

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

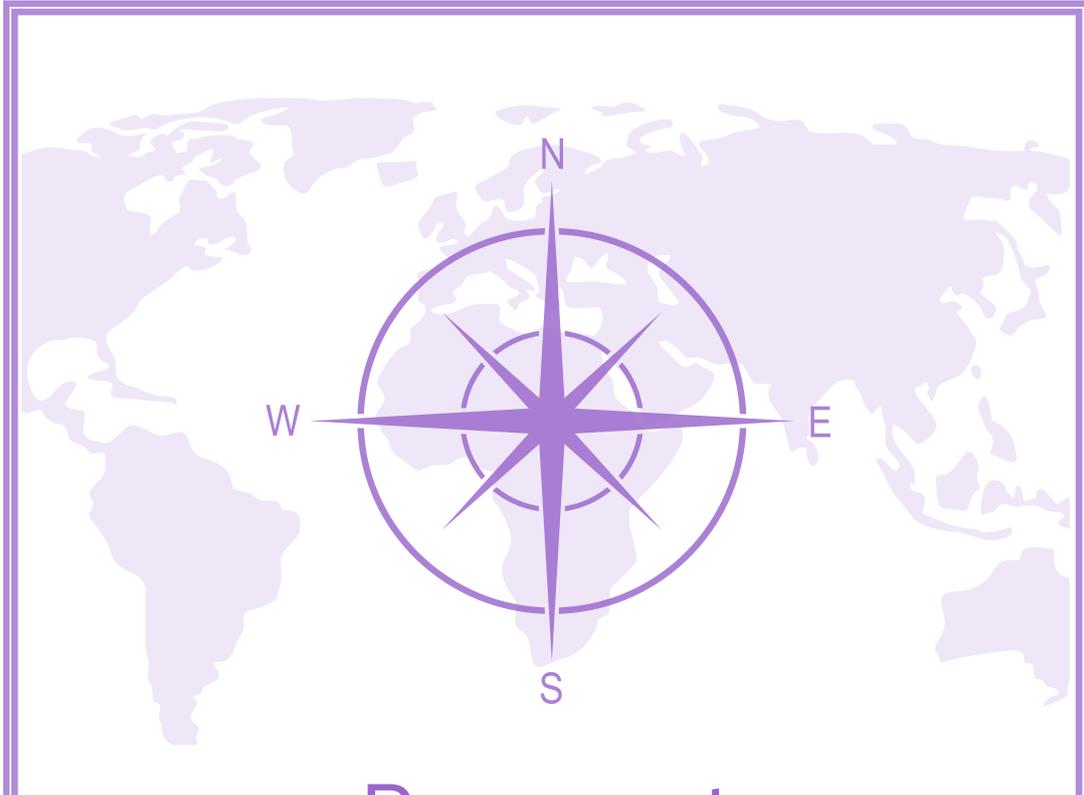
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Oh the Places that you are about to Go



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
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FEBRUARY

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2027

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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">● _____● _____● _____● _____● _____● _____● _____	<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____	<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____
Thursday	Friday	Saturday
<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____	<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____	<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____
Sunday	Weekly Maintenance	Monthly Maintenance
<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____	<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____	<ul style="list-style-type: none">● _____● _____● _____● _____● _____● _____● _____

Confetti RUNWAY



A series of horizontal lines for writing, grouped by color to match the ribbon numbers. Each group contains five lines. The colors of the lines are yellow, orange, red, pink, purple, teal, and green.

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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↑  Departures

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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

 Departures					
Flight #/Project Name	Destination/Goal	Takeoff Date	Gate/ETA	Progress	Arrival
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 Arrivals					
Flight #/Project Name	Layover/Next Step	Arrival Date	Next Flight	Celebration	Refuel
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Quarter 1

AT A GLANCE

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Quarter 2

AT A GLANCE

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Quarter 3 AT A GLANCE

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☿ mercury retrograde ♀ full moon ☽ new moon 🍷 4th of July 🍂 Fall Equinox

Quarter 4 AT A GLANCE

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2026 Business Goals

Phase 1 January 1- March 30

Focus

Four empty circles followed by one circle with a dotted inner border.

Phase 2 April 1- June 30

Focus

Four empty circles followed by one circle with a dotted inner border.

Phase 3 July 1- September 30

Focus

Four empty circles followed by one circle with a dotted inner border.

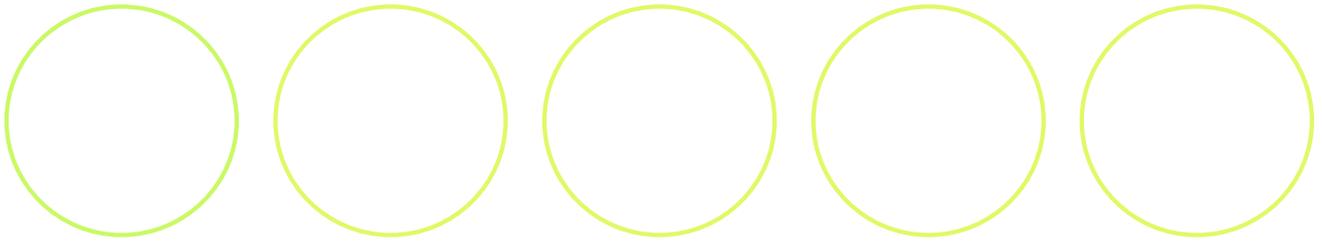
Phase 4 October 1-December 31

Focus

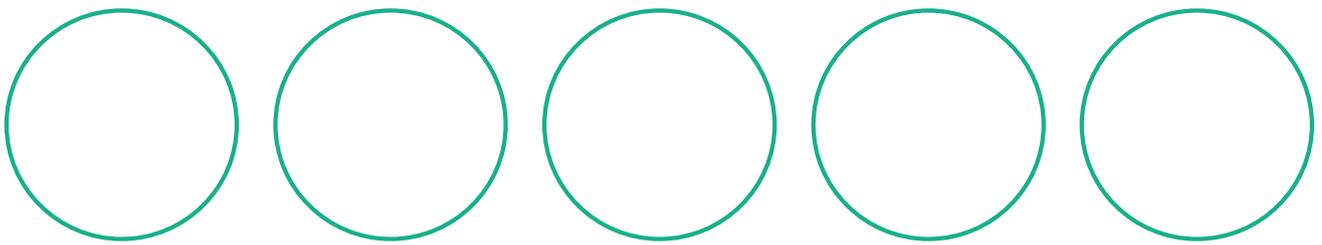
Four empty circles followed by one circle with a dotted inner border.

