

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



PLANNER

The Planner for Perfectionist and Procrastinators.

January 2026- December 2026



THE **p**  **p** 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

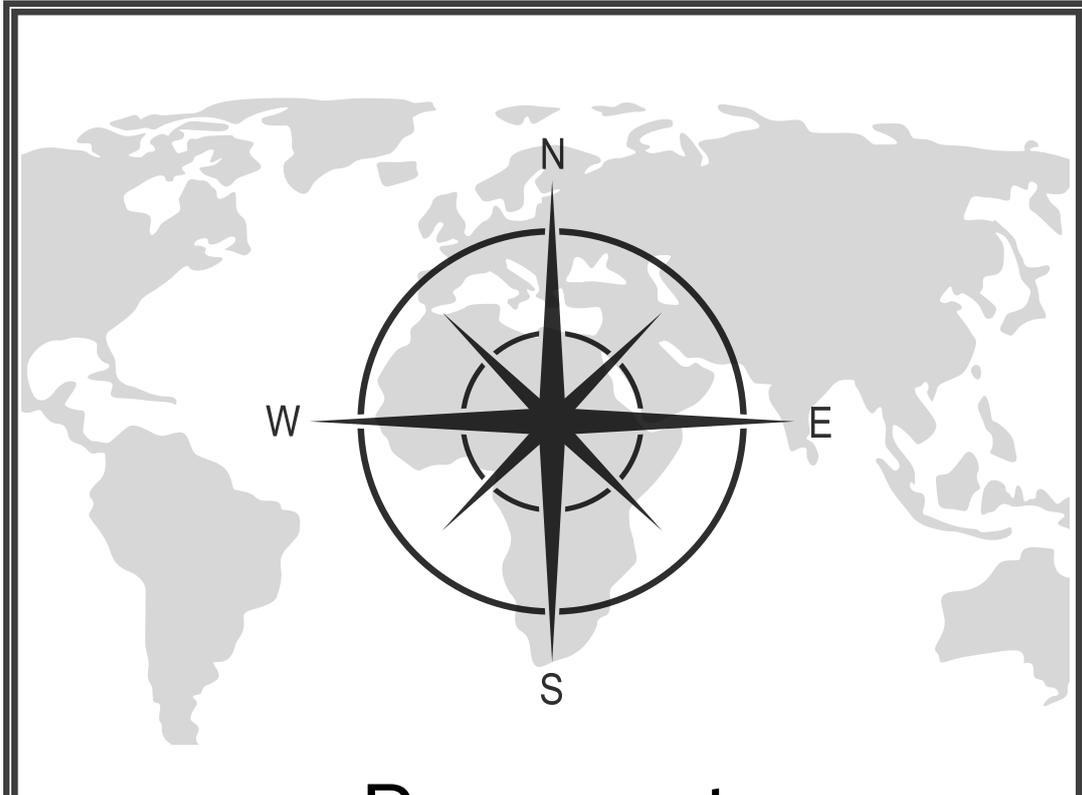
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Oh the Places that you are about to Go



Passport

This Pop-It Planner Belongs to:

Name: _____

Aka Captain: _____

Email: _____

Phone: _____



Word for 2026:

Yearly OUTLOOK

2026

JANUARY						
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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">● _____● _____● _____● _____● _____● _____● _____

Clear for TAKEOFF

Departures

↑  Departures

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Terminals

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Runway



↑  Departures

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02



↑  Departures

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03



↑  Departures

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04



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↑  Departures

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06



Pick your DESTINATION



01



02



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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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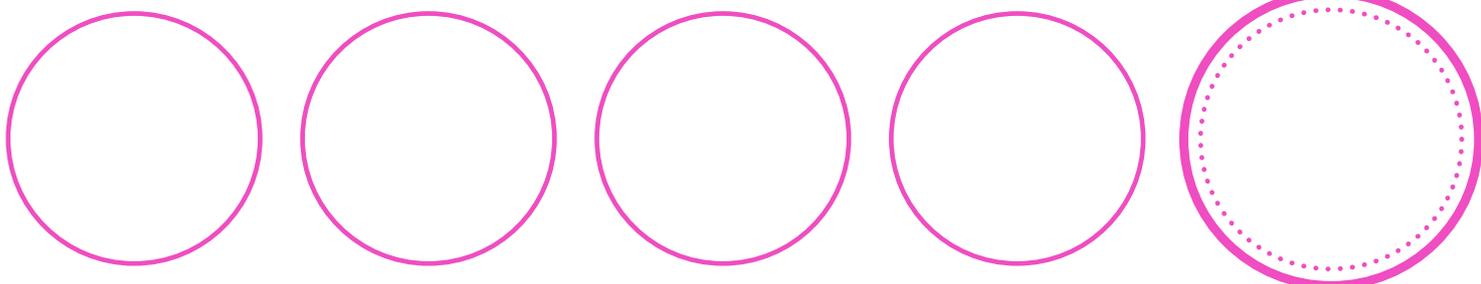
DEC

