms

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Front Yard

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# House Keeping



Backyard

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Laundry Room

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Kids Room

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Guest Room

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Office

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Garage

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# House Keeping



Books

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Courses

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Movies

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Adventures

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Recipes

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Hobbies

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# House Keeping



## Fears to Face

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## Karma

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## Bucket List

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## Body

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## Skills/ Interests

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## Spiritual

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# House Keeping



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# Adventure Awaits

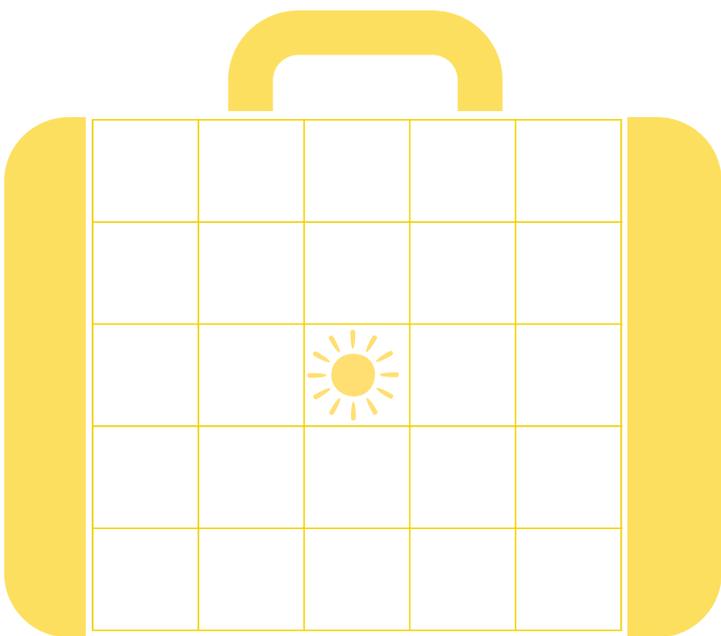
## SEASONAL FUN



WINTER



SPRING



SUMMER



FALL

# Excess BAGGAGE

JANUARY

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

FEBRUARY

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

MARCH

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

APRIL

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

MAY

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

JUNE

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

JULY

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

AUGUST

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

SEPTEMBER

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

OCTOBER

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

NOVEMBER

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

DECEMBER

I CHOOSE TO LET GO OF:



TO MAKE ROOM FOR:

# Airplane Mode

## REST

PHYSICAL



WAYS TO REST

MENTAL



WAYS TO REST

SENSORY



WAYS TO REST

CREATIVE



WAYS TO REST

EMOTIONAL



WAYS TO REST

SOCIAL



WAYS TO REST

SPIRITUAL



WAYS TO REST

RESPONSIBILITY



WAYS TO REST

SELF-CRITICISM



WAYS TO REST

IDENTITY



WAYS TO REST

INDOORS



WAYS TO REST

CONTROL



WAYS TO REST

# Flamingo BINGO

LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



LEAP:

OUTCOME:

WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



# Charging STATION

**PLUG INTO**

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

QUALITIES ADMIRIED: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**PLUG INTO**

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

QUALITIES ADMIRIED: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**PLUG INTO**

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

QUALITIES ADMIRIED: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**CHARGE UP**

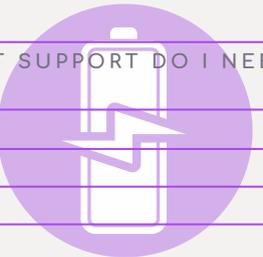
WHO: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**CHARGE UP**

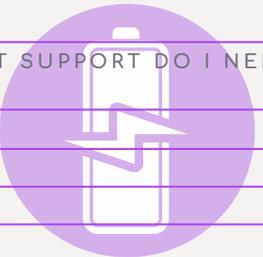
WHO: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**RESET**

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

ACCOUNTABILITY IN PLACE: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**DRAIN/DISTRACT**

WHO OR WHAT: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**DRAIN/DISTRACT**

WHO OR WHAT: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**DRAIN/DISTRACT**

WHO OR WHAT: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**UNPLUG**

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

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**UNPLUG**

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

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**UNPLUG**

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

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Champagne CELEBRATIONS

DATE:

ACHIEVEMENT

HOW I CELEBRATED



DATE:

ACHIEVEMENT

HOW I CELEBRATED



DATE:

ACHIEVEMENT

HOW I CELEBRATED



DATE:

ACHIEVEMENT

HOW I CELEBRATED



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HOW I CELEBRATED



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DATE:

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HOW I CELEBRATED



DATE:

ACHIEVEMENT

HOW I CELEBRATED



# Seat Swap UNSTUCK

**AISLE/ CONNECT**

WHAT CAN LIGHTEN YOUR LOAD?

