

*lulana
l*ife*

*Half Year
Digital Planner
2025*





lulana
*l*fé*

*Half Year
Digital Planner
2025*



welcome
to *lulana*
life digital planner



Thank you for your purchase!

This digital planner is specifically designed to face 2025 with balance. The world is not getting easier to navigate but is always worth fighting for.

We appreciate your trust in choosing this planner. I hope that no matter how you use it, you will learn something, and this planner can be your best friend for your productivity and life in 2025.

This digital planner was designed by Mazaya Yazid, MBA., LCPC, as a professional life coach and founder of Lulana Life.

Don't hesitate to reach out through DM @lulanalife and let me know how it feels to use this planner!!

With love,
Lulana Life Team



's Planner

2025 Calendar

Vision Board

Wheel of Life

Year at a
Glance

50 Bucket List

Q Goals

Jul

Aug

Sep

Oct

Nov

Dec

Template Library

2025 Goals

How to Use

Stickers

Community

Hex color codes



#DD1521



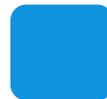
#FB75D2



#D0CF40



#046146



#1093DD



#FF6D23

Designed by Lulana Life
@lulanalife
Indonesia



Jul

Aug

Sep

Oct

Nov

Dec

How to use this planner

We recommend you to use the Goodnotes 5 / 6 app for both IOS and Android or any pdf editor app available.

Icons:



Home



Template Library



2025 Goals



How to Use



Monthly Review

Hyperlink:

Every icon in this planner can be clicked and navigated to the destination page. DO NOT DELETE ANY PAGE or the hyperlink will not work correctly. You can undo the command if you accidentally delete a page.

Color Palette:

You can type the Hex Color Code in Home Page to match your pen color with our color palette

Stickers:

You can put your digital sticker with .jpeg or .png file or download our Goodnotes Digital Sticker Books on link in home page

Community:

Join our community to get more info about Lulana Life

Tutorial and Flip Through



jul

aug

sep

oct

nov

dec

Template library



To use the template library, you need to select the template you need, then duplicate the page. You can drag it to the page you want, and it will not change the available links.

Paper Selection

Lined

Grid

Dotted

Blank

Planner Options

Daily Check-in

Daily Planner

Weekly Planner

Monthly Planner

Specific Planner Options

Mental Health

Doctor Visit

Habit Tracker

Fitness & Diet

Body Measure

Feelings

Password &
Subscription

Finance

Brain Dump

Self-care
Journal

Gratitude &
Affirmation

Spiritual
Journal

Cleaning
Journal

SMART GOALS

Goals Tracker



jul

aug

sep

oct

nov

dec

2025 Goals

Things I want to remember along 2025 before setting my goals:

Half Year
Accomplishment

2025 Lessons
Learned So Far

Meaningful
Moments

2025 Theme

2025 Mindset

Current Me vs
Future Me

Q3 Goals

Q4 Goals

Main Goals

Health Goals

Relationship

Career

Personal
Growth

Habit

Money

Home

Spirituality

Self Care

Ideal Life

Things to Learn



jul

aug

sep

oct

nov

dec

2025 Calendar

Jul

	m	t	w	t	f	s	s
w27		1	2	3	4	5	6
w28	7	8	9	10	11	12	13
w29	14	15	16	17	18	19	20
w30	21	22	23	24	25	26	27
w31	28	29	30	31			

Aug

	m	t	w	t	f	s	s
					1	2	3
w32	4	5	6	7	8	9	10
w33	11	12	13	14	15	16	17
w34	18	19	20	21	22	23	24
w35	25	26	27	28	29	30	31

Oct

	m	t	w	t	f	s	s
w40			1	2	3	4	5
w41	6	7	8	9	10	11	12
w42	13	14	15	16	17	18	19
w43	20	21	22	23	24	25	26
w44	27	28	29	30	31		

Sep

	m	t	w	t	f	s	s
w36	1	2	3	4	5	6	7
w37	8	9	10	11	12	13	14
w38	15	16	17	18	19	20	21
w39	22	23	24	25	26	27	28
	29	30					

Nov

	m	t	w	t	f	s	s
						1	2
w45	3	4	5	6	7	8	9
w46	10	11	12	13	14	15	16
w47	17	18	19	20	21	22	23
w48	24	25	26	27	28	29	30

Dec

	m	t	w	t	f	s	s
w49	1	2	3	4	5	6	7
w50	8	9	10	11	12	13	14
w51	15	16	17	18	19	20	21
w52	22	23	24	25	26	27	28
w1	29	30	31				



jul

aug

sep

oct

nov

dec

Half-Year at a Glance

Jul

Aug

Sep

Oct

Nov

Dec



jul

aug

sep

oct

nov

dec

Half Year of 2025 Accomplishment

My Half year Moments & Accomplishment

What worked in half year of 2025?

What didn't work in half year of 2025?



jul

aug

sep

oct

nov

dec

Half year Lessons Learned

Lessons learned from January to June 2025:



jul

aug

sep

oct

nov

dec

What changes me this year?