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2026 Business Goals

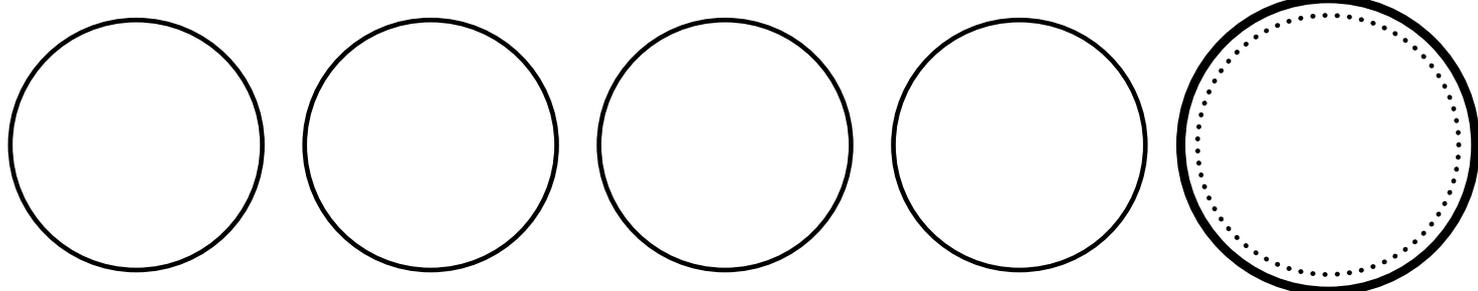
Phase 1 January 1- March 30

Focus



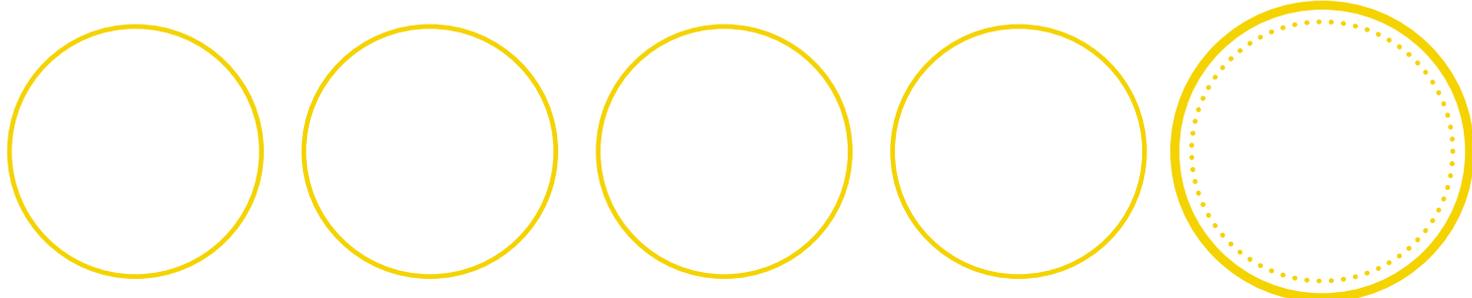
Phase 2 April 1- June 30

Focus



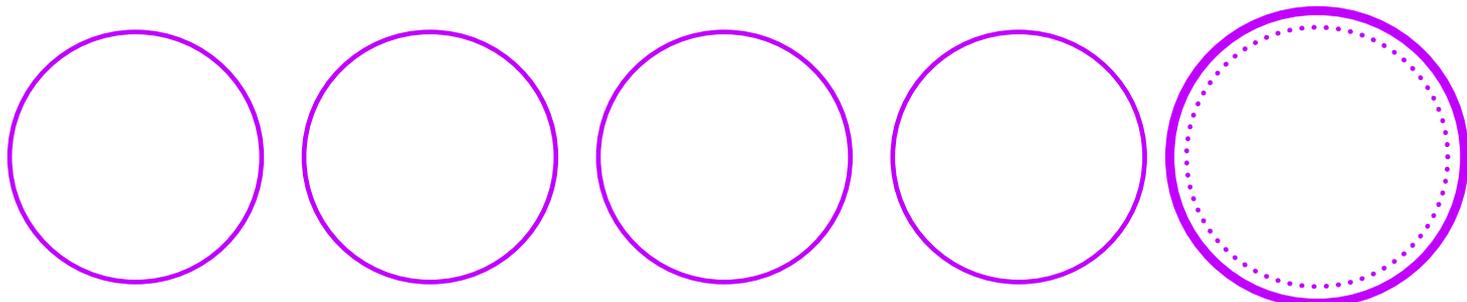
Phase 3 July 1- September 30

Focus



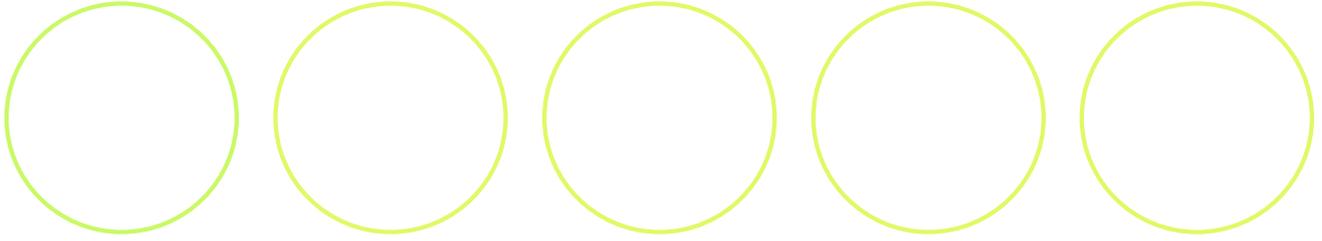
Phase 4 October 1-December 31

Focus

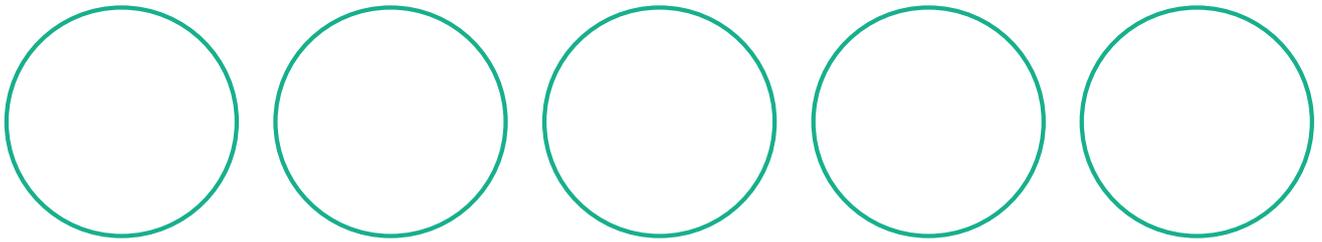


Balance

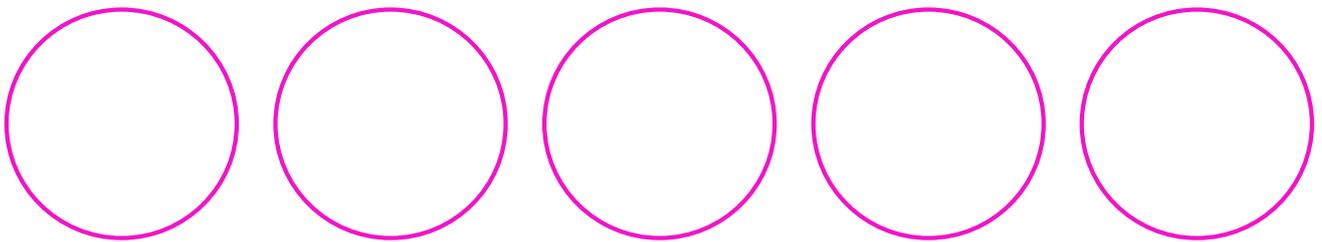
HEALTH



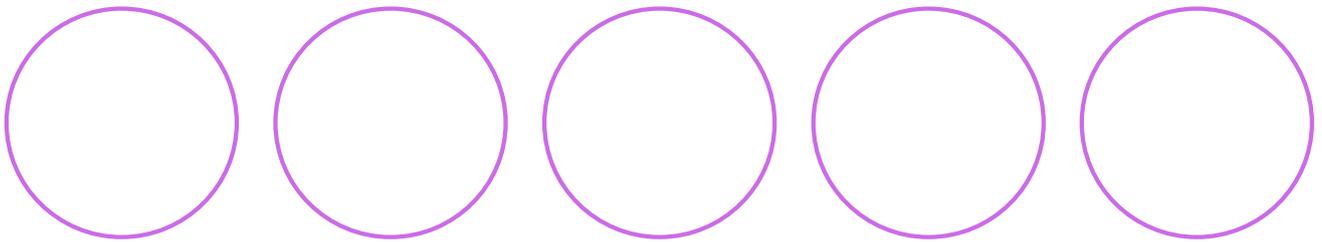
BUSINESS



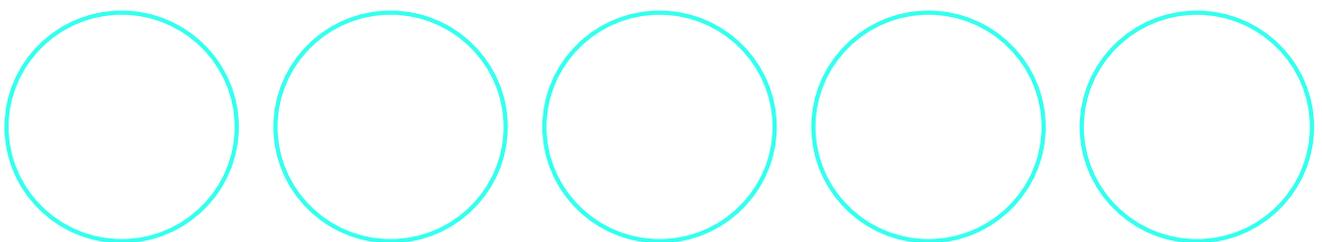
CONNECTION



FILL UP



HOBBIES



Routines

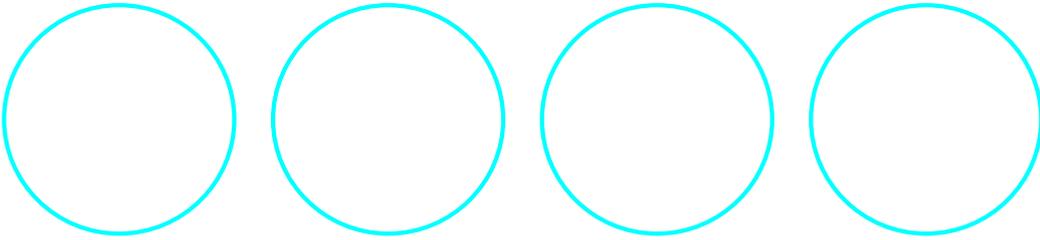
MORNING ROUTINE

BUSINESS ROUTINE

NIGHT ROUTINE

Anchors

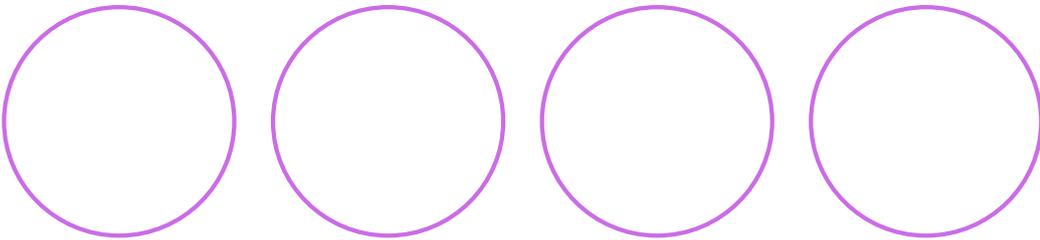
STEPS TO RELEASE



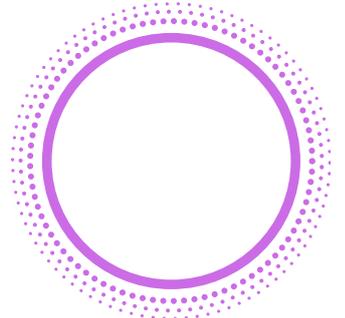
ANCHOR



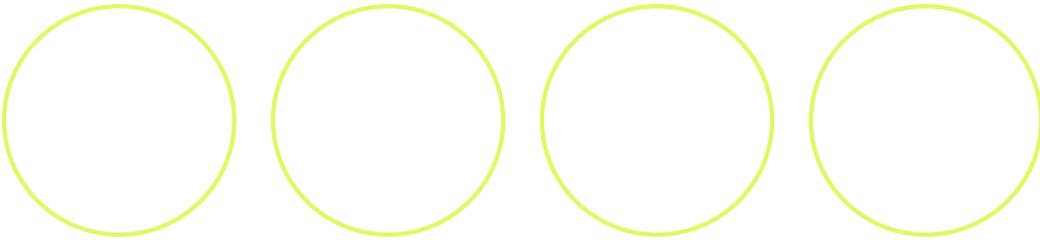
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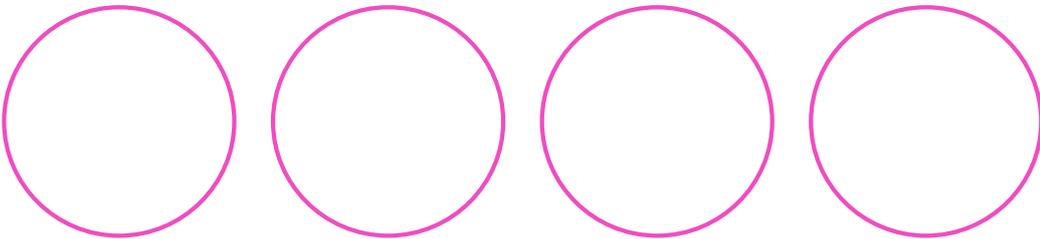
STEPS TO RELEASE



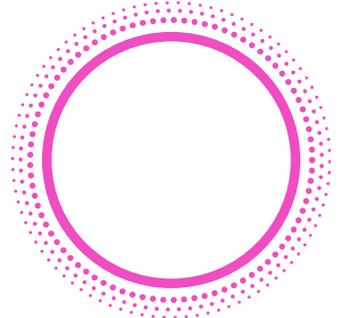
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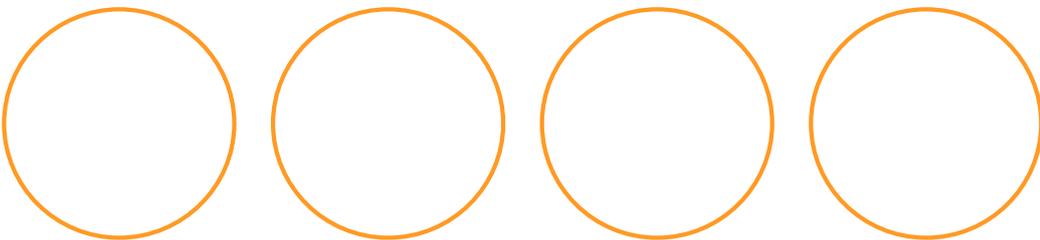
STEPS TO RELEASE



ANCHOR



