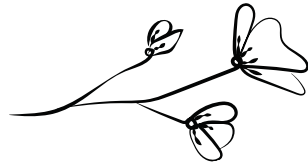


The background of the entire page is decorated with a pattern of pink polka dots of various sizes, scattered across a white background.

Living life *Gingerly* Planner

.....
PHONE:
.....

EMAIL:
.....



lets' face it life is messy, hard, and unpredictable. But when you make a plan for your dreams and turn that plan into action it get simpler and clearer. Try it by following the simple phrase below.

dream it, *plan* it, *live* it.

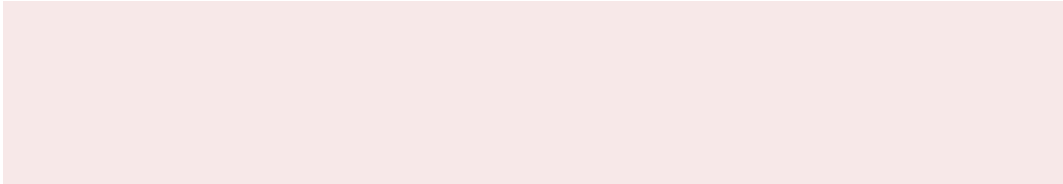
It is as easy as one, two, three, literally by breaking the year into 3 month segments and focusing your energy on that time you can achieve more. Sounds crazy but it works.

On the next space we will be looking at the years to come. But right now close your eyes time to envision the life you WANT, the life you DREAM.

Think about all aspects of your life, health, love, professional, personal, Pick 3 categories then write down what you want for each on in the years below.