2025 Meaningful Moments

Meaningful Moments in half year of 2025:



jul

aug

sep

oct

nov

dec

Gratitude

2025 Theme

My 2025 theme is

Identity to embody in 2025

What can I do to embody my theme in 2025



jul

aug

sep

oct

nov

dec

2025 Mindset

I am ready to improve in 2025

Disagree

Agree

I am ready to learn new things and open for opportunity

Disagree

Agree

I take care & be kind to myself

Disagree

Agree

I am worthy I am loved I am enough

Disagree

Agree

I take responsibility for my action & life

Disagree

Agree

My negative self talk usually sounds like

The positive self-talk that I want to hear more in 2025



jul

aug

sep

oct

nov

dec

Current Me vs Future Me

About me today

About me in the future

My personality today

My personality in the future

My responsibility today

My responsibility in the future

Things I regret today

Things I want to celebrate in the future



Jul

Aug

Sep

Oct

Nov

Dec

Half Year of 2025 Main Goals

My Dream

My Vision

My Life Value

My 2025 Main Goals



jul

aug

sep

oct

nov

dec

Health Goals

My Health Condition Now

My Health Goals



jul

aug

sep

oct

nov

dec

Relationship Goals

What does my ideal relationship look like?

Family	What makes my family important?	
	What makes my relationship with my family fulfilling?	
	Goals	
Social	What makes my social life important?	
	What makes my social life fulfilling?	
	Goals	
Partner	What makes my partner important?	
	What makes my partner fulfilling?	
	Goals	



jul

aug

sep

oct

nov

dec

Career Goals



jul

aug

sep

oct

nov

dec

What does a successful career mean to me?

What my future me want to celebrate in my career?

What are my 2025 career goals?

Personal Goals

What is my current biggest challenge?

In what area I want to improve in 2025?

List of Book I want to Read in 2025

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

The new life area I want to master in 2025:

-
-
-



jul

aug

sep

oct

nov

dec

Habit Building

Identity I want to embody

Ideal Habit

The value I got from my habit

Habit I want to break

My better habit strategy for 2025



jul

aug

sep

oct

nov

dec

Money Goals

How much money I want to earn in 2025:

How much money I want to save?

How?

How much money I want to invest?

How?

Believe about Money I want to embody:

My better Money strategy for 2025

If you have abundant money, where would you spend it?



jul

aug

sep

oct

nov

dec

Physical Environment

How do I want to feel when I'm at home

How do I want to feel when I'm at work

Things to improve in my physical environment



jul

aug

sep

oct

nov

dec

Spirituality Goals



jul

aug

sep

oct

nov

dec

If God were to tell you what He thinks of you right now, what would you say?

If you were to die today, what are the things you would do on the last day of your life on earth?

What are my spiritual goals?

Selfcare Goals

How do I want to take care of my well-being in 2025?

Self Care Habit I want to embody in 2025:

Hair Care in 2025

Skin Care in 2025



jul

aug

sep

oct

nov

dec

Ideal Life

What is Ideal life meaning for you?

What I want

How to make it happen?



jul

aug

sep

oct

nov

dec

Things to Learn

Big Learning Goals:

Resources:

Goals Breakdown:

<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"/> <input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------