Balance

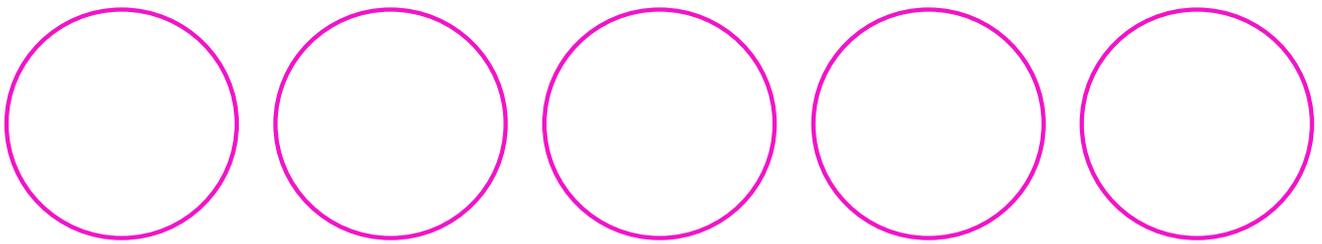
HEALTH



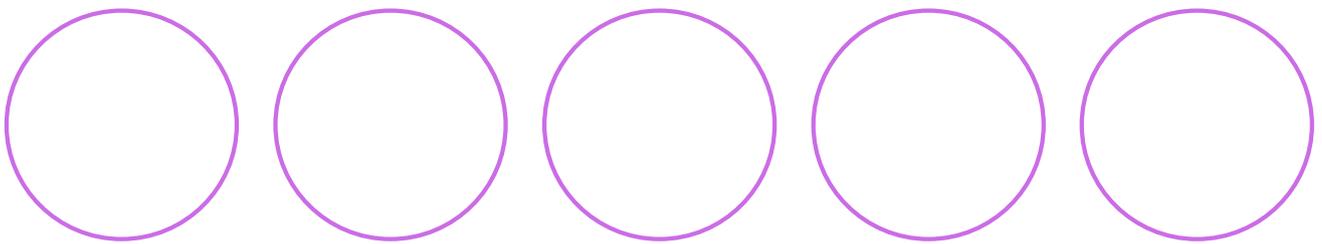
BUSINESS



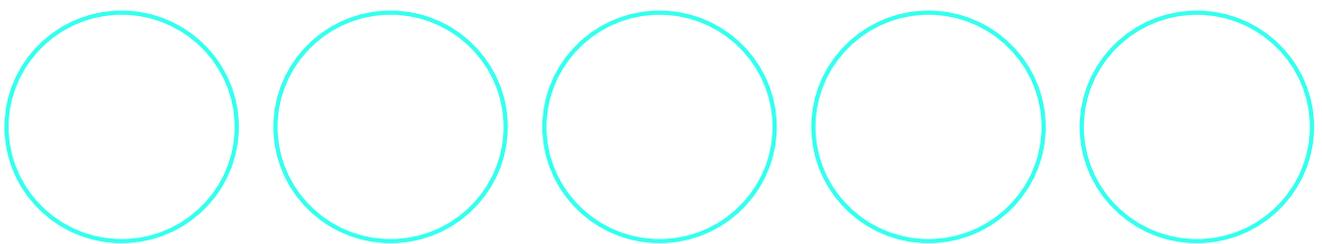
CONNECTION



FILL UP



HOBBIES



Routines

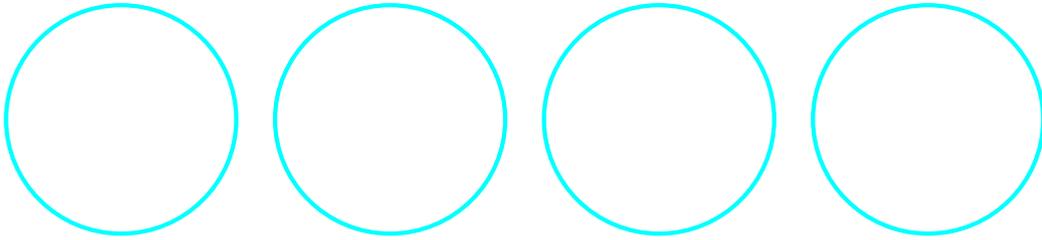
MORNING ROUTINE

BUSINESS ROUTINE

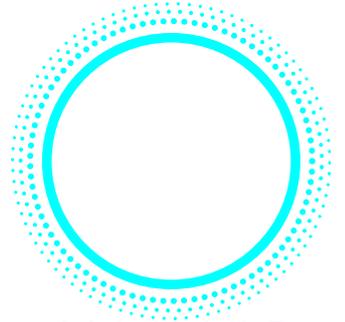
NIGHT ROUTINE

Anchors

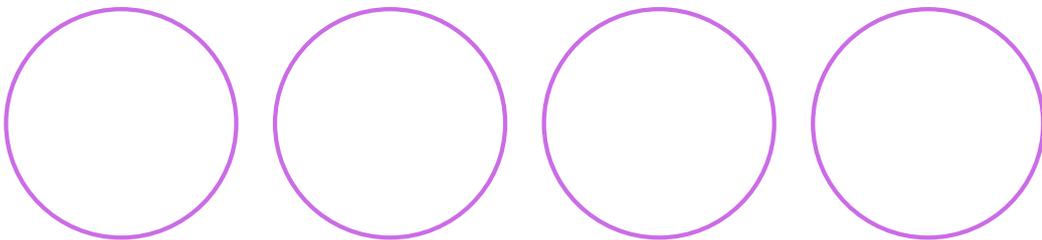
STEPS TO RELEASE



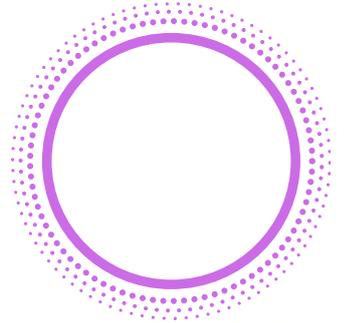
ANCHOR



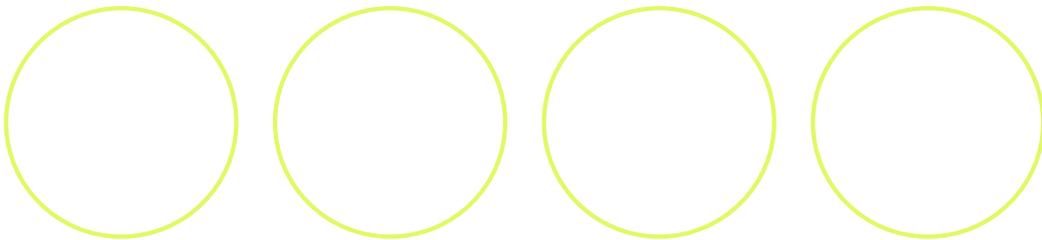
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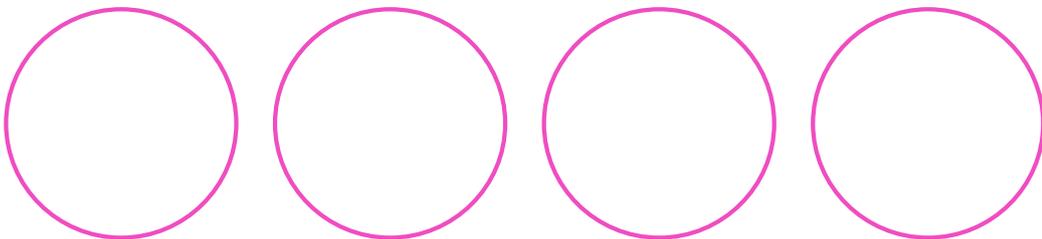
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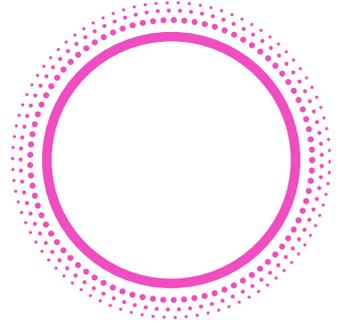