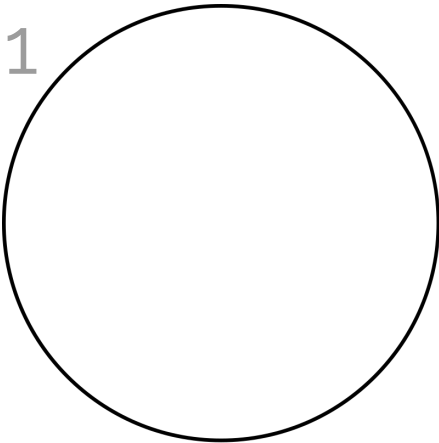
focus points FOR THE YEAR AHEAD

Words of the Year

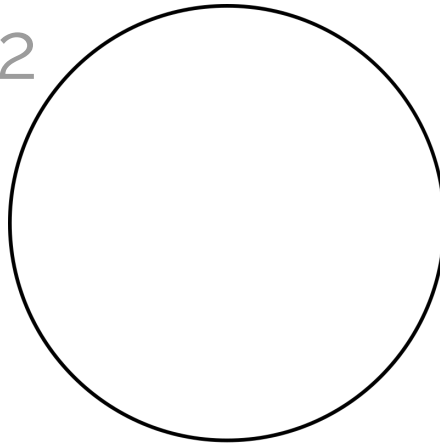


Top Three Goals of This Year

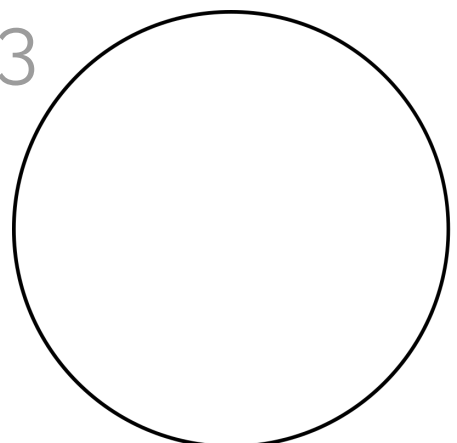
1



2



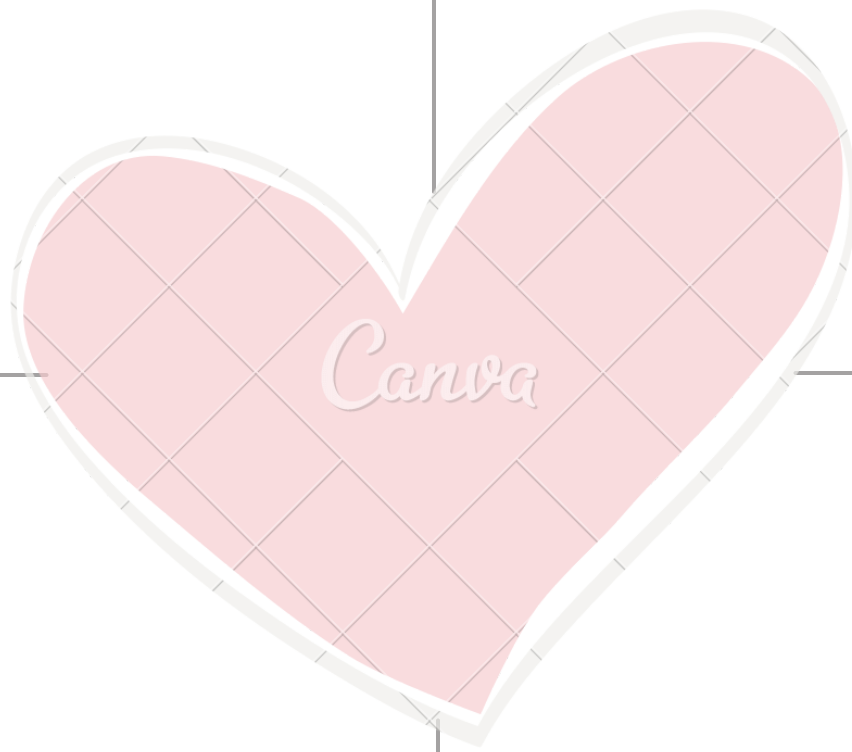
3



Other Goals or Resolutions for this year

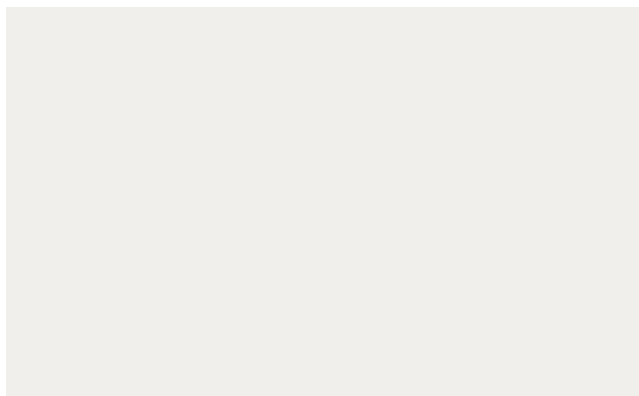
the *years* to come!

Envision how you want your life to look either 3 or 5 years from now. Now write those visions down. Dream as big or as you want. Focus on one aspect eg. education, career, health. Or focus on multiple..