STEPS TO RELEASE



ANCHOR



Mind

A grid of 35 empty circles arranged in 7 rows and 5 columns, intended for a mind map.

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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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



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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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Skills/ Interests

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Spiritual

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House Keeping



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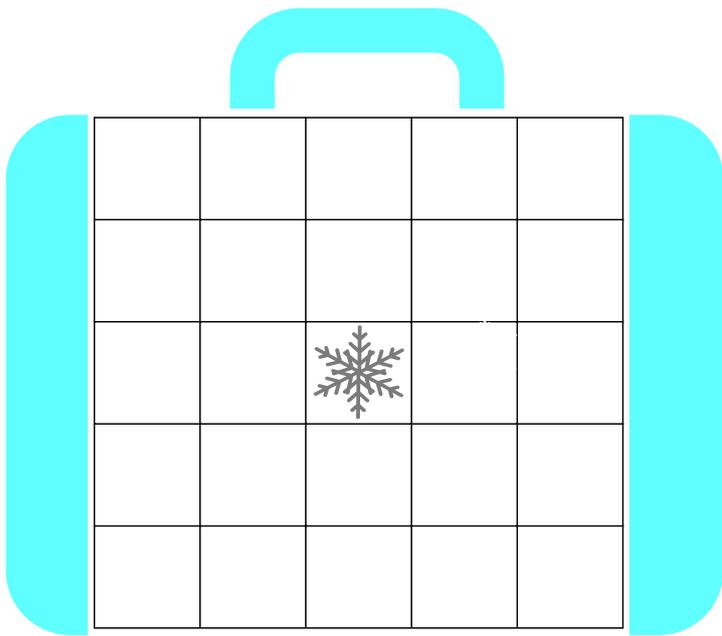
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Adventure Awaits

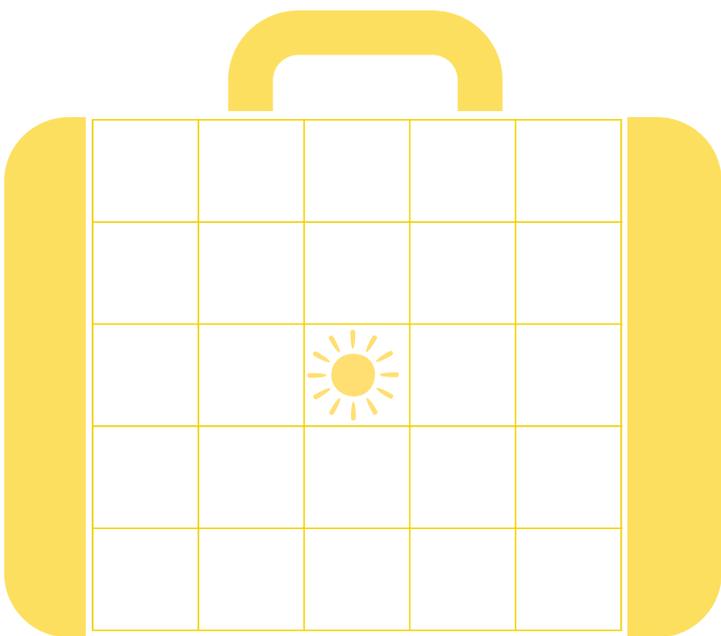
SEASONAL FUN



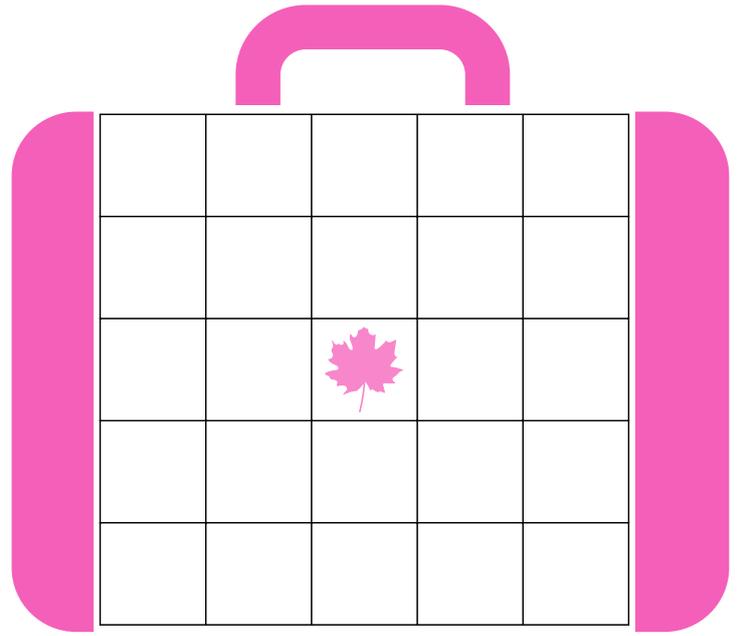
WINTER



SPRING



SUMMER



FALL

Excess BAGGAGE

JANUARY

I CHOOSE TO LET GO OF:



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



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:

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WHAT DID I LEARN?

WHAT NEW STRENGTH DID I DISCOVER ABOUT MYSELF?