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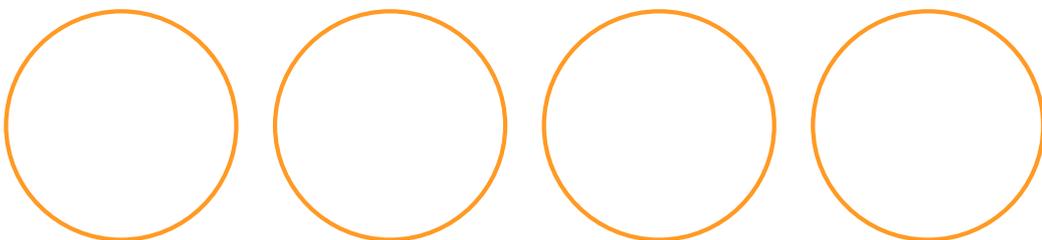
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ANCHOR



STEPS TO RELEASE

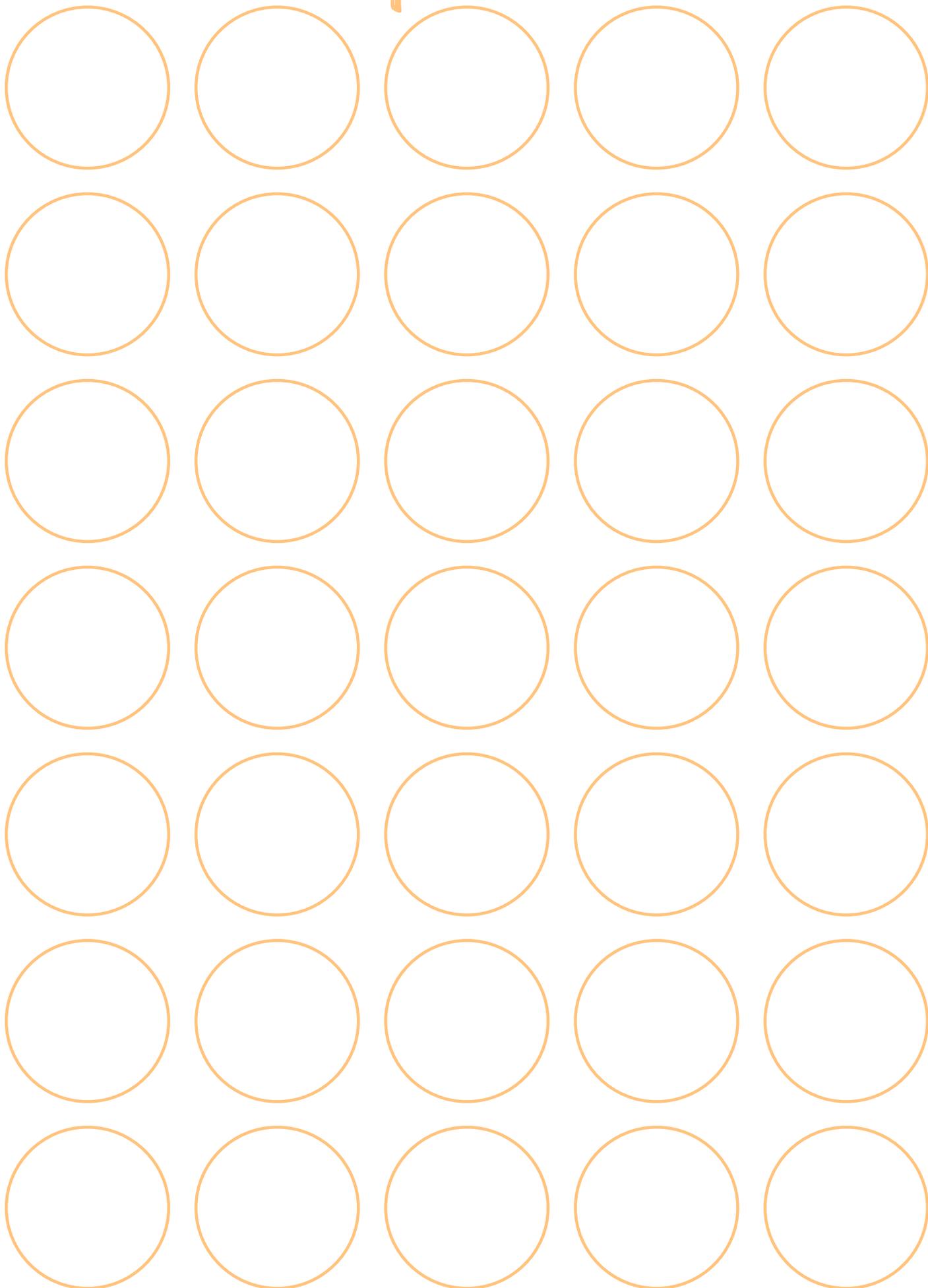


ANCHOR



Mind

Fun



House Keeping



Health

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Kids

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Pets

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House Keeping



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House Keeping



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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