jul

aug

sep

oct

nov

dec

Vision Board

My theme of the year is



jul

aug

sep

oct

nov

dec

50 Bucket List

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 _____



jul

aug

sep

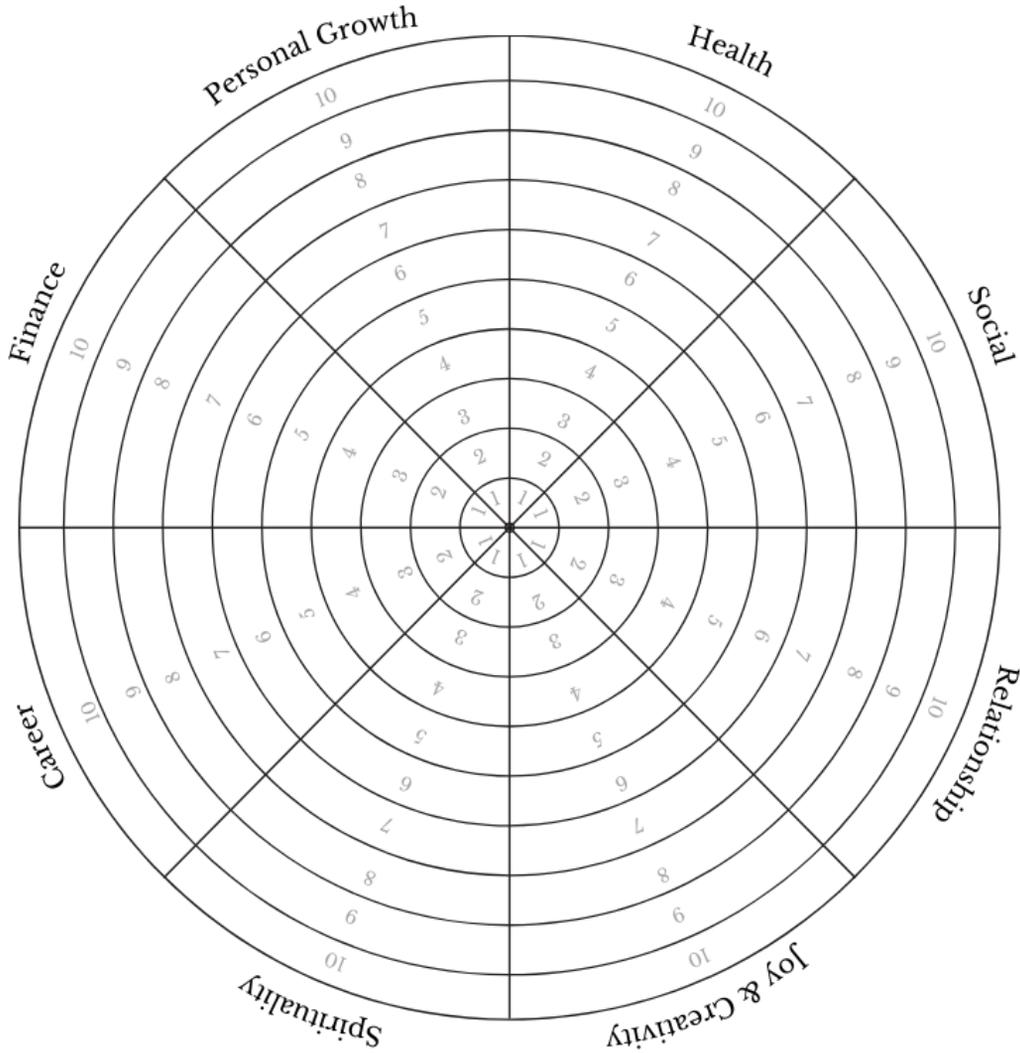
oct

nov

dec

Wheel of Life

Rate your life satisfaction from 1-10 in each area to identify areas for improvement. Connect the dots for a clearer picture.



Wheel of life thoughts and reflection



jul

aug

sep

oct

nov

dec

Quartal Goals

Q3

Q4

	IDENTITY:	GOALS:	SPECIFY:
HEALTH			
WORK			
RELATIONSHIP			

Jul

Aug

Sep



Jul

Aug

Sep

Oct

Nov

Dec

Quartal Goals

Q3

Q4

	IDENTITY:	GOALS:	SPECIFY:
HEALTH			
WORK			
RELATIONSHIP			

Oct

Nov

Dec



jul

aug

sep

oct

nov

dec

July



jul

aug

sep

oct

nov

dec

m t w t f s s

w27

w28

w29

w30

w31

	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			

Notes

Weekly Plan



30
mon

1
tue

2
wed

3
thu

4
fri

5
sat

6
sun

Jul

	m	t	w	t	f	s	s
w27		1	2	3	4	5	6
w28	7	8	9	10	11	12	13
w29	14	15	16	17	18	19	20
w30	21	22	23	24	25	26	27
w31	28	29	30	31			

Priority

Notes:



Weekly Plan



7
mon

8
tue

9
wed

10
thu

11
fri

12
sat

13
sun

Jul

	m	t	w	t	f	s	s
w27		1	2	3	4	5	6
w28	7	8	9	10	11	12	13
w29	14	15	16	17	18	19	20
w30	21	22	23	24	25	26	27
w31	28	29	30	31			

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



14
mon

15
tue

16
wed

17
thu

18
fri

19
sat

20
sun

Jul

	m	t	w	t	f	s	s
w27		1	2	3	4	5	6
w28	7	8	9	10	11	12	13
w29	14	15	16	17	18	19	20
w30	21	22	23	24	25	26	27
w31	28	29	30	31			

Priority

Notes:

-
-
- jul
- aug
- sep
- oct
- nov
- dec

Weekly Plan



21
mon

22
tue

23
wed

24
thu

25
fri

26
sat

27
sun

Jul

	m	t	w	t	f	s	s
w27		1	2	3	4	5	6
w28	7	8	9	10	11	12	13
w29	14	15	16	17	18	19	20
w30	21	22	23	24	25	26	27
w31	28	29	30	31			

Priority

Notes:



Weekly Plan



28
mon

29
tue

30
wed

31
thu

1
fri

2
sat

3
sun

Jul

	m	t	w	t	f	s	s
w27		1	2	3	4	5	6
w28	7	8	9	10	11	12	13
w29	14	15	16	17	18	19	20
w30	21	22	23	24	25	26	27
w31	28	29	30	31			

Priority

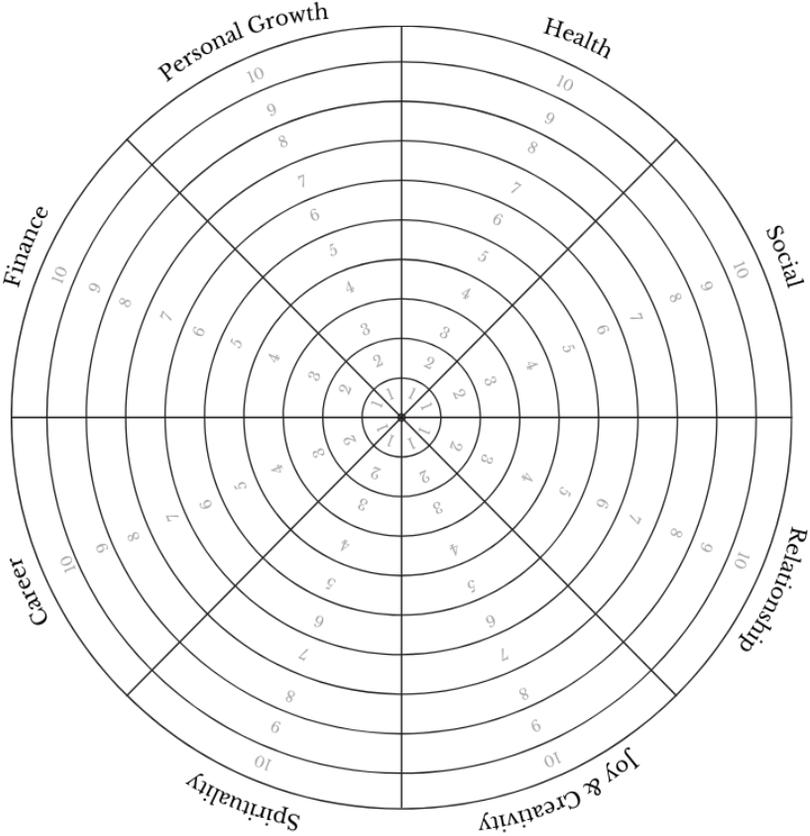
Notes:

-
-
- jul
- aug
- sep
- oct
- nov
- dec

July Review



July Wheel of Life



jul

aug

sep

oct

nov

dec

July Review Based on Wheel of Life

A large, empty rectangular box with rounded corners and a dark green border, intended for writing a review based on the 'Wheel of Life' chart.