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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: _____

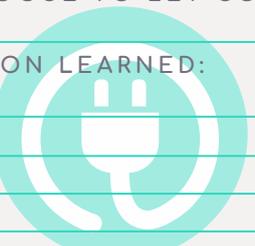
WHAT AM I AVOIDING? _____



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



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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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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RISKTAKER



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FIREFIGHTING



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BOUNDARIES



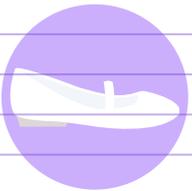
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CELEBRATING



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VULNERABLE



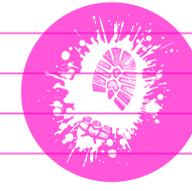
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EMOTIONAL



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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? _____



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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? _____



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Words of encouragement: _____

What did this show me about myself? _____



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Words of encouragement: _____

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Words of encouragement: _____

What did this show me about myself? _____



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Words of encouragement: _____

What did this show me about myself? _____



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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: _____

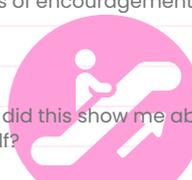
What did this show me about myself? _____



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!

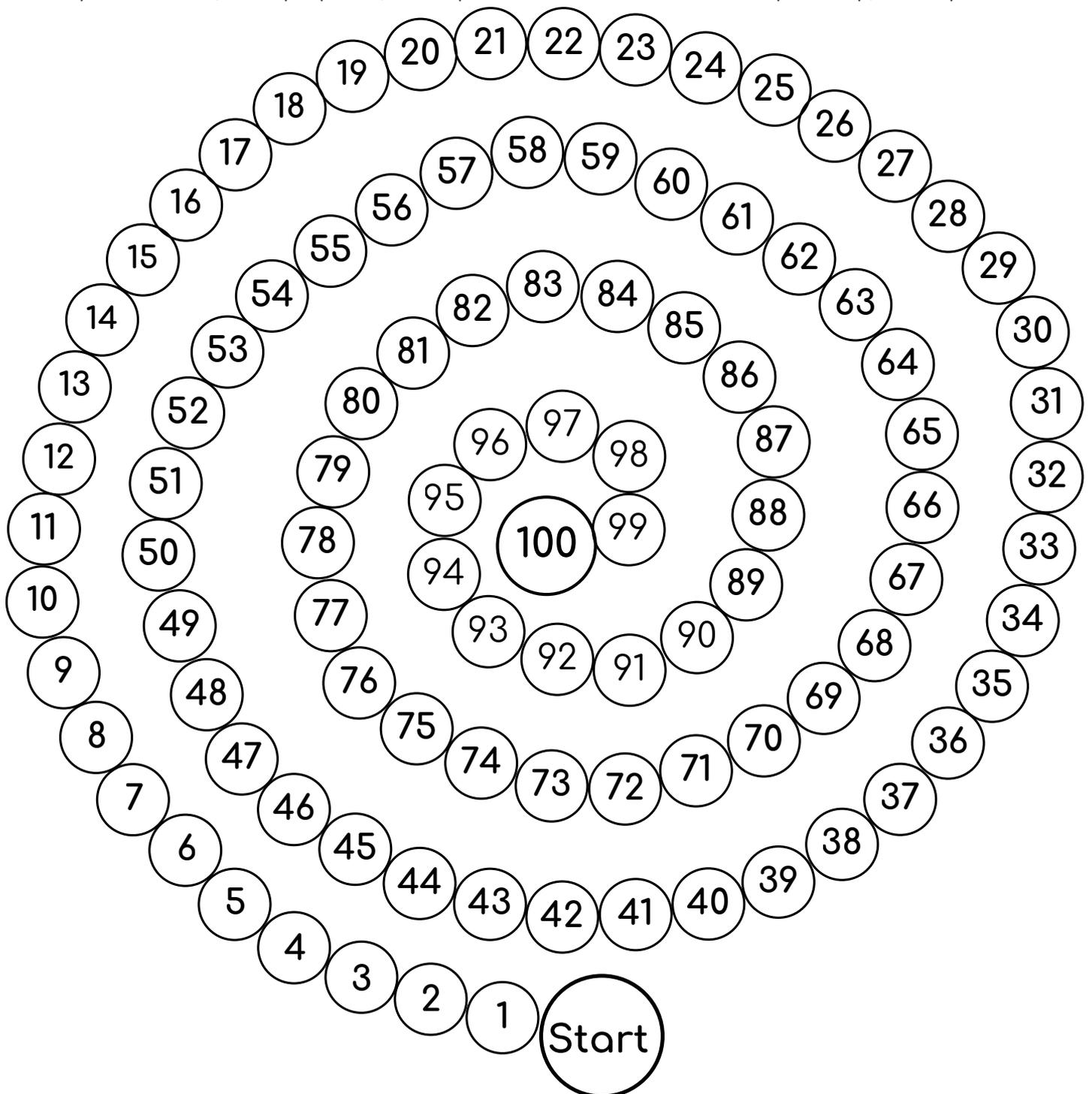
To make room for this commitment to myself, I'm letting go of: _____.

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!



Let's get SOCIAL



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

Confetti



Confetti



Confetti



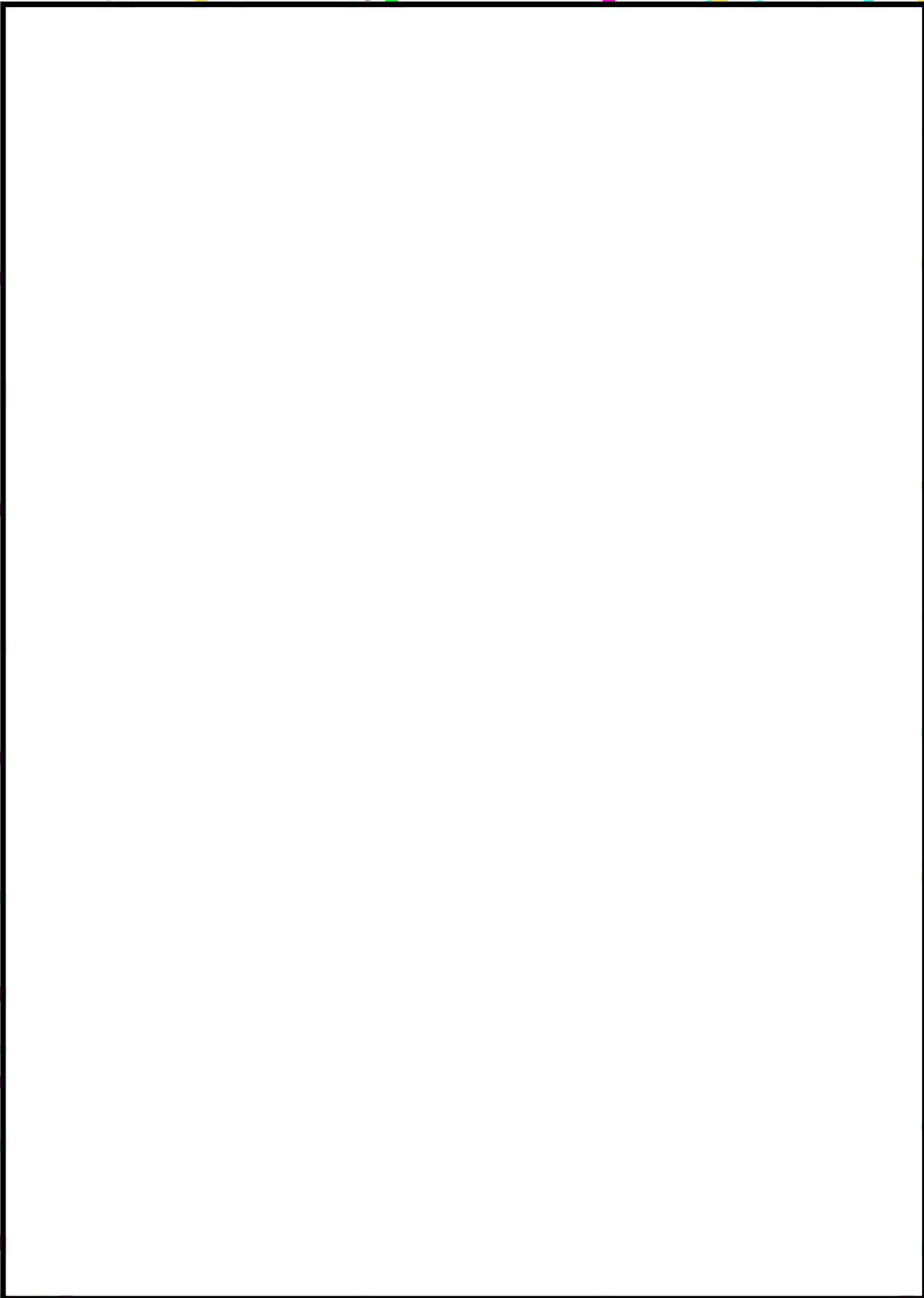
Confetti



Confetti



Confetti



Confetti



Confetti



01

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02

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07

01

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02

03

04

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07

01
02
03
04
05
06
07

This column contains seven chevron-shaped tabs, each with a number and a corresponding color. The colors are yellow (01), orange (02), red (03), pink (04), purple (05), teal (06), and green (07). Each tab is followed by a vertical line of seven small circles, and to the right of these circles are several horizontal lines for writing.