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Laundry Room

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Kids Room

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Guest Room

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Garage

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House Keeping



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House Keeping



Fears to Face

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Bucket List

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House Keeping



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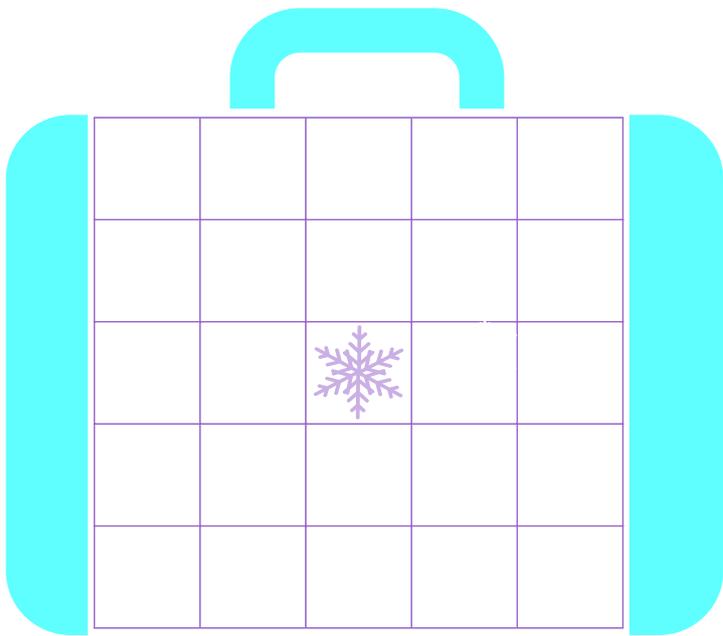
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Adventure Awaits

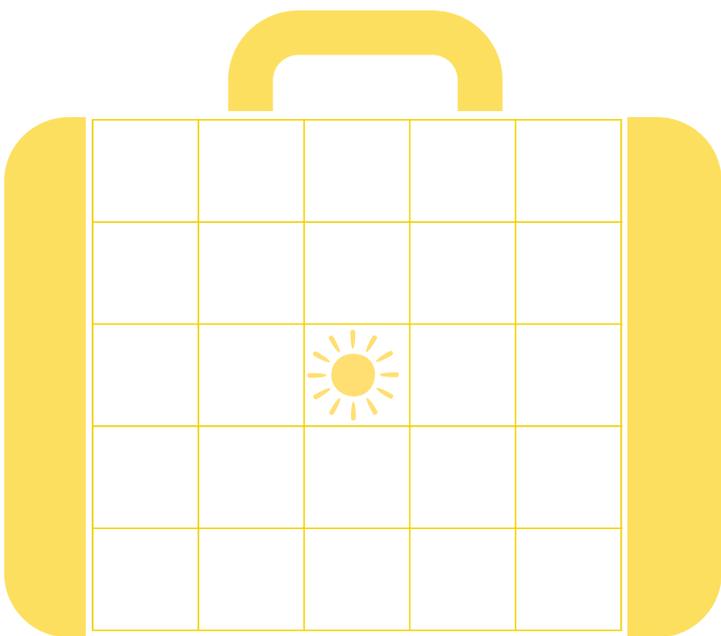
SEASONAL FUN



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

This card features a pink header with the word 'PHYSICAL'. Below the header is a smartphone icon with a white airplane symbol on its screen. To the left of the phone are five empty circles, each aligned with a horizontal line that passes through the phone icon. The entire card has a light pink background.

MENTAL



WAYS TO REST

This card features an orange header with the word 'MENTAL'. Below the header is a smartphone icon with a white airplane symbol on its screen. To the left of the phone are five empty circles, each aligned with a horizontal line that passes through the phone icon. The entire card has a light orange background.

SENSORY



WAYS TO REST

This card features a yellow header with the word 'SENSORY'. Below the header is a smartphone icon with a white airplane symbol on its screen. To the left of the phone are five empty circles, each aligned with a horizontal line that passes through the phone icon. The entire card has a light yellow background.

CREATIVE



WAYS TO REST

This card features a light green header with the word 'CREATIVE'. Below the header is a smartphone icon with a white airplane symbol on its screen. To the left of the phone are five empty circles, each aligned with a horizontal line that passes through the phone icon. The entire card has a light green background.

EMOTIONAL



WAYS TO REST

This card features a medium green header with the word 'EMOTIONAL'. Below the header is a smartphone icon with a white airplane symbol on its screen. To the left of the phone are five empty circles, each aligned with a horizontal line that passes through the phone icon. The entire card has a medium green background.

SOCIAL



WAYS TO REST

This card features a teal header with the word 'SOCIAL'. Below the header is a smartphone icon with a white airplane symbol on its screen. To the left of the phone are five empty circles, each aligned with a horizontal line that passes through the phone icon. The entire card has a teal background.

SPIRITUAL



WAYS TO REST

This card features a light blue header with the word 'SPIRITUAL'. Below the header is a smartphone icon with a white airplane symbol on its screen. To the left of the phone are five empty circles, each aligned with a horizontal line that passes through the phone icon. The entire card has a light blue background.

RESPONSIBILITY



WAYS TO REST

This card features a medium blue header with the word 'RESPONSIBILITY'. Below the header is a smartphone icon with a white airplane symbol on its screen. To the left of the phone are five empty circles, each aligned with a horizontal line that passes through the phone icon. The entire card has a medium blue background.

SELF-CRITICISM



WAYS TO REST

This card features a dark blue header with the word 'SELF-CRITICISM'. Below the header is a smartphone icon with a white airplane symbol on its screen. To the left of the phone are five empty circles, each aligned with a horizontal line that passes through the phone icon. The entire card has a dark blue background.