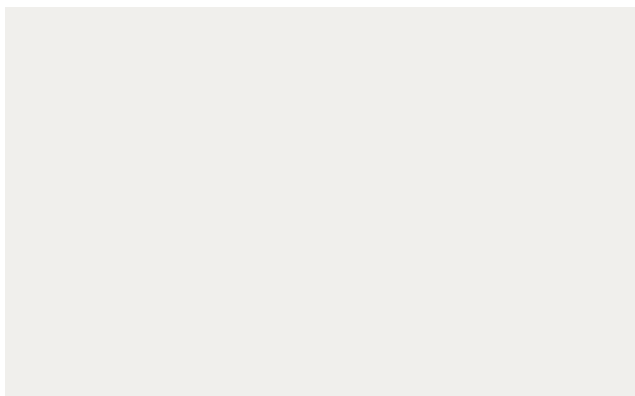


The Year *Ahead*

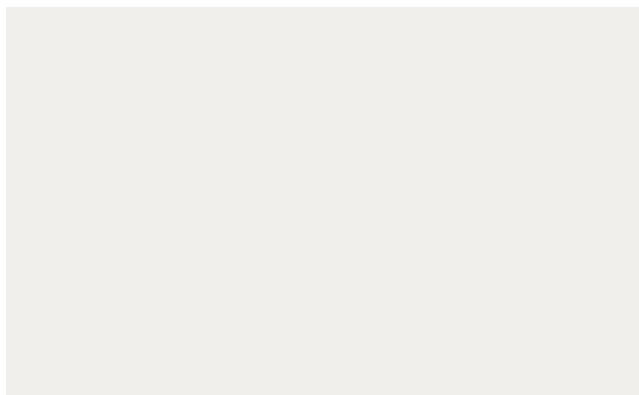
JANUARY



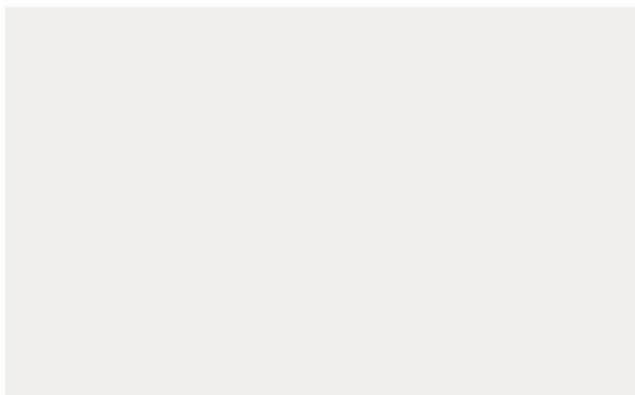
FEBRUARY



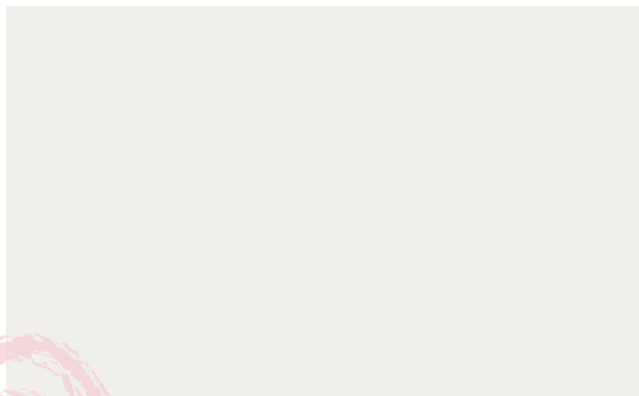
MARCH



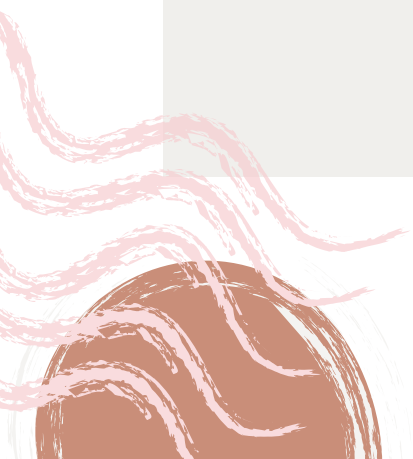
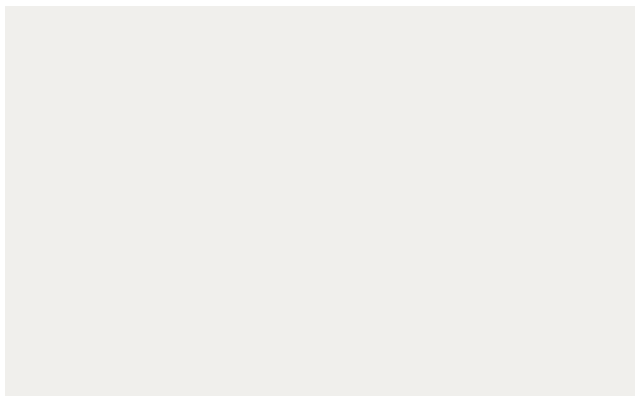
APRIL