01
02
03
04
05
06
07

This column is identical to the left column, featuring seven chevron-shaped tabs with numbers 01 through 07 in the same color sequence (yellow, orange, red, pink, purple, teal, green). Each tab is followed by a vertical line of seven small circles, and to the right of these circles are several horizontal lines for writing.

01

02

03

04

05

06

07

01

02

03

04

05

06

07

01

02

03

04

05

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01

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07

01

02

03

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06

07

This column contains seven chevron-shaped sections, each with a number and a color. From top to bottom: 01 (yellow), 02 (orange), 03 (red), 04 (pink), 05 (purple), 06 (teal), and 07 (green). Each section is followed by a vertical line of seven small circles, and then a series of horizontal lines for writing.

01

02

03

04

05

06

07

This column is identical to the left column, containing seven chevron-shaped sections numbered 01 to 07 in the same color sequence (yellow, orange, red, pink, purple, teal, green). Each section is followed by a vertical line of seven small circles, and then a series of horizontal lines for writing.

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
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26	26	26
27	27	27
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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
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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
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30	30	30
31	31	

Winning Streak

OCT

NOV

DEC

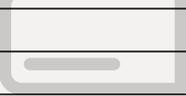
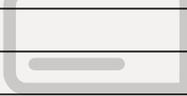
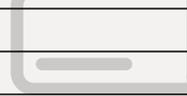
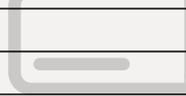
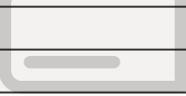
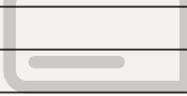
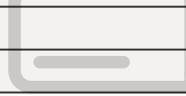
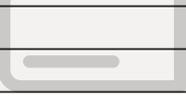
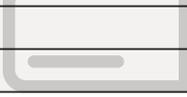
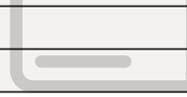
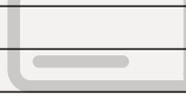
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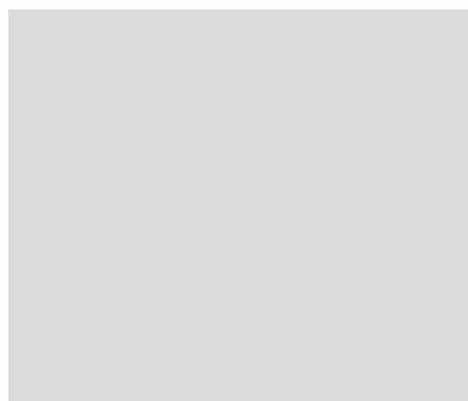
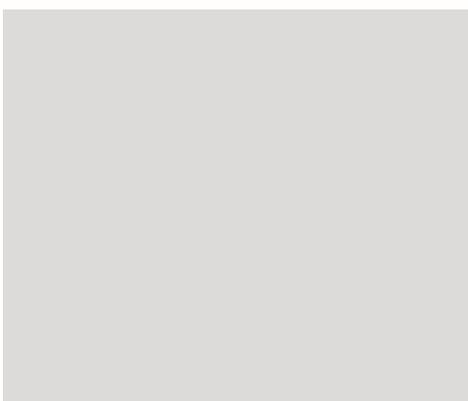
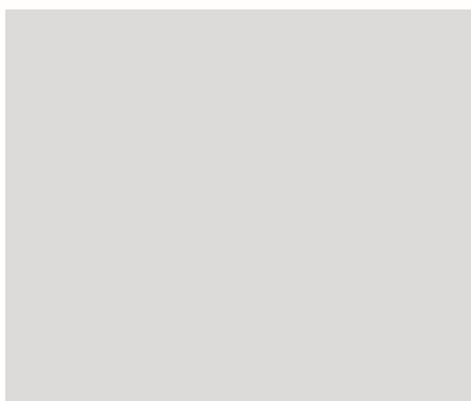
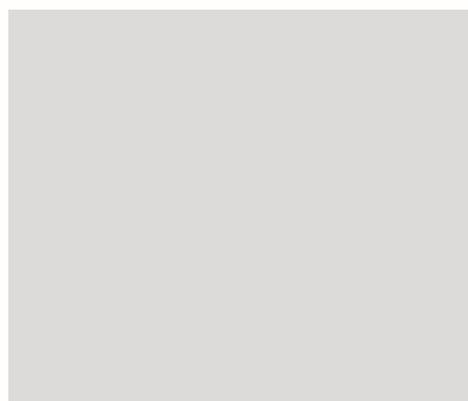
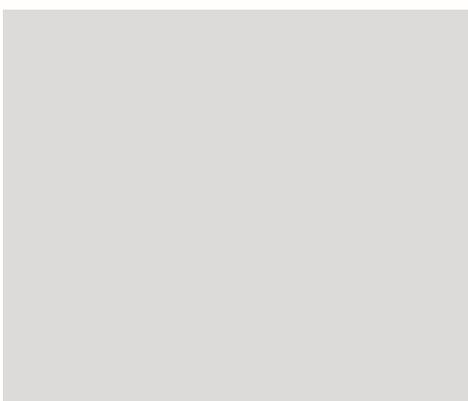
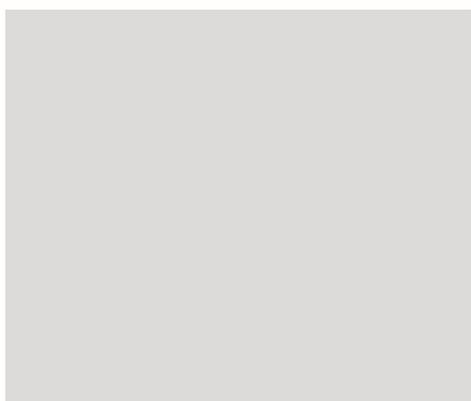
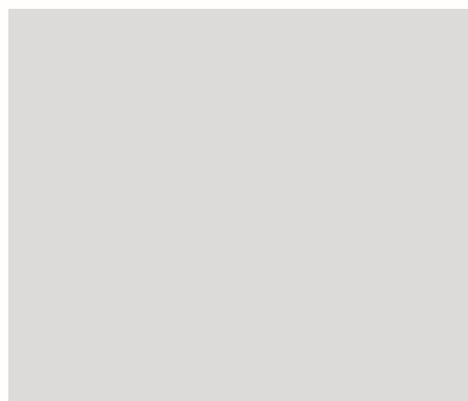
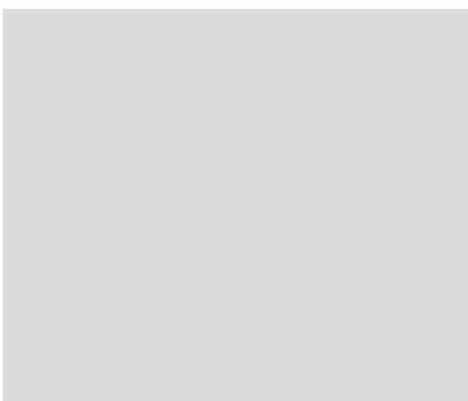
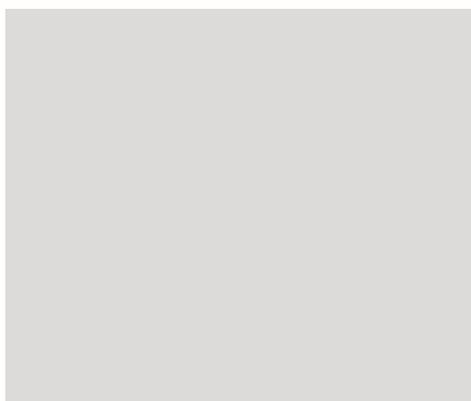
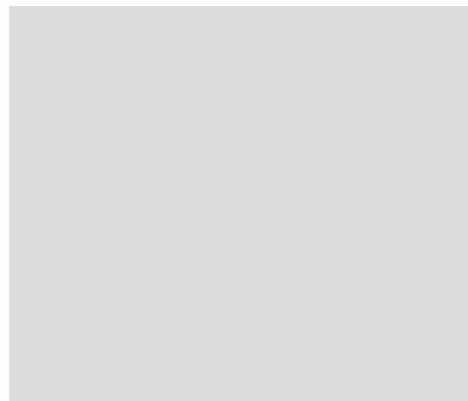
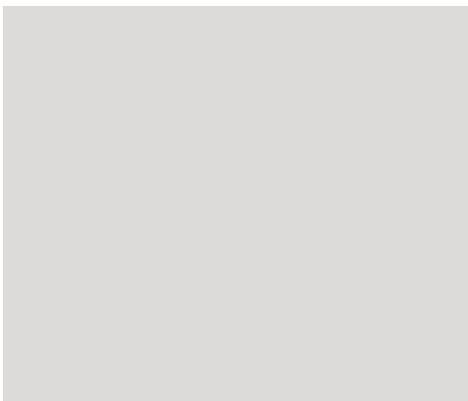
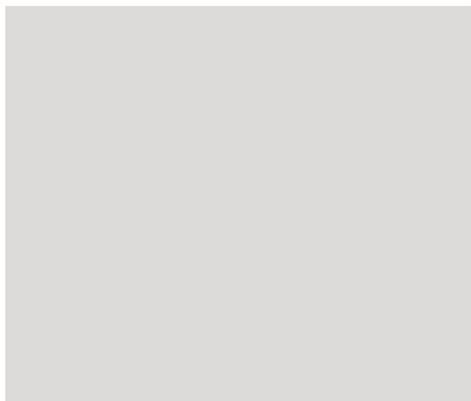
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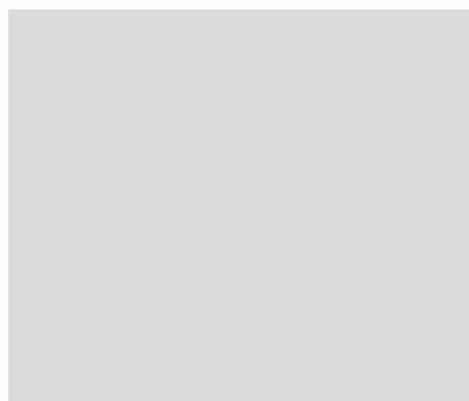
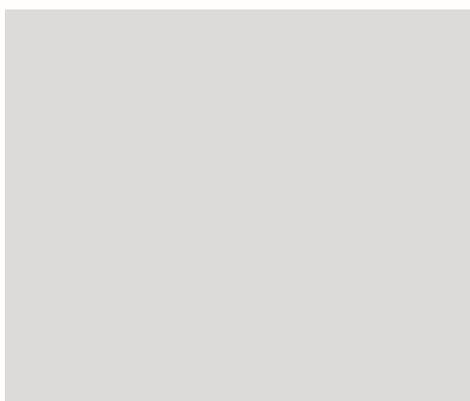
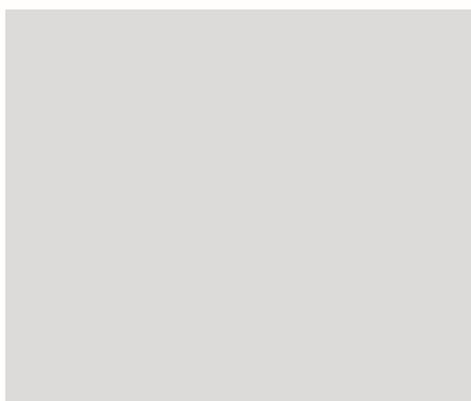
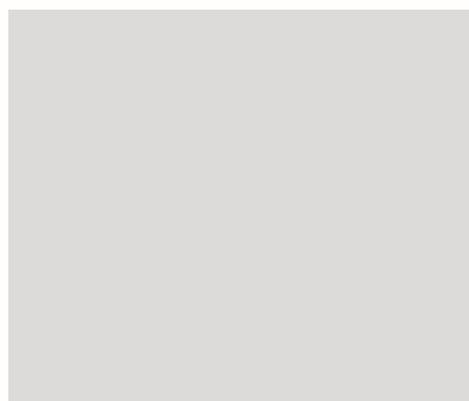
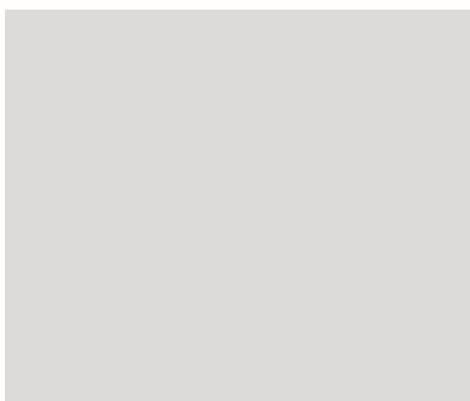
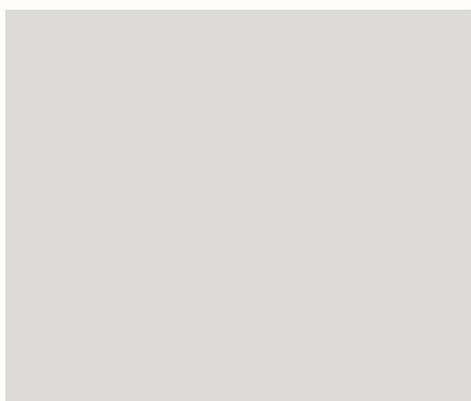
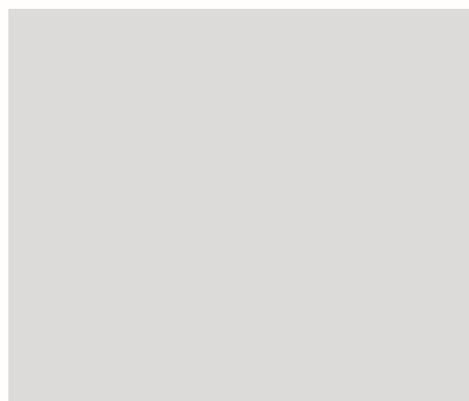
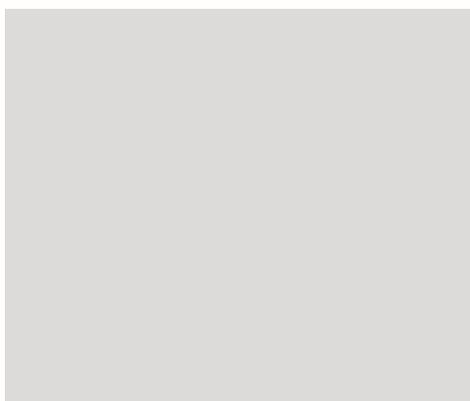
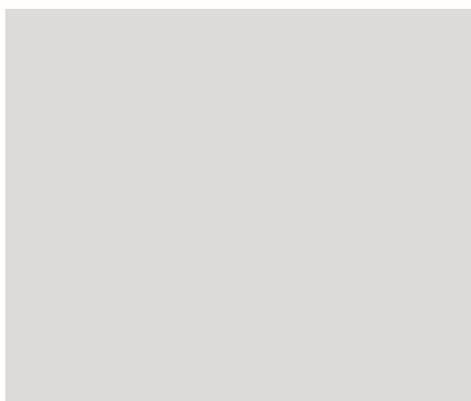
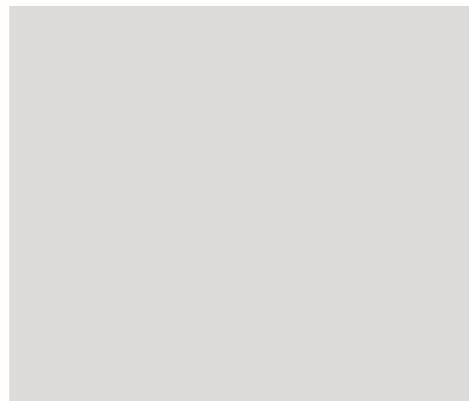
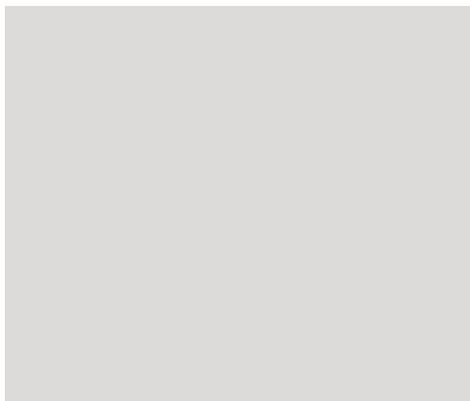
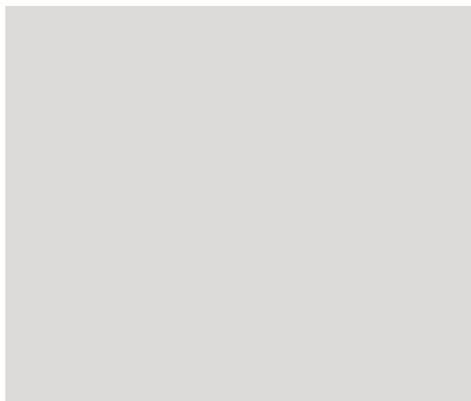
Overhead THOUGHTS