IDENTITY



WAYS TO REST

This card features a purple header with the word 'IDENTITY'. Below the header is a smartphone icon with a white airplane symbol on its screen. To the left of the phone are five empty circles, each aligned with a horizontal line that passes through the phone icon. The entire card has a purple background.

INDOORS



WAYS TO REST

This card features a dark purple header with the word 'INDOORS'. Below the header is a smartphone icon with a white airplane symbol on its screen. To the left of the phone are five empty circles, each aligned with a horizontal line that passes through the phone icon. The entire card has a dark purple background.

CONTROL



WAYS TO REST

This card features a pink header with the word 'CONTROL'. Below the header is a smartphone icon with a white airplane symbol on its screen. To the left of the phone are five empty circles, each aligned with a horizontal line that passes through the phone icon. The entire card has a pink background.

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:

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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: _____

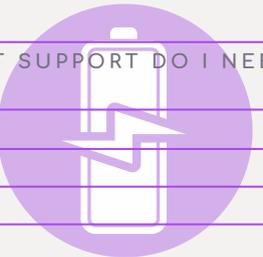
QUALITIES ADMIRIED: _____



CHARGE UP

WHO: _____

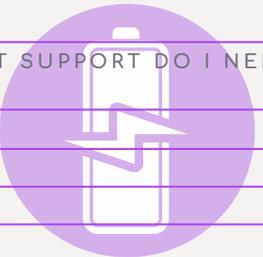
WHAT SUPPORT DO I NEED? _____



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



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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?

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WHAT IS ONE RISK YOU CAN TAKE TODAY?

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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



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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



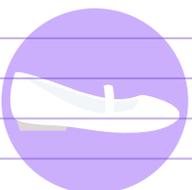
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CELEBRATING



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CINDERELLA



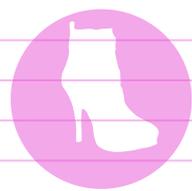
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BURNT OUT



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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: _____

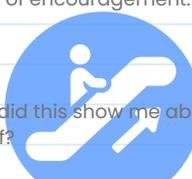
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

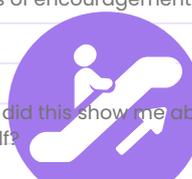
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

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Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Name: _____

Words of encouragement: _____

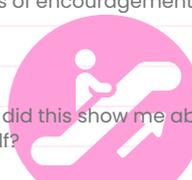
What did this show me about myself? _____



Name: _____

Words of encouragement: _____

What did this show me about myself? _____



Gate Closed

SAY NO



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61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
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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!

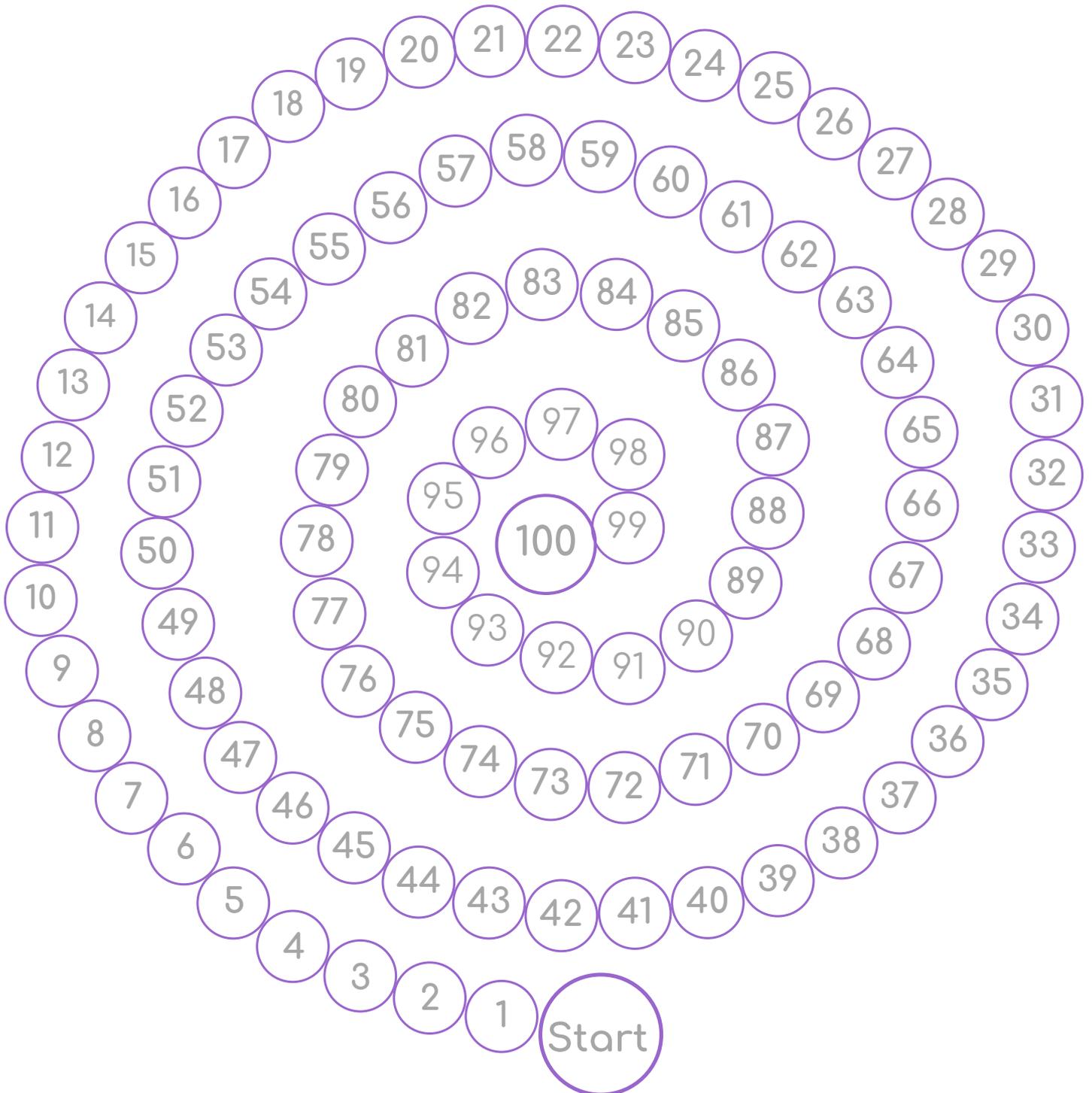
To make room for this commitment to myself, I'm letting go of: _____.