July Moments & Gratitude



Things to remember in July



jul

aug

sep

oct

nov

dec

Gratitude

August Plan



jul

aug

sep

oct

nov

dec

Unfinished Project in July

August Important Dates

August Plan

Week 1

Week 2

Week 3

Week 4

August



m

t

w

t

f

s

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

w32

w33

w34

w35

Notes



jul

aug

sep

oct

nov

dec

Weekly Plan



Aug

m t w t f s s

w31					1	2	3
w32	4	5	6	7	8	9	10
w33	11	12	13	14	15	16	17
w34	18	19	20	21	22	23	24
w35	25	26	27	28	29	30	31

Priority

Notes:

4
mon

5
tue

6
wed

7
thu

8
fri

9
sat

10
sun



jul

aug

sep

oct

nov

dec

Weekly Plan



Aug

m t w t f s s

w31					1	2	3
w32	4	5	6	7	8	9	10
w33	11	12	13	14	15	16	17
w34	18	19	20	21	22	23	24
w35	25	26	27	28	29	30	31

11
mon

12
tue

13
wed

14
thu

15
fri

16
sat

17
sun

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



Aug

m t w t f s s

w31					1	2	3
w32	4	5	6	7	8	9	10
w33	11	12	13	14	15	16	17
w34	18	19	20	21	22	23	24
w35	25	26	27	28	29	30	31

18

mon

19

tue

20

wed

21

thu

22

fri

23

sat

24

sun

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



25
mon

26
tue

27
wed

28
thu

29
fri

30
sat

31
sun

Aug

	m	t	w	t	f	s	s
w31					1	2	3
w32	4	5	6	7	8	9	10
w33	11	12	13	14	15	16	17
w34	18	19	20	21	22	23	24
w35	25	26	27	28	29	30	31

Priority

Notes:



jul

aug

sep

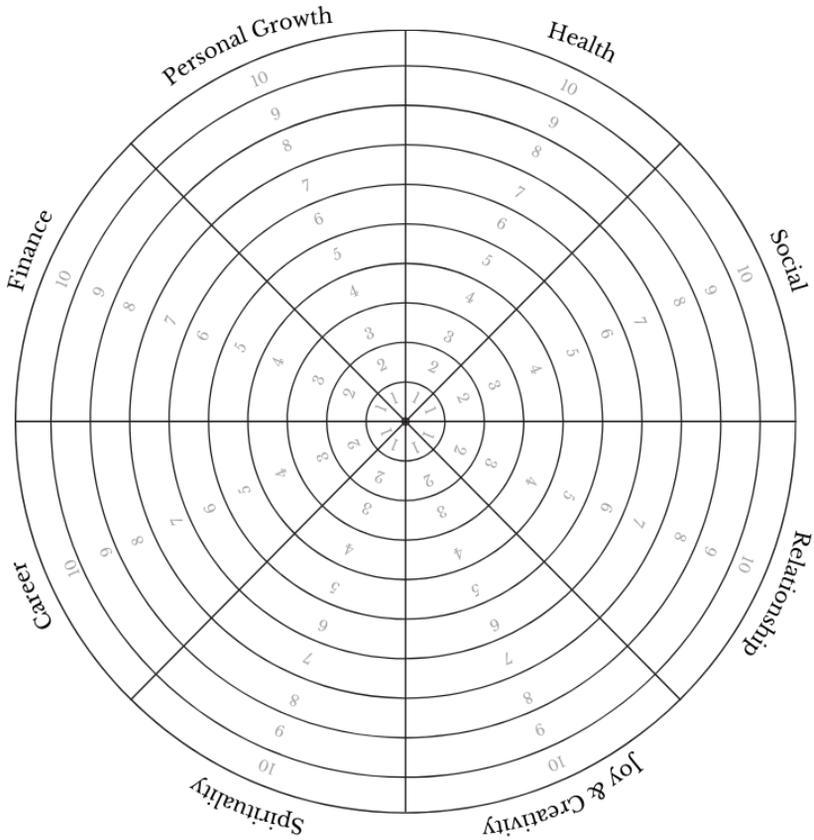
oct

nov

dec

August Review

August Wheel of Life



jul

aug

sep

oct

nov

dec

August Review Based on Wheel of Life

August Moments & Gratitude



Things to remember in August



jul

aug

sep

oct

nov

dec

Gratitude

September Plan



Unfinished Project in August

September Important Dates

September Plan

Week 1

Week 2

Week 3

Week 4



jul

aug

sep

oct

nov

dec

September



jul

aug

sep

oct

nov

dec

m t w t f s s

	1	2	3	4	5	6	7
w36							
	8	9	10	11	12	13	14
w37							
	15	16	17	18	19	20	21
w38							
	22	23	24	25	26	27	28
w39							
	29	30					

Notes

Weekly Plan



1
mon

2
tue

3
wed

4
thu

5
fri

6
sat

7
sun

Sep

	m	t	w	t	f	s	s
w36	1	2	3	4	5	6	7
w37	8	9	10	11	12	13	14
w38	15	16	17	18	19	20	21
w39	22	23	24	25	26	27	28
w40	29	30					