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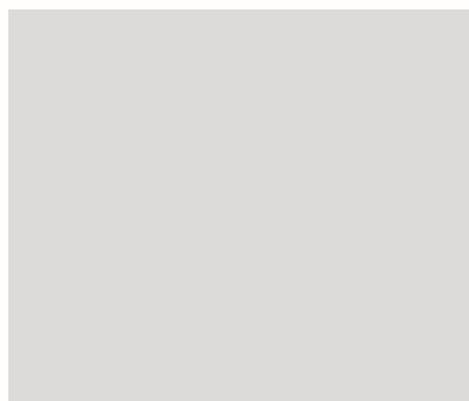
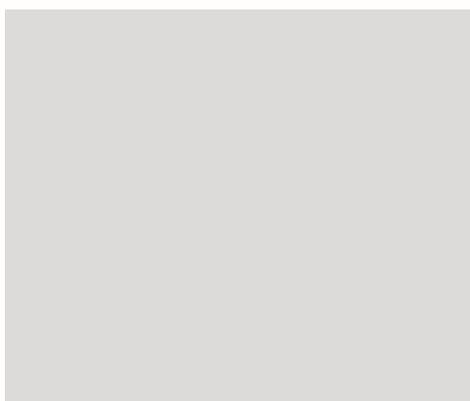
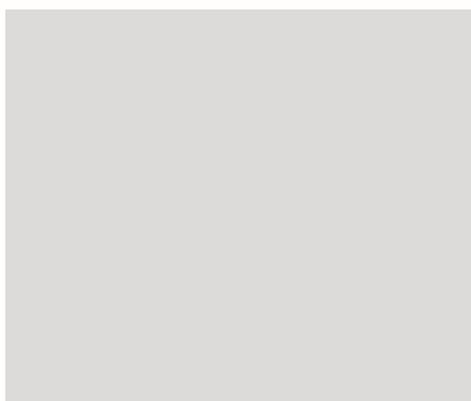
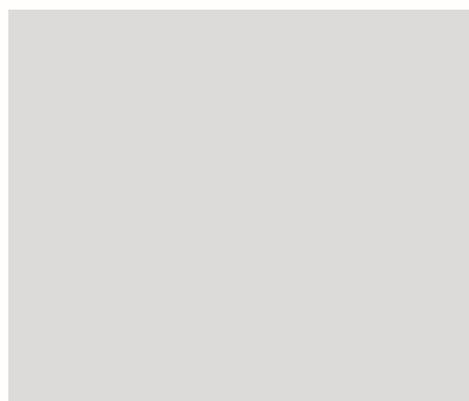
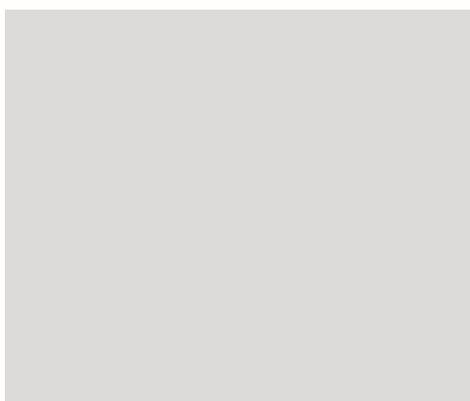
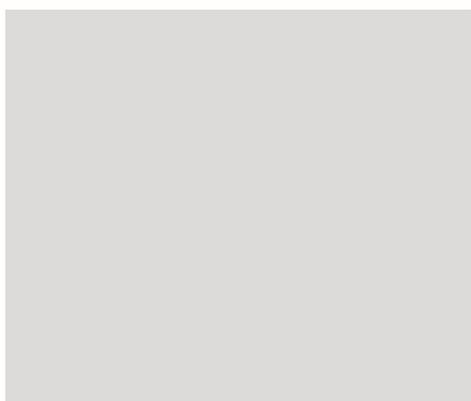
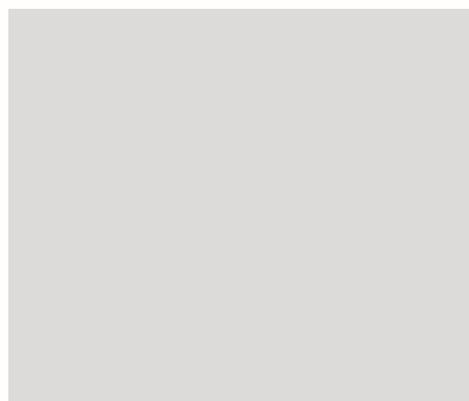
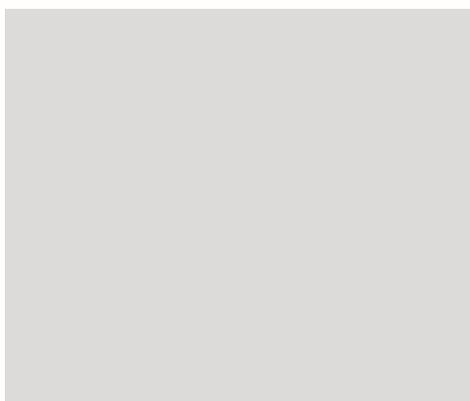
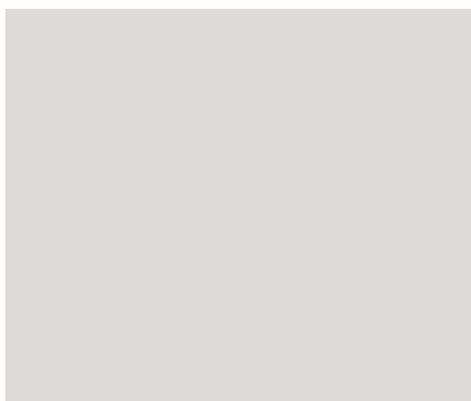
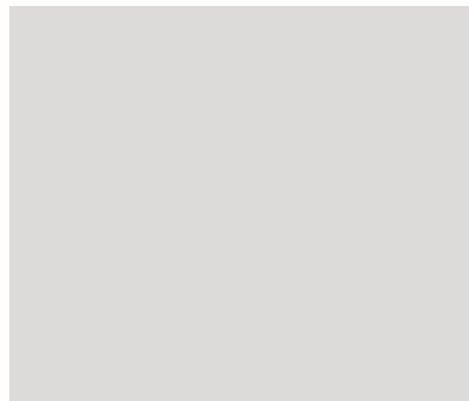
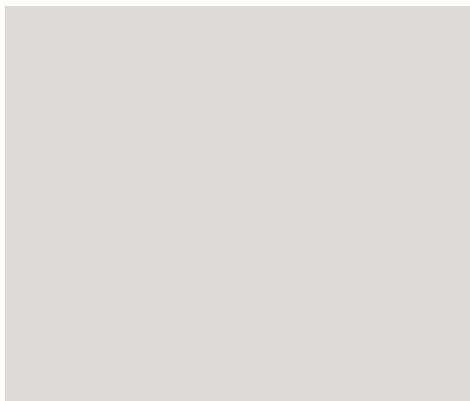
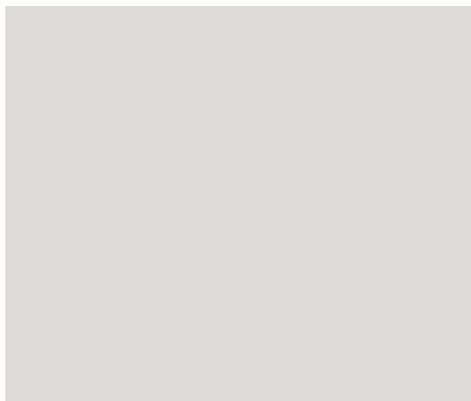
A Little REMINDER