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



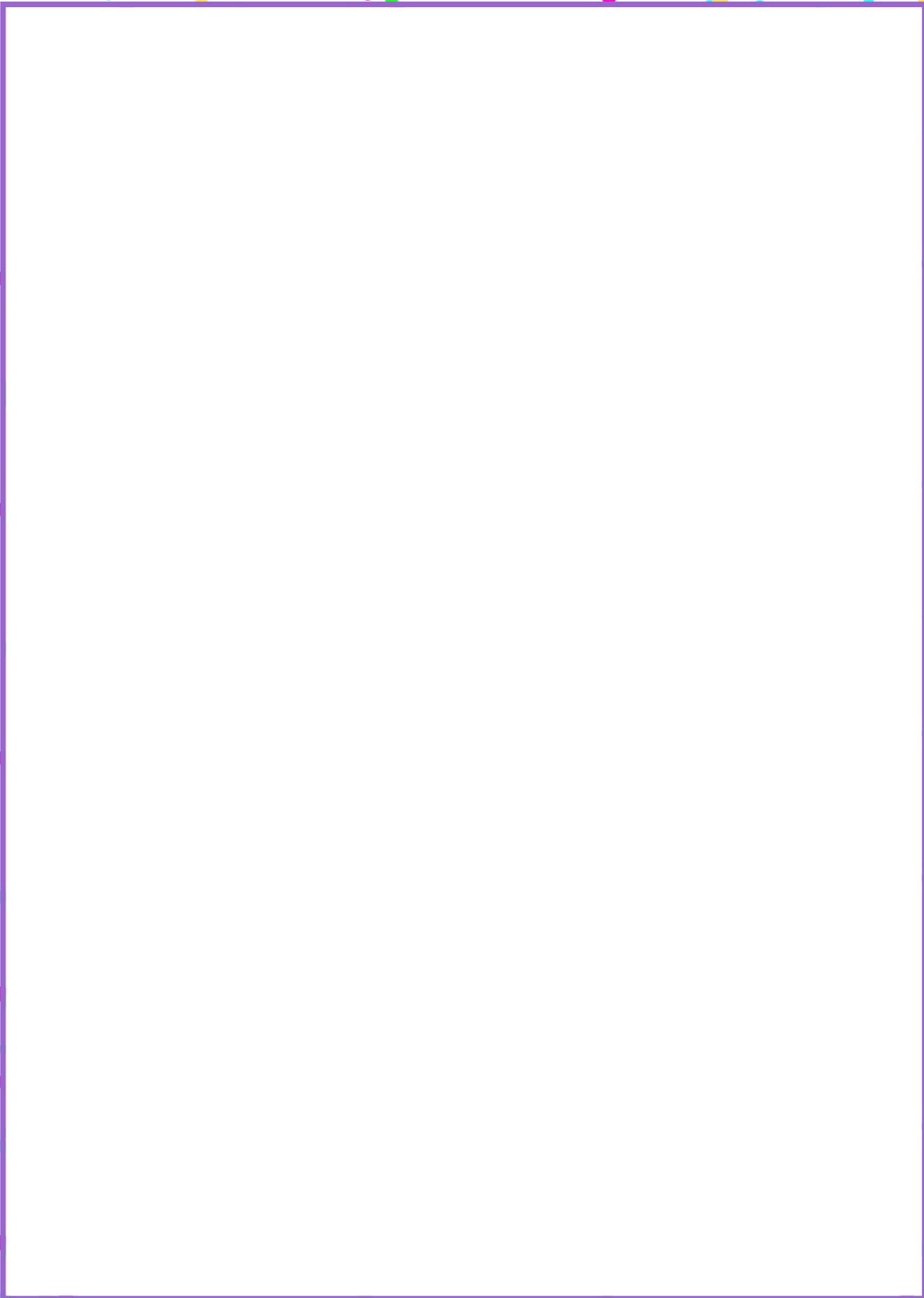
Confetti



Confetti



Confetti



Confetti



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Winning Streak

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Winning Streak

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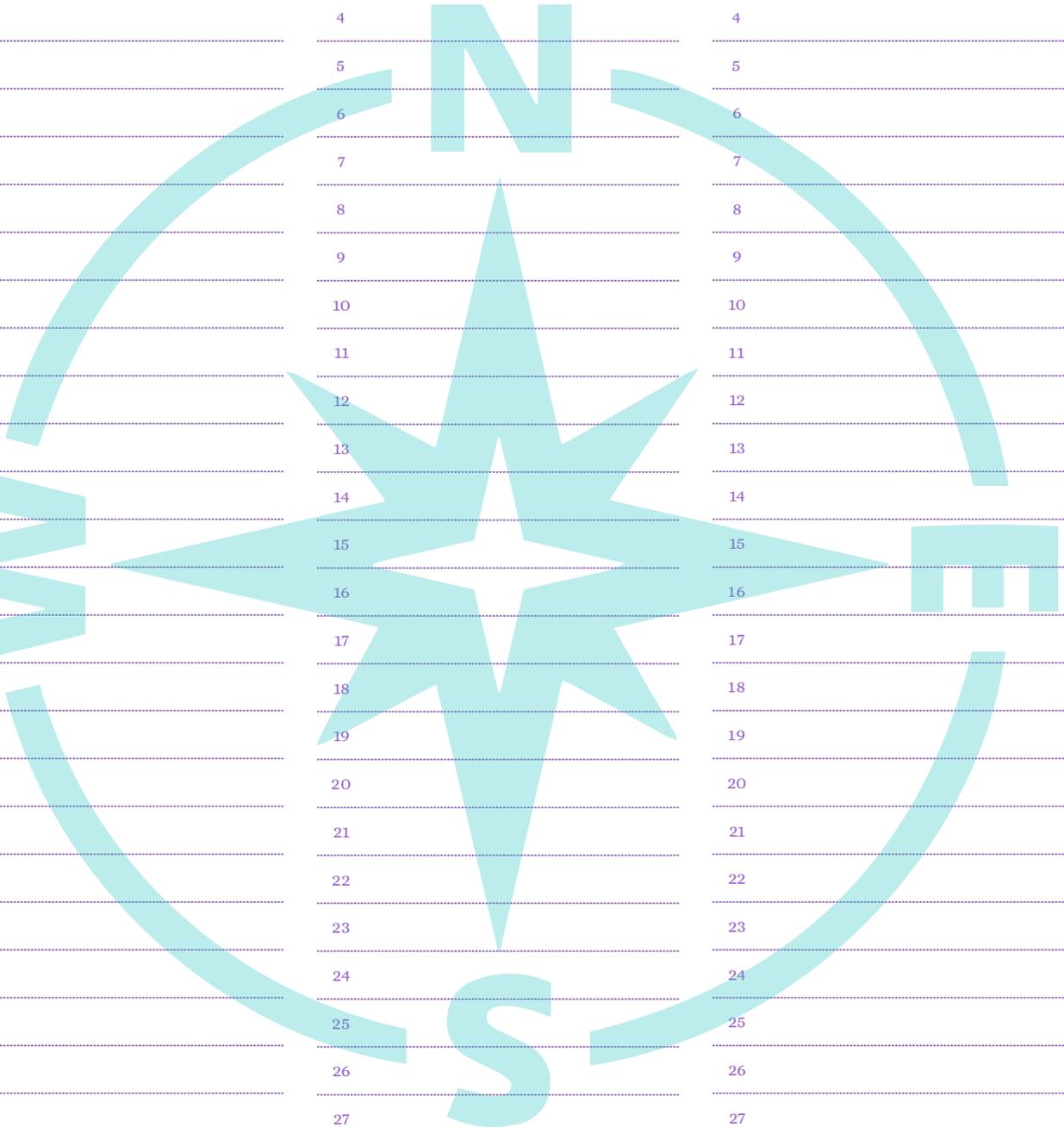
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Winning Streak