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



8
mon

9
tue

10
wed

11
thu

12
fri

13
sat

14
sun

Sep

	m	t	w	t	f	s	s
w36	1	2	3	4	5	6	7
w37	8	9	10	11	12	13	14
w38	15	16	17	18	19	20	21
w39	22	23	24	25	26	27	28
w40	29	30					

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



15
mon

16
tue

17
wed

18
thu

19
fri

20
sat

21
sun

Sep

	m	t	w	t	f	s	s
w36	1	2	3	4	5	6	7
w37	8	9	10	11	12	13	14
w38	15	16	17	18	19	20	21
w39	22	23	24	25	26	27	28
w40	29	30					

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



22
mon

23
tue

24
wed

25
thu

26
fri

27
sat

28
sun

Sep

	m	t	w	t	f	s	s
w36	1	2	3	4	5	6	7
w37	8	9	10	11	12	13	14
w38	15	16	17	18	19	20	21
w39	22	23	24	25	26	27	28
w40	29	30					

Priority

Notes:



jul

aug

sep

oct

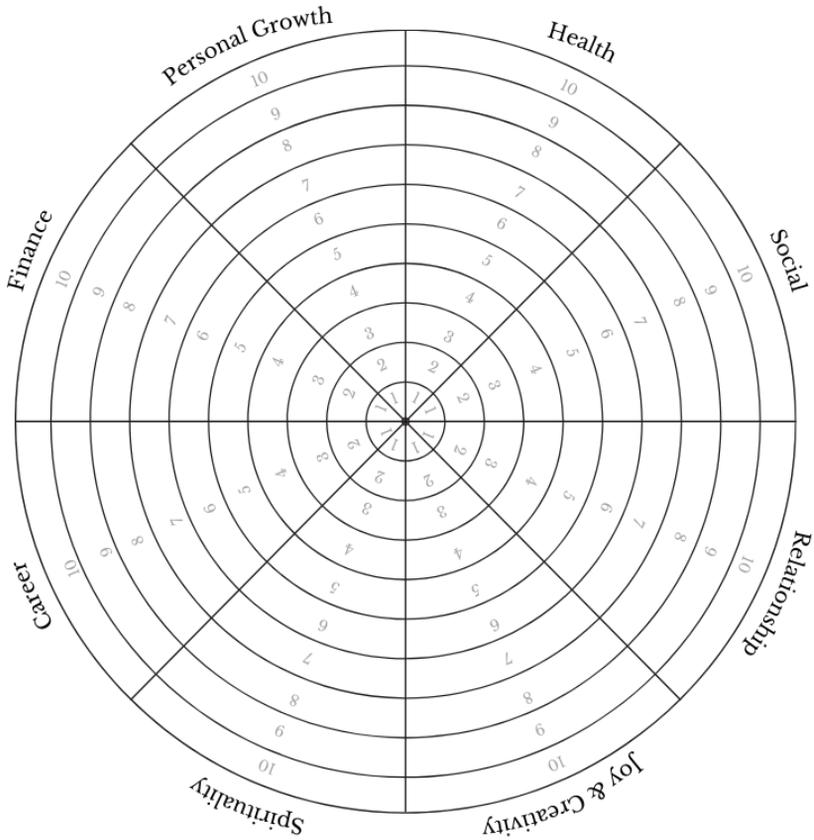
nov

dec

September Review



September Wheel of Life



September Review Based on Wheel of Life

A large, empty rounded rectangular box intended for writing a review or reflection based on the 'September Wheel of Life' chart.

September Moments & Gratitude



Things to remember in September



jul

aug

sep

oct

nov

dec

Gratitude

October Plan



Unfinished Project in September

October Important Dates

October Plan

Week 1

Week 2

Week 3

Week 4



jul

aug

sep

oct

nov

dec

October



jul

aug

sep

oct

nov

dec

m t w t f s 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		

W40

W41

W42

W43

W44

Notes

Weekly Plan



29
mon

30
tue

1
wed

2
thu

3
fri

4
sat

5
sun

Oct

	m	t	w	t	f	s	s
w40			1	2	3	4	5
w41	6	7	8	9	10	11	12
w42	13	14	15	16	17	18	19
w43	20	21	22	23	24	25	26
w44	27	28	29	30	31		

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



jul

aug

sep

oct

nov

dec

Oct

	m	t	w	t	f	s	s
w40			1	2	3	4	5
w41	6	7	8	9	10	11	12
w42	13	14	15	16	17	18	19
w43	20	21	22	23	24	25	26
w44	27	28	29	30	31		

Priority

Notes:

6
mon

7
tue

8
wed

9
thu

10
fri

11
sat

12
sun

Weekly Plan



13
mon

14
tue

15
wed

16
thu

17
fri

18
sat

19
sun

Oct

	m	t	w	t	f	s	s
w40			1	2	3	4	5
w41	6	7	8	9	10	11	12
w42	13	14	15	16	17	18	19
w43	20	21	22	23	24	25	26
w44	27	28	29	30	31		

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



20
mon

21
tue

22
wed

23
thu

24
fri

25
sat

26
sun

Oct

	m	t	w	t	f	s	s
w40			1	2	3	4	5
w41	6	7	8	9	10	11	12
w42	13	14	15	16	17	18	19
w43	20	21	22	23	24	25	26
w44	27	28	29	30	31		

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



27
mon

28
tue

29
wed

30
thu

31
fri

1
sat

2
sun

Oct

	m	t	w	t	f	s	s
w40			1	2	3	4	5
w41	6	7	8	9	10	11	12
w42	13	14	15	16	17	18	19
w43	20	21	22	23	24	25	26
w44	27	28	29	30	31		