MAY



JUNE



The Year *Ahead*

Holidays

New Year's Day January 01, 2022

Valentine's Day February 14, 2022

Good Friday April 15, 2022

Easter Sunday April 17, 2022

Mother's Day May 08, 2022

Victoria Day May 23, 2022

Father's Day June 19, 2022

Canada Day July 01, 2022

Civic Holiday August 01, 2022

Labour Day September 05, 2022

Thanksgiving October 10, 2022

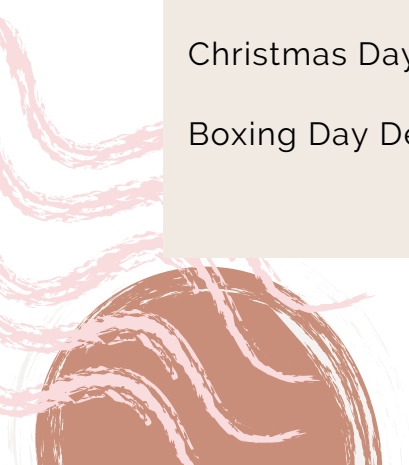
Halloween October 31, 2022

Remembrance Day November 11, 2022

Christmas Day December 25, 2022

Boxing Day December 26, 2022

Extra Holidays



This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire surface, typical of notebook or legal stationery. The paper is otherwise completely empty, with no text, markings, or illustrations.

[illegible]

MONTHLY

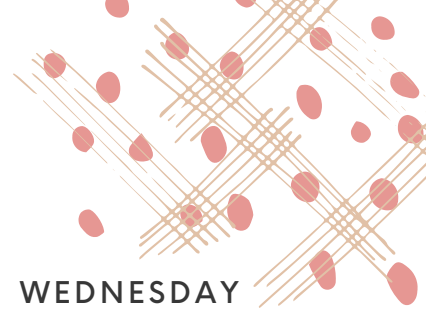
Focus

WHAT ARE YOUR GOALS FOR THIS MONTH?	WORDS OF AFFIRMATION
THIS MONTH'S #1 GOAL	HOW WILL I ACHIEVE IT?
HEALTH, SELF-CARE, YOU TIME!	FAMILY & HOME

MONTHLY *Focus*

2022

January



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOW

DEC

THURSDAY

FRIDAY

SATURDAY

NOTES

[illegible]

Goal Getter

JAN

FEB

MAR

APR

MAY

JUN

GOAL

STEPS TO TAKE



DEADLINE



ACHIEVED

GOAL

STEPS TO TAKE



DEADLINE



ACHIEVED

January

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

January

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

January

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

January

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

January

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

MONTHLY

Focus

WHAT ARE YOUR GOALS FOR THIS MONTH?	WORDS OF AFFIRMATION
THIS MONTH'S #1 GOAL	HOW WILL I ACHIVE IT?
HEALTH, SELF-CARE, YOU TIME!	FAMILY & HOME

MONTHLY *Focus*

2022

February



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

DEC

NOTES

[illegible]

IMPORTANT DATES

OTHER

Goal Getter

JAN

FEB

MAR

APR

MAY

JUN

GOAL

STEPS TO TAKE



DEADLINE



ACHIEVED

GOAL

STEPS TO TAKE



DEADLINE



ACHIEVED

February

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

February

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

February

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

February

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

February

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

MONTHLY

Focus

WHAT ARE YOUR GOALS FOR THIS MONTH?	WORDS OF AFFIRMATION
THIS MONTH'S #1 GOAL	HOW WILL I ACHIVE IT?
HEALTH, SELF-CARE, YOU TIME!	FAMILY & HOME

MONTHLY *Focus*

2022

March



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

DEC

NOTES

[illegible]