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Winning Streak

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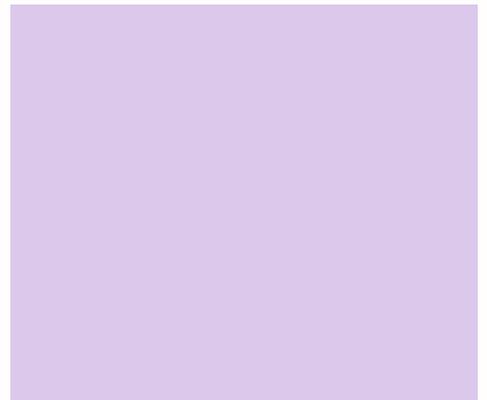
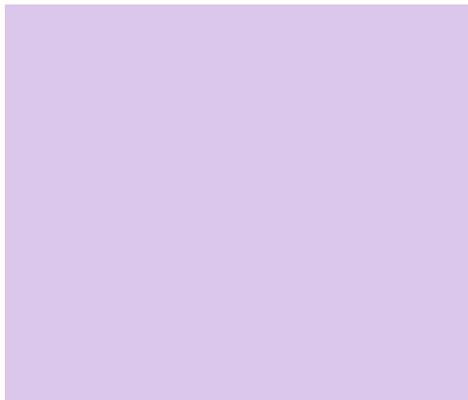
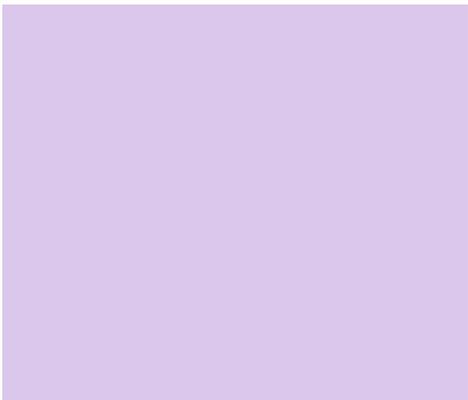
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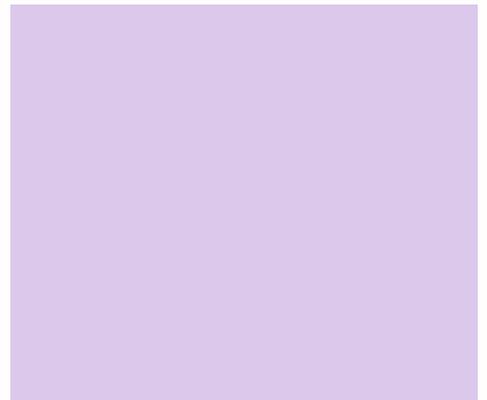
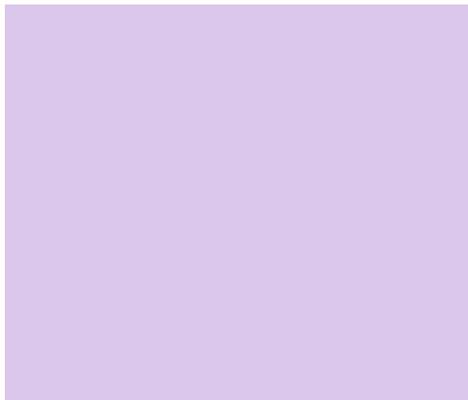
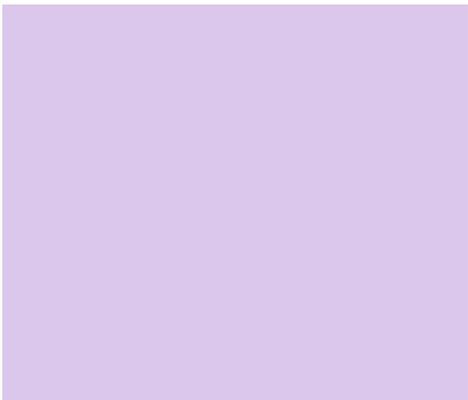
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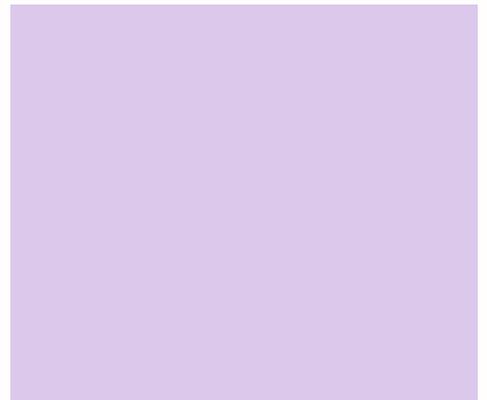
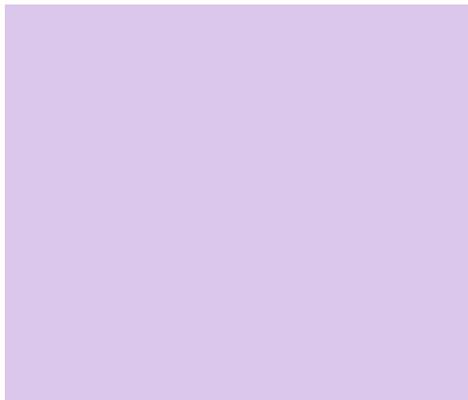
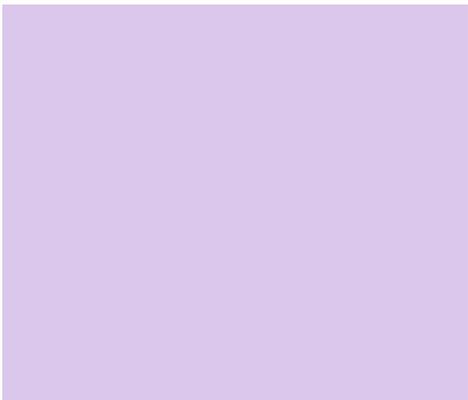
A Little REMINDER