WHO CAN YOU ASK FOR SUPPORT? HOW WILL YOU?

**MIDDLE/COURAGE**

WHAT'S KEEPING YOU STUCK?

WHAT IS ONE RISK YOU CAN TAKE TODAY?

**WINDOW/CLARITY**

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

WHAT DECISION WILL GIVE YOU CLARITY OR A NEW STORY?

**AISLE/ CONNECT**

WHAT CAN LIGHTEN YOUR LOAD?

WHO CAN YOU ASK FOR SUPPORT? HOW WILL YOU?

**MIDDLE/COURAGE**

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WHAT IS ONE RISK YOU CAN TAKE TODAY?

**WINDOW/CLARITY**

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

WHAT DECISION WILL GIVE YOU CLARITY OR A NEW STORY?

# Shoes WE WEAR

SELF



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COMFORT ZONE



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INTEGRITY



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ADULTING



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CEO



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STUDENT



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NURTURER



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CARETAKER



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CONNECTING



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BUILDING



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SUPPORTING



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RISKTAKER



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FIREFIGHTING



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○

BOUNDARIES



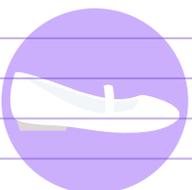
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CELEBRATING



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CINDERELLA



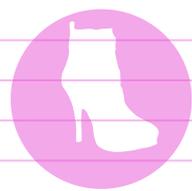
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OVERWHELMED



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REBELIOUS



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AVOIDANT



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VULNERABLE



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ISOLATING



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STUCK



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EMOTIONAL



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BURNT OUT



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# Words that Lift Reflection

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

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

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



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

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

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



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

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

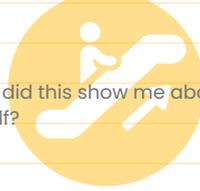
What did this show me about myself? \_\_\_\_\_



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**



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!