Priority

Notes:



jul

aug

sep

oct

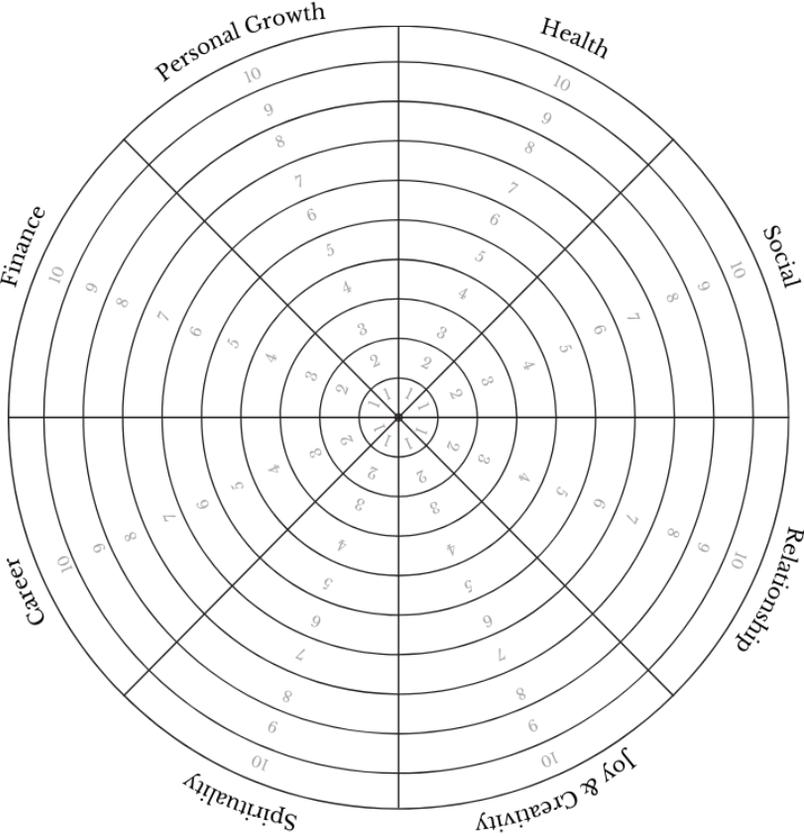
nov

dec

October Review



October Wheel of Life



jul

aug

sep

oct

nov

dec

October Review Based on Wheel of Life

A large, empty rectangular box with rounded corners and a dark green border, intended for writing a review based on the wheel of life chart.

October Moments & Gratitude



Things to remember in October



jul

aug

sep

oct

nov

dec

Gratitude

November Plan



Unfinished Project on October

November Important Dates

November Plan

Week 1

Week 2

Week 3

Week 4



jul

aug

sep

oct

nov

dec

November



jul

aug

sep

oct

nov

dec

m t w t f s 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

W45

W46

W47

W48

Notes

Weekly Plan



Nov

m t w t f s s

w44						1	2
w45	3	4	5	6	7	8	9
w46	10	11	12	13	14	15	16
w47	17	18	19	20	21	22	23
w48	24	25	26	27	28	29	30

3
mon

4
tue

5
wed

6
thu

7
fri

8
sat

9
sun

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



Nov

m t w t f s s

w44						1	2
w45	3	4	5	6	7	8	9
w46	10	11	12	13	14	15	16
w47	17	18	19	20	21	22	23
w48	24	25	26	27	28	29	30

10
mon

11
tue

12
wed

13
thu

14
fri

15
sat

16
sun

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



Nov

m t w t f s s

w44						1	2
w45	3	4	5	6	7	8	9
w46	10	11	12	13	14	15	16
w47	17	18	19	20	21	22	23
w48	24	25	26	27	28	29	30

17
mon

18
tue

19
wed

20
thu

21
fri

22
sat

23
sun

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



Nov

m t w t f s s

w44						1	2
w45	3	4	5	6	7	8	9
w46	10	11	12	13	14	15	16
w47	17	18	19	20	21	22	23
w48	24	25	26	27	28	29	30

24
mon

25
tue

26
wed

27
thu

28
fri

29
sat

30
sun

Priority

Notes:



jul

aug

sep

oct

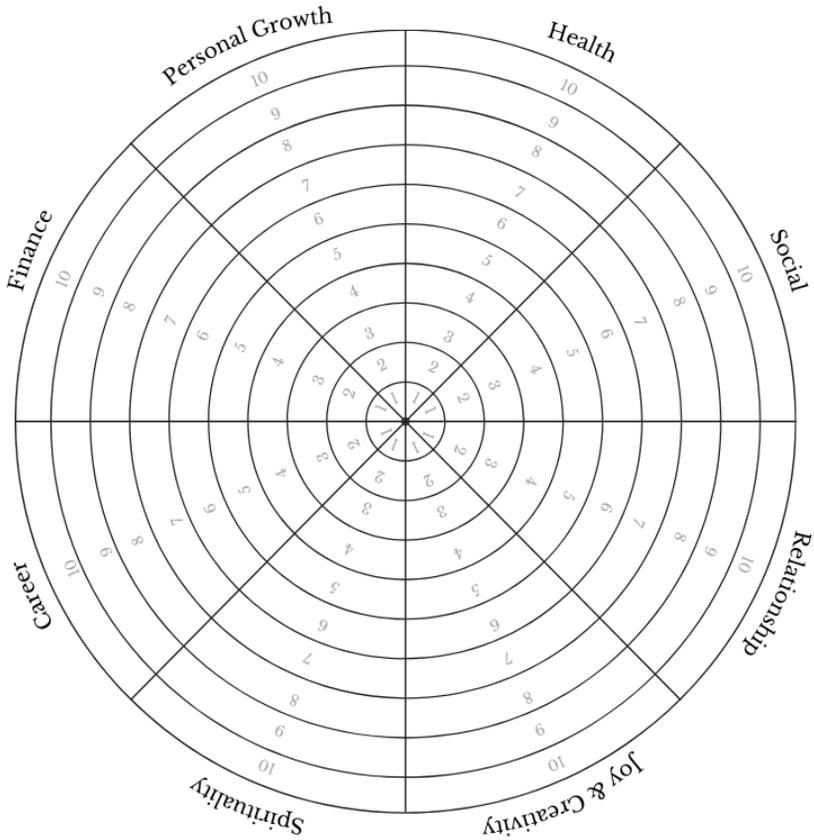
nov

dec

November Review



November Wheel of Life



jul

aug

sep

oct

nov

dec

November Review Based on Wheel of Life

November Moments & Gratitude



Things to remember in November



jul

aug

sep

oct

nov

dec

Gratitude

December Plan



Unfinished Project in November

December Important Dates

December Plan

Week 1

Week 2

Week 3

Week 4



jul

aug

sep

oct

nov

dec

December



jul

aug

sep

oct

nov

dec

m t w t f s 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				

w49

w50

w51

w52

w1

Notes

Weekly Plan



Dec

m t w t f s s

w49 1 2 3 4 5 6 7

w50 8 9 10 11 12 13 14

w51 15 16 17 18 19 20 21

w52 22 23 24 25 26 27 28

w1 29 30 31

1
mon

2
tue

3
wed

4
thu

5
fri

6
sat

7
sun

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



Dec

m t w t f s s

w49 1 2 3 4 5 6 7

w50 8 9 10 11 12 13 14

w51 15 16 17 18 19 20 21

w52 22 23 24 25 26 27 28

w1 29 30 31

8
mon

9
tue

10
wed

11
thu

12
fri

13
sat

14
sun

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



Dec

m t w t f s s

w49 1 2 3 4 5 6 7

w50 8 9 10 11 12 13 14

w51 15 16 17 18 19 20 21

w52 22 23 24 25 26 27 28

w1 29 30 31

15
mon

16
tue

17
wed

18
thu

19
fri

20
sat

21
sun

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



Dec

m t w t f s s

w49 1 2 3 4 5 6 7

w50 8 9 10 11 12 13 14

w51 15 16 17 18 19 20 21

w52 22 23 24 25 26 27 28

w1 29 30 31

22
mon

23
tue

24
wed

25
thu

26
fri

27
sat

28
sun

Priority

Notes:



jul

aug

sep

oct

nov

dec

Weekly Plan



Dec

m t w t f s s

w49 1 2 3 4 5 6 7

w50 8 9 10 11 12 13 14

w51 15 16 17 18 19 20 21

w52 22 23 24 25 26 27 28

w1 29 30 31

29
mon

30
tue

31
wed

1
thu

2
fri

3
sat

4
sun

Priority

Notes:



jul

aug

sep

oct

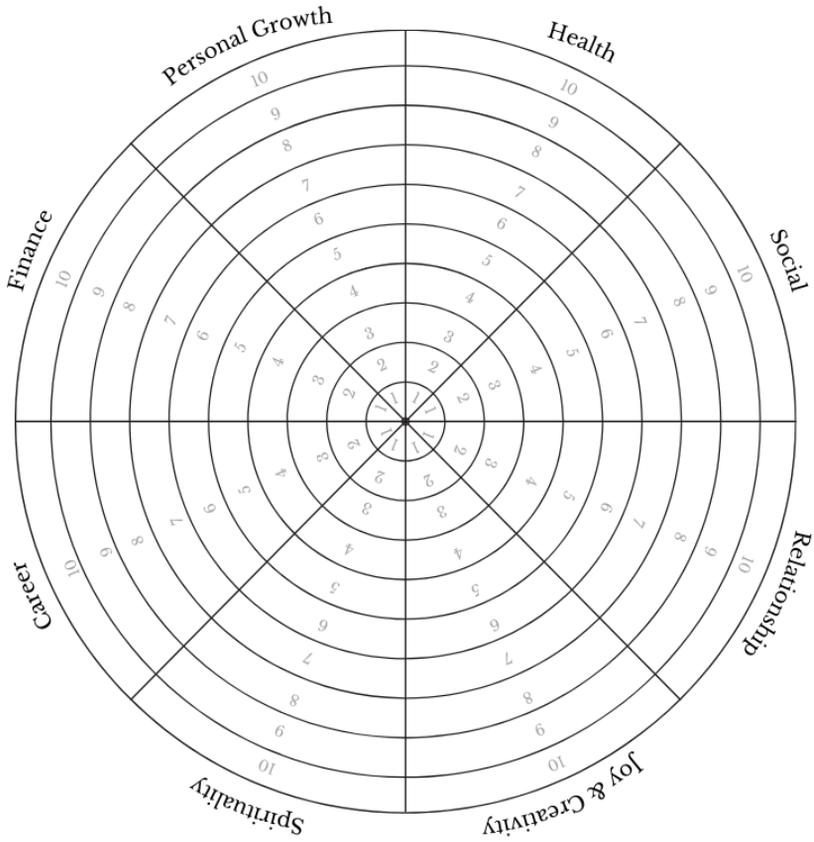
nov

dec

December Review



December Wheel of Life



- jul
- aug
- sep
- oct
- nov
- dec

December Review Based on Wheel of Life

A large, empty rounded rectangular box intended for writing a review based on the Wheel of Life diagram.