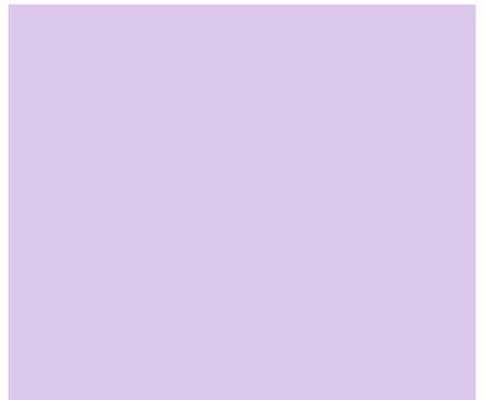
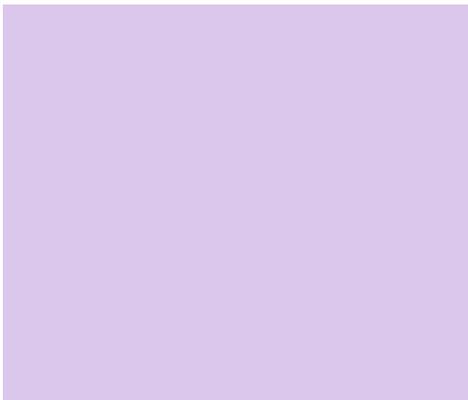
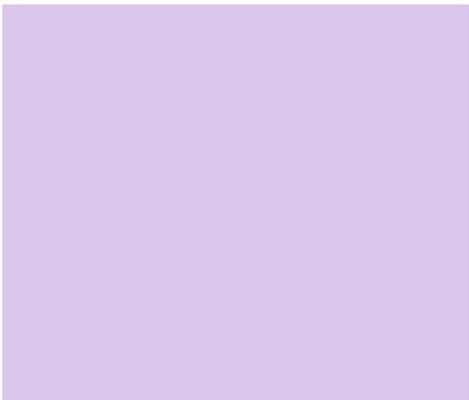
A Little REMINDER



A Little REMINDER



A Little REMINDER



Wings SUPPORT

DOCTORS

A pink sticky note with a header labeled "DOCTORS". The note features a large, stylized icon of a gear with wings and a propeller. To the left of the icon are five red circular bullet points. The background of the note is light gray with horizontal pink lines.

MENTAL

An orange sticky note with a header labeled "MENTAL". The note features a large, stylized icon of a gear with wings and a propeller. To the left of the icon are five orange circular bullet points. The background of the note is light gray with horizontal orange lines.

SPIRITUAL

A yellow sticky note with a header labeled "SPIRITUAL". The note features a large, stylized icon of a gear with wings and a propeller. To the left of the icon are five yellow circular bullet points. The background of the note is light gray with horizontal yellow lines.

FINANCIAL

A light green sticky note with a header labeled "FINANCIAL". The note features a large, stylized icon of a gear with wings and a propeller. To the left of the icon are five light green circular bullet points. The background of the note is light gray with horizontal light green lines.

WELLNESS

A medium green sticky note with a header labeled "WELLNESS". The note features a large, stylized icon of a gear with wings and a propeller. To the left of the icon are five medium green circular bullet points. The background of the note is light gray with horizontal medium green lines.

FAMILY

A teal sticky note with a header labeled "FAMILY". The note features a large, stylized icon of a gear with wings and a propeller. To the left of the icon are five teal circular bullet points. The background of the note is light gray with horizontal teal lines.

CAREER

A light blue sticky note with a header labeled "CAREER". The note features a large, stylized icon of a gear with wings and a propeller. To the left of the icon are five light blue circular bullet points. The background of the note is light gray with horizontal light blue lines.

SELFCARE

A medium blue sticky note with a header labeled "SELFCARE". The note features a large, stylized icon of a gear with wings and a propeller. To the left of the icon are five medium blue circular bullet points. The background of the note is light gray with horizontal medium blue lines.

SOCIAL MEDIA

A dark blue sticky note with a header labeled "SOCIAL MEDIA". The note features a large, stylized icon of a gear with wings and a propeller. To the left of the icon are five dark blue circular bullet points. The background of the note is light gray with horizontal dark blue lines.

TECHNOLOGY

A purple sticky note with a header labeled "TECHNOLOGY". The note features a large, stylized icon of a gear with wings and a propeller. To the left of the icon are five purple circular bullet points. The background of the note is light gray with horizontal purple lines.

HOUSEHOLD

A light purple sticky note with a header labeled "HOUSEHOLD". The note features a large, stylized icon of a gear with wings and a propeller. To the left of the icon are five light purple circular bullet points. The background of the note is light gray with horizontal light purple lines.

PETS

A pink sticky note with a header labeled "PETS". The note features a large, stylized icon of a gear with wings and a propeller. To the left of the icon are five pink circular bullet points. The background of the note is light gray with horizontal pink lines.

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.