Goal Getter

JAN

FEB

MAR

APR

MAY

JUN

GOAL

STEPS TO TAKE



DEADLINE



ACHIEVED

GOAL

STEPS TO TAKE



DEADLINE



ACHIEVED

March

QUOTE

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

March

QUOTE

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

March

QUOTE

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

March

QUOTE

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

March

QUOTE

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

MONTHLY

Focus

WHAT ARE YOUR GOALS FOR THIS MONTH?	WORDS OF AFFIRMATION
THIS MONTH'S #1 GOAL	HOW WILL I ACHIVE IT?
HEALTH, SELF-CARE, YOU TIME!	FAMILY & HOME

MONTHLY *Focus*

2022

April



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

THURSDAY

FRIDAY

SATURDAY

NOTES

[illegible]

IMPORTANT DATES

OTHER

Goal Getter

JAN

FEB

MAR

APR

MAY

JUN

GOAL

STEPS TO TAKE



DEADLINE



ACHIEVED

GOAL

STEPS TO TAKE



DEADLINE



ACHIEVED

April

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

April

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

April

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

April

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

April

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

MONTHLY

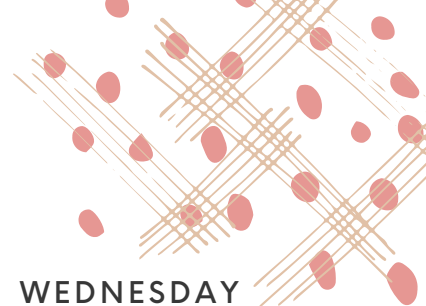
Focus

WHAT ARE YOUR GOALS FOR THIS MONTH?	WORDS OF AFFIRMATION
THIS MONTH'S #1 GOAL	HOW WILL I ACHIVE IT?
HEALTH, SELF-CARE, YOU TIME!	FAMILY & HOME

MONTHLY *Focus*

2022

May



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

THURSDAY

FRIDAY

SATURDAY

NOTES

[illegible]

Goal Getter

JAN

FEB

MAR

APR

MAY

JUN

GOAL

STEPS TO TAKE



DEADLINE



ACHIEVED

GOAL

STEPS TO TAKE



DEADLINE



ACHIEVED

May

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

May

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

May

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

May

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

May

WEEK OF:

QUOTE

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

MONTHLY

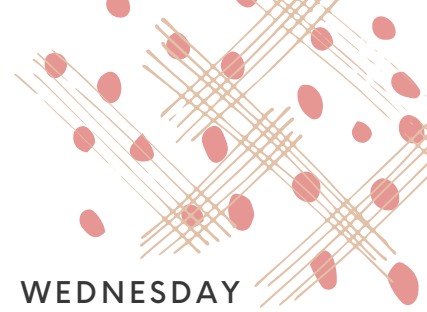
Focus

WHAT ARE YOUR GOALS FOR THIS MONTH?	WORDS OF AFFIRMATION
THIS MONTH'S #1 GOAL	HOW WILL I ACHIEVE IT?
HEALTH, SELF-CARE, YOU TIME!	FAMILY & HOME

MONTHLY *Focus*

2022

June



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

THURSDAY

FRIDAY

SATURDAY

NOTES

[illegible]

Goal Getter

JAN

FEB

MAR

APR

MAY

JUN

GOAL

STEPS TO TAKE



DEADLINE



ACHIEVED

GOAL

STEPS TO TAKE



DEADLINE



ACHIEVED

June

QUOTE

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

June

QUOTE

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

June

QUOTE

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

June

QUOTE

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

June

QUOTE

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY
6	6	6
8	8	8
10	10	10
12	12	12
2	2	2
4	4	4
6	6	6



THRUSDAY	FRIDAY	SATURDAY
		SUNDAY
6	6	
8	8	
10	10	
12	12	
2	2	
4	4	
6	6	

productivity planner

DATE

EXERCISE

SCHEDULE

morning

afternoon

evening

MENU

WORDS OF AFFIRMATION







PRIORITIES

☐

☐

☐

TO-DO LIST

☐

☐

☐

☐

☐

☐

BEST MOMENT OF TODAY

TOMORROW