December Moments & Gratitude

Things to remember in December



jul

aug

sep

oct

nov

dec

Gratitude

2026 Plan



jul

aug

sep

oct

nov

dec

Unfinished Project in 2025

2026 Important Dates

2026 Plan

Q-1

Q-2

Q-3

Q-4



jul

aug

sep

oct

nov

dec



jul

aug

sep

oct

nov

dec

11



jul

aug

sep

oct

nov

dec



jul

aug

sep

oct

nov

dec

SMART Goals

S Specific	My goal:
M Measurable	How can I trace my progress?
A Attainable	Things that could help me reach my goals:
R Relevant	My skill and resources:
T Time bound	<div style="display: flex; justify-content: space-between;"><div style="border: 1px solid black; border-radius: 15px; width: 20%; height: 20px;"></div><div style="border: 1px solid black; border-radius: 15px; width: 20%; height: 20px;"></div><div style="border: 1px solid black; border-radius: 15px; width: 20%; height: 20px;"></div></div>

Notes



Jul

Aug

Sep

Oct

Nov

Dec

Monthly Planner

mon

tue

wed

thu

fri

sat

sun

mon	tue	wed	thu	fri	sat	sun



jul

aug

sep

oct

nov

dec

Daily Planner

00.00 _____

01.00 _____

02.00 _____

03.00 _____

04.00 _____

05.00 _____

07.00 _____

08.00 _____

09.00 _____

10.00 _____

11.00 _____

12.00 _____

13.00 _____

14.00 _____

15.00 _____

16.00 _____

17.00 _____

18.00 _____

19.00 _____

20.00 _____

21.00 _____

22.00 _____

23.00 _____

24.00 _____

Date:



Priorities
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Today's Appointment	

<table border="1"> <tbody> <tr> <td>B</td> <td>L</td> </tr> <tr> <td>S</td> <td>D</td> </tr> </tbody> </table>	B	L	S	D	
B	L				
S	D				

Notes:



jul

aug

sep

oct

nov

dec

Daily Check-in

Today's Intention

Affirmation



Gratitude

Rate my day

Rate my energy

What I feel

Mini Brain Dump



jul

aug

sep

oct

nov

dec

Weekly Plan



mon

tue

wed

thu

fri

sat

sun

Priority

Next Week

Notes:



jul

aug

sep

oct

nov

dec

Cleaning

Month:

Daily Cleaning

 M T W T F S S

Room/area:

-
-
-

Weekly Cleaning

 W1 W2 W3 W4



Jul

Aug

Sep

Oct

Nov

Dec

DOCTOR APPOINTMENT

Date:

Before Visit

Symptoms:

Medication I already take:

Rate my pain:

When:

Where:

After Visit

What the doctor said:

Prescription:

Med	Time/Days							
	MORNING							
	NOON							
	AFTERNOON							
	EVENING							
	MORNING							
	NOON							
	AFTERNOON							
	EVENING							
	MORNING							
	NOON							
	AFTERNOON							
	EVENING							



jul

aug

sep

oct

nov

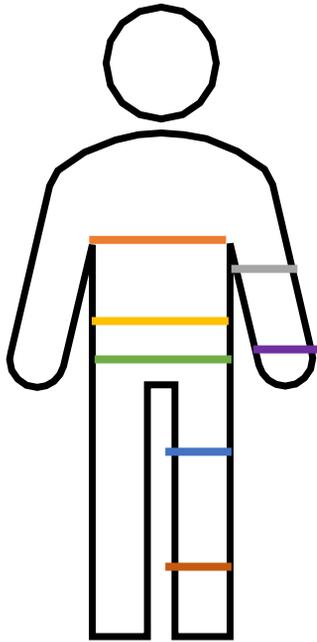
dec

Fitness & Diet

Monday	Activities:	 	B		Review
			L		
			S		
			D		
Tuesday	Activities:	 	B		Review
			L		
			S		
			D		
Wednesday	Activities:	 	B		Review
			L		
			S		
			D		
Thursday	Activities:	 	B		Review
			L		
			S		
			D		
Friday	Activities:	 	B		Review
			L		
			S		
			D		
Saturday	Activities:	 	B		Review
			L		
			S		
			D		
Sunday	Activities:	 	B		Review
			L		
			S		
			D		



Body Measure



Date:

Weight:

Height:

- Chest : _____
- Pelvis : _____
- Waist : _____
- Upper Arm : _____
- Forearm : _____
- thigh : _____
- Calf : _____

Diet & Fitness Plan



jul

aug

sep

oct

nov

dec

Brain Dump

A series of horizontal dashed lines for writing.



jul

aug

sep

oct

nov

dec

Mental health

Date:

My Situations:

What I feel:

From When:

How Often:

My energy:

Considering Therapy / consultation: Yes No

Notes:



jul

aug

sep

oct

nov

dec

Password & Subscription

Password

Platform/website	Email / Username	Password

Subscriptions

Platform/website	Amount	Payment Method	Renewal Date	paid

Other

Description	Amount	Renewal Date



Jul

Aug

Sep

Oct

Nov

Dec

Gratitude Journal

Date :

Today I'm grateful for...

Something that inspire me ...

People I'm grateful to have in life....

Affirmation Journal

mental

physical

spiritual



jul

aug

sep

oct

nov

dec

Self Care Journal

Morning Routine

Night Routine

Skin Care Check-list

Products	Brand	m	t	w	t	f	s	s



jul

aug

sep

oct

nov

dec

Spiritual Journal

Date :

Today's verse

Message from the verse

Personal Reflections

Daily Prayer



jul

aug

sep

oct

nov

dec