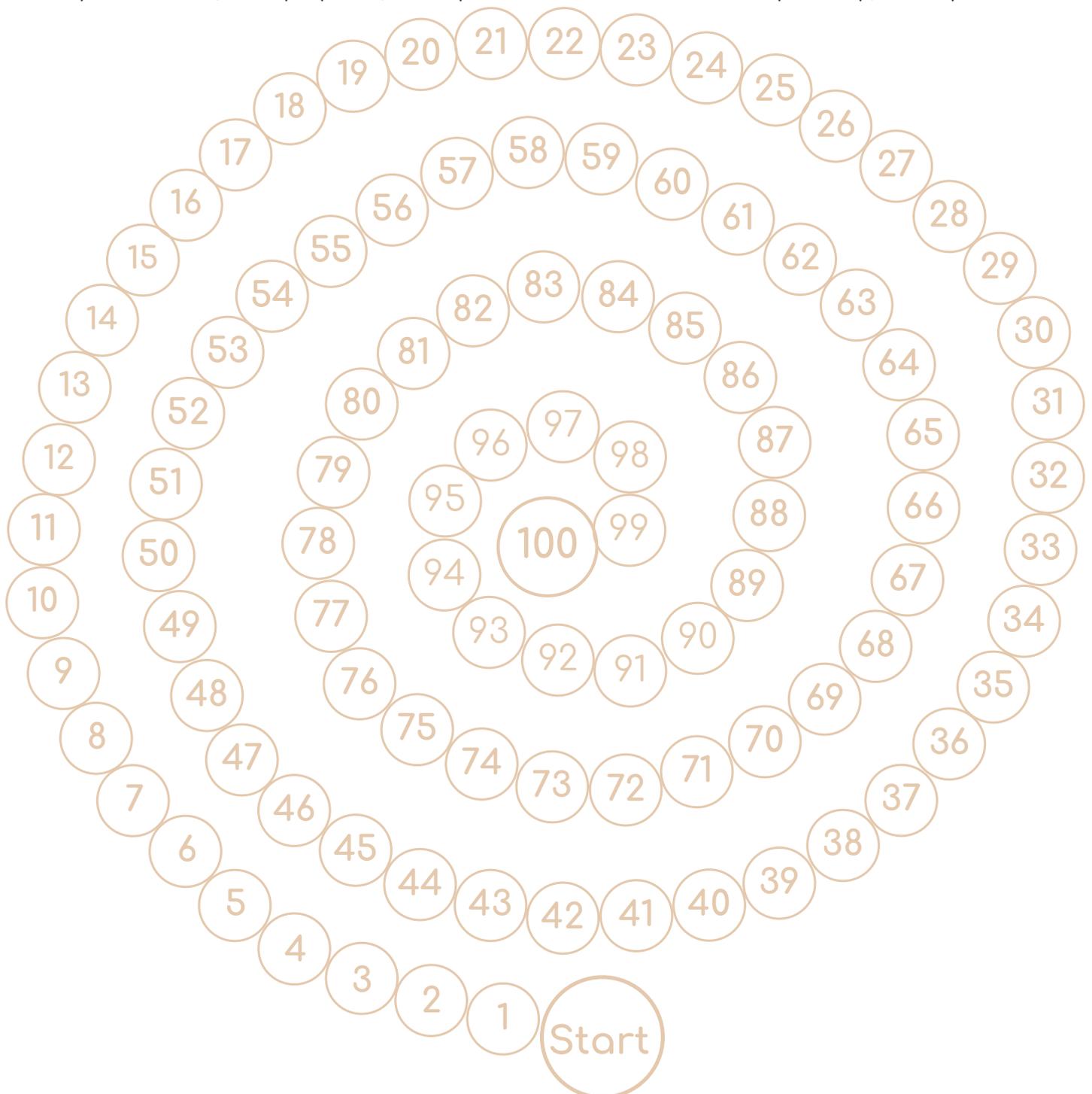
To make room for this commitment to myself, I'm letting go of: \_\_\_\_\_.

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!