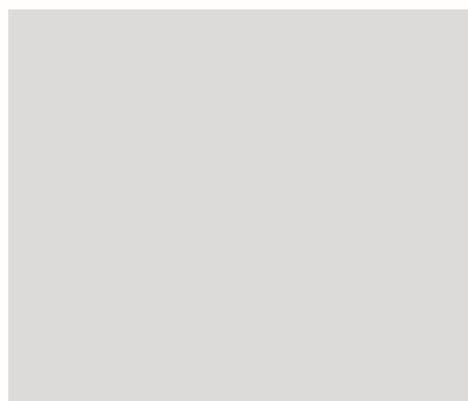
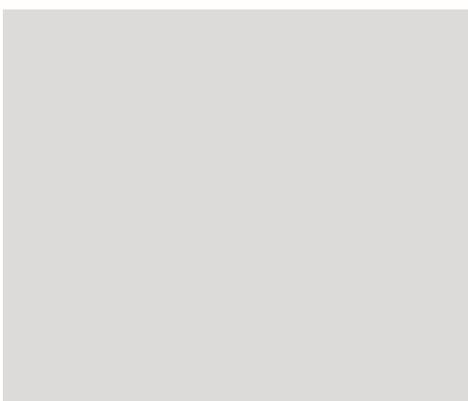
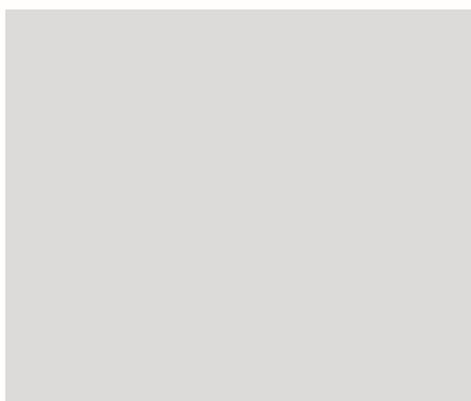
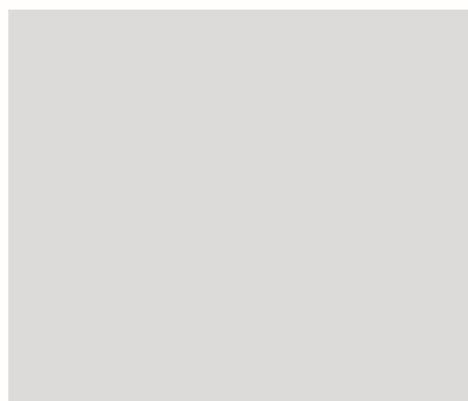
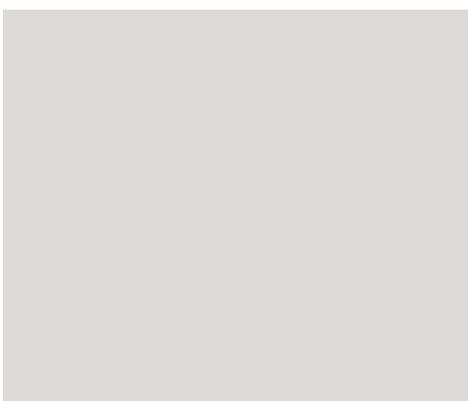
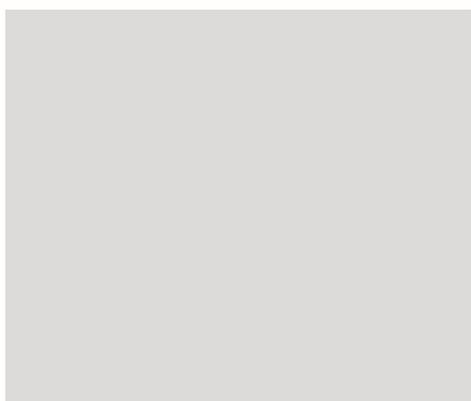
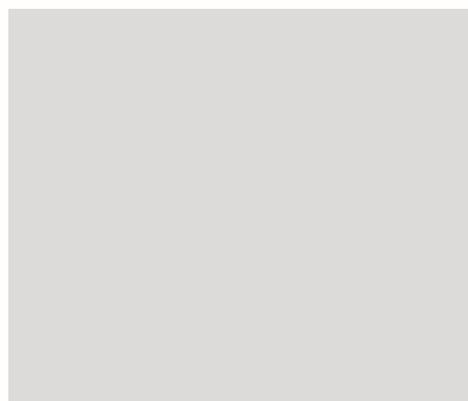
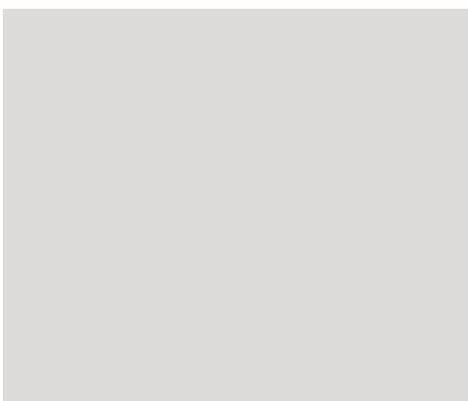
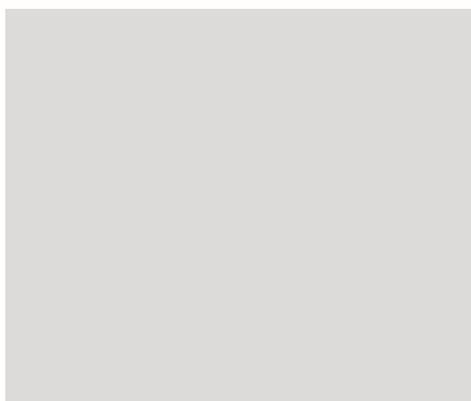
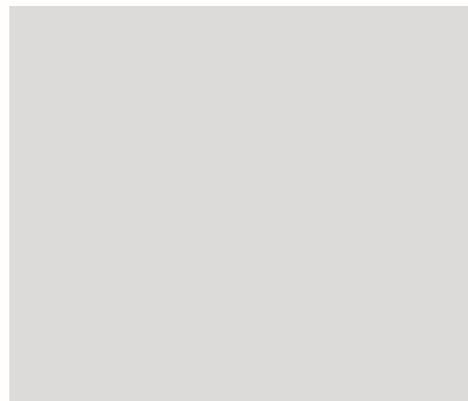
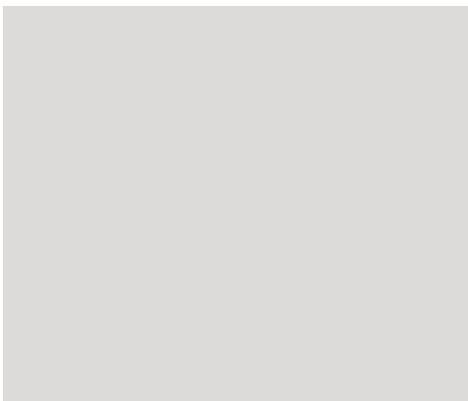
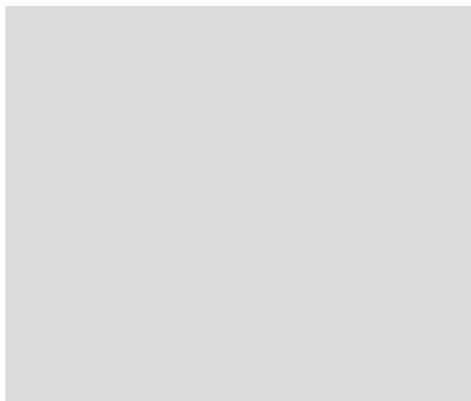
A Little REMINDER



A Little REMINDER



A Little REMINDER



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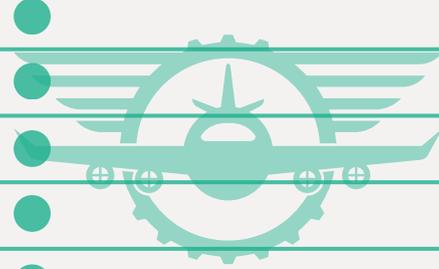
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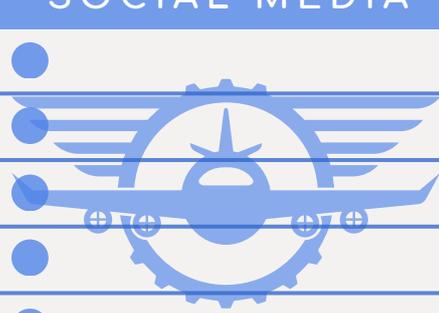
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HOUSEHOLD



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PETS



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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*



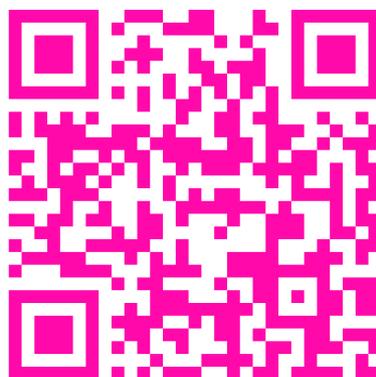
Congratulations!

*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.