# Confetti



# Confetti



# Confetti



# Confetti



# Confetti



# Confetti



# Confetti



# Confetti



01

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04

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07

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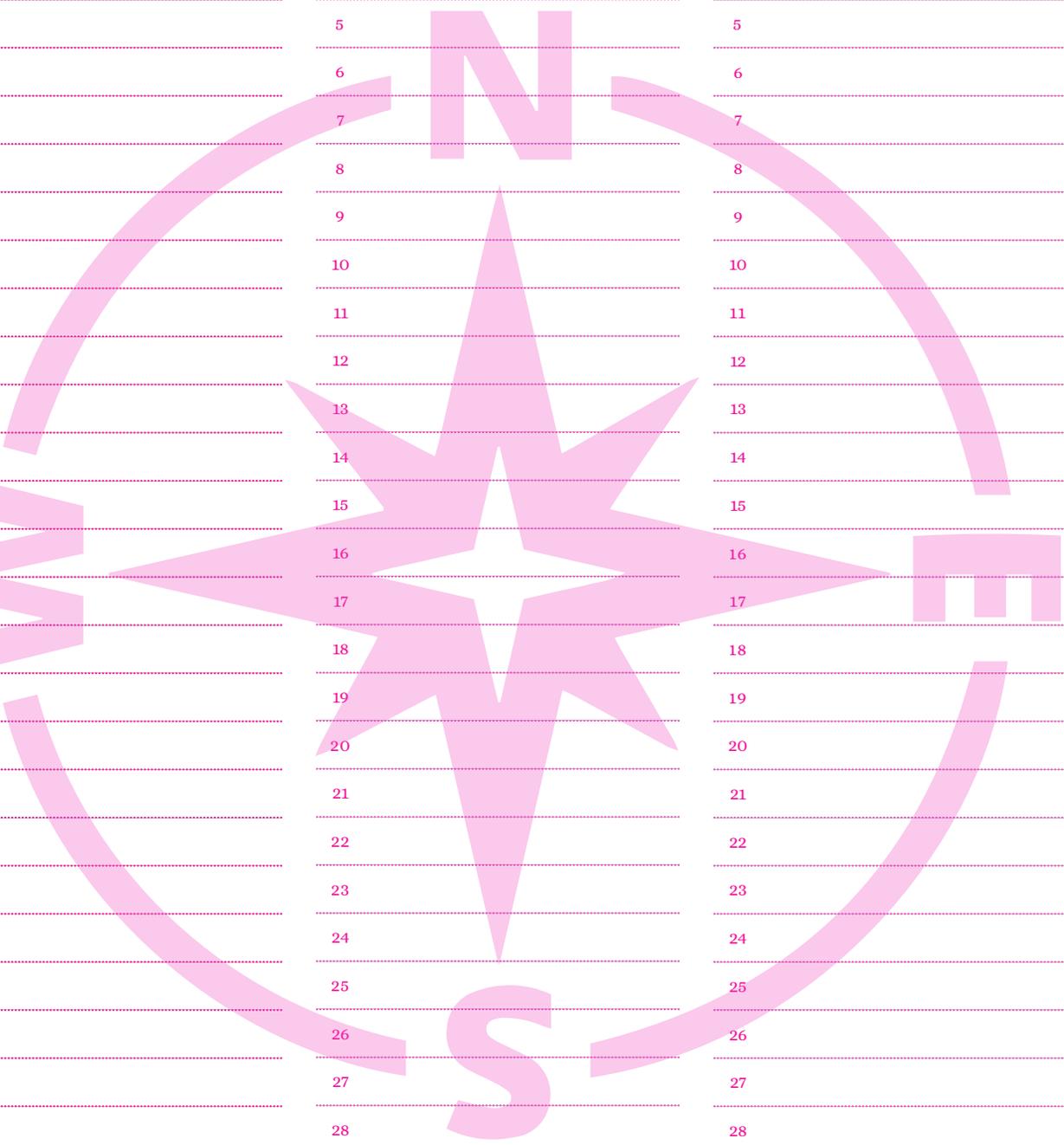






# Winning Streak

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
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# Winning Streak

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# A Little REMINDER


# A Little REMINDER


# A Little REMINDER


# A Little REMINDER


# Wings SUPPORT

DOCTORS

MENTAL

SPIRITUAL

FINANCIAL

WELLNESS

FAMILY

CAREER

SELFCARE

SOCIAL MEDIA

TECHNOLOGY

HOUSEHOLD

PETS

*Pssst..... I see you!*

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

Then life hits. You freeze.  
And before you know it—you've abandoned the plan...and  
yourself.

But not this time.

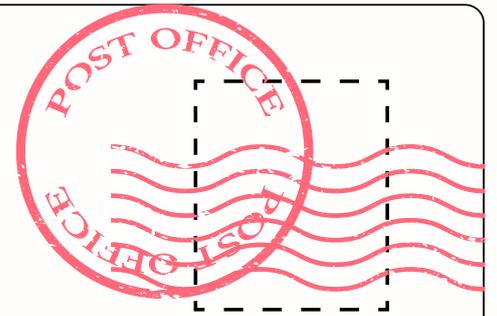
This planner isn't here to push you.  
It's here to protect you- from the spiral, from the burnout,  
from ghosting your growth when things get messy.

It's designed to set you free—  
Free from procrastination.  
Free from perfectionism.  
Free from the cycle of self-sabotage.  
Free to finally EXHALE and be the version of you who  
follows through.

Are you ready to stop circling and finally take flight?

Say yes to yourself. By scanning the QR Code Below.  
I'll be waiting for you on the inside.

*Blue Skies,  
Cris*



*Congratulations!*

*You didn't just pick up a  
planner.*

*You picked up a return  
ticket to YOU.*

**Ready to discover the YOU, you've  
been waiting for?**

Scan the QR code Below, and let's get you and your potential checked in, and  
ready for Take-off!



P.S. I hope you have your Passport ready -because oh, the places you're about to go.  
This isn't just a plan. It's your passport to possibility.  
Your future self is already waiting at the gate.  
**Welcome Home. Let the journey begin.**