

hello + thank you

Thank you so much for downloading the SAMPLE/PREVIEW of our new [2022 Digital Planner!](#)

Created with busy, ambitious individuals in mind, this dated planner has you covered from Jan 1st, 2022 to Dec 31st, 2022. A mini December 2021 dated planner is also included so that you can start planning straight away! Inside you'll find yearly, monthly, weekly and daily templates (plus everything in between) to help you meet deadlines, accomplish goals, stay organised on a day-to-day basis - all without sacrificing your wellbeing!

Please note that since this is just a SAMPLE/PREVIEW PLANNER, you will NOT be able to access all the links/pages available in the actual planner. Rather, this sample allows you to have a look into one of our digital planners and get a feel for our simplistic yet practical style/aesthetics to see if it suits you and your device.

ONLY THE LINKS TO FIRST TWO WEEKS OF JANUARY (and a few others) IS WORKING IN THIS SAMPLE.

There are lots of hyperlinks you need to be aware of in order to fully utilize the planner so make sure you refer back to the listing images on Etsy so you are aware of all the features!

I hope you find this useful!
Aileen x



Yearly Pages

2022 CALENDAR

JAN - JUN PLANNER

JUL - DEC PLANNER

KEY DATES

YEARLY RESET

YEARLY FINANCE



Wellness

WORKOUT PLANNER

WEEKLY EXERCISE PLANNER

STEPS TRACKER

WALKING/RUNNING LOG

MY JOURNEY IN PHOTOS

BODY MEASUREMENTS + GOALS

MEAL IDEAS LIST

RECIPE CARD

PERIOD LOG

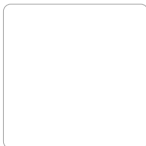
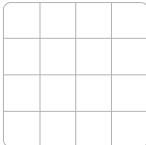
SLEEP LOG

MOOD TRACKER

VITAMINS + MEDICATION TRACKER



Notes Templates



Finance

DEBT PAY-OFF TRACKER

DEBT SNOWBALL TRACKER

SAVINGS TRACKER

VISUAL SAVINGS TRACKER

52 WEEKS SAVINGS CHALLENGE

DONATIONS

SUBSCRIPTIONS + MEMBERSHIPS



Lifestyle

CLEANING/CHORES PLANNER

MOVIES/SHOWS LIST

READING LIST

BOOK REVIEW

MY CONTACTS

MY PASSWORDS

MEETING NOTES

EVENT PLANNER

MY DELIVERIES



Productivity

VISION BOARD

ROUTINE PLANNER

HABIT TRACKERS

MASTER TO DO LISTS

PRIORITY MATRIX

MANIFESTATION JOURNAL

MY DREAM LIFE



My Goals

1.

➔

2.

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10.



My Projects

1.

➔

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Custom Dividers

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➔

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2022 Calendar

JANUARY								FEBRUARY								MARCH							
	M	T	W	T	F	S	S		M	T	W	T	F	S	S		M	T	W	T	F	S	S
52						1	2	05		1	2	3	4	5	6	09		1	2	3	4	5	6
01	3	4	5	6	7	8	9	06	7	8	9	10	11	12	13	10	7	8	9	10	11	12	13
02	10	11	12	13	14	15	16	07	14	15	16	17	18	19	20	11	14	15	16	17	18	19	20
03	17	18	19	20	21	22	23	08	21	22	23	24	25	26	27	12	21	22	23	24	25	26	27
04	24	25	26	27	28	29	30	09	28							13	28	29	30	31			
05	31																						
APRIL								MAY								JUNE							
	M	T	W	T	F	S	S		M	T	W	T	F	S	S		M	T	W	T	F	S	S
13					1	2	3	17							1	22			1	2	3	4	5
14	4	5	6	7	8	9	10	18	2	3	4	5	6	7	8	23	6	7	8	9	10	11	12
15	11	12	13	14	15	16	17	19	9	10	11	12	13	14	15	24	13	14	15	16	17	18	19
16	18	19	20	21	22	23	24	20	16	17	18	19	20	21	22	25	20	21	22	23	24	25	26
17	25	26	27	28	29	30		21	23	24	25	26	27	28	29	26	27	28	29	30			
JULY								AUGUST								SEPTEMBER							
	M	T	W	T	F	S	S		M	T	W	T	F	S	S		M	T	W	T	F	S	S
26					1	2	3	31	1	2	3	4	5	6	7	35				1	2	3	4
27	4	5	6	7	8	9	10	32	8	9	10	11	12	13	14	36	5	6	7	8	9	10	11
28	11	12	13	14	15	16	17	33	15	16	17	18	19	20	21	37	12	13	14	15	16	17	18
29	18	19	20	21	22	23	24	34	22	23	24	25	26	27	28	38	19	20	21	22	23	24	25
30	25	26	27	28	29	30	31	35	29	30	31					39	26	27	28	29	30		
OCTOBER								NOVEMBER								DECEMBER							
	M	T	W	T	F	S	S		M	T	W	T	F	S	S		M	T	W	T	F	S	S
39						1	2	44		1	2	3	4	5	6	48				1	2	3	4
40	3	4	5	6	7	8	9	45	7	8	9	10	11	12	13	49	5	6	7	8	9	10	11
41	10	11	12	13	14	15	16	46	14	15	16	17	18	19	20	50	12	13	14	15	16	17	18
42	17	18	19	20	21	22	23	47	21	22	23	24	25	26	27	51	19	20	21	22	23	24	25
43	24	25	26	27	28	29	30	48	28	29	30					52	26	27	28	29	30	31	
44	31																						



JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
S 1	T 1	T 1	F 1	S 1	W 1
S 2	W 2	W 2	S 2	M 2	T 2
M 3	T 3	T 3	S 3	T 3	F 3
T 4	F 4	F 4	M 4	W 4	S 4
W 5	S 5	S 5	T 5	T 5	S 5
T 6	S 6	S 6	W 6	F 6	M 6
F 7	M 7	M 7	T 7	S 7	T 7
S 8	T 8	T 8	F 8	S 8	W 8
S 9	W 9	W 9	S 9	M 9	T 9
M 10	T 10	T 10	S 10	T 10	F 10
T 11	F 11	F 11	M 11	W 11	S 11
W 12	S 12	S 12	T 12	T 12	S 12
T 13	S 13	S 13	W 13	F 13	M 13
F 14	M 14	M 14	T 14	S 14	T 14
S 15	T 15	T 15	F 15	S 15	W 15
S 16	W 16	W 16	S 16	M 16	T 16
M 17	T 17	T 17	S 17	T 17	F 17
T 18	F 18	F 18	M 18	W 18	S 18
W 19	S 19	S 19	T 19	T 19	S 19
T 20	S 20	S 20	W 20	F 20	M 20
F 21	M 21	M 21	T 21	S 21	T 21
S 22	T 22	T 22	F 22	S 22	W 22
S 23	W 23	W 23	S 23	M 23	T 23
M 24	T 24	T 24	S 24	T 24	F 24
T 25	F 25	F 25	M 25	W 25	S 25
W 26	S 26	S 26	T 26	T 26	S 26
T 27	S 27	S 27	W 27	F 27	M 27
F 28	M 28	M 28	T 28	S 28	T 28
S 29		T 29	F 29	S 29	W 29
S 30		W 30	S 30	M 30	T 30
M 31		T 31		T 31	

JULY		AUGUST		SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER	
F 1		M 1		T 1		S 1		T 1		T 1	
S 2		T 2		F 2		S 2		W 2		F 2	
S 3		W 3		S 3		M 3		T 3		S 3	
M 4		T 4		S 4		T 4		F 4		S 4	
T 5		F 5		M 5		W 5		S 5		M 5	
W 6		S 6		T 6		T 6		S 6		T 6	
T 7		S 7		W 7		F 7		M 7		W 7	
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S 23		T 23		F 23		S 23		W 23		F 23	
S 24		W 24		S 24		M 24		T 24		S 24	
M 25		T 25		S 25		T 25		F 25		S 25	
T 26		F 26		M 26		W 26		S 26		M 26	
W 27		S 27		T 27		T 27		S 27		T 27	
T 28		S 28		W 28		F 28		M 28		W 28	
F 29		M 29		T 29		S 29		T 29		T 29	
S 30		T 30		F 30		S 30		W 30		F 30	
S 31		W 31				M 31				S 31	

The page you selected is not available in this free SAMPLE.

TO ACCESS THE FULL PLANNER, [CLICK HERE](#) TO CHECK OUT THE PRODUCT LISTING FOR THISS PLANNER - 2022 DATED DIGITAL PLANNER SET.

MON

TUE

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WEEK 52

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WEEK 01

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WEEK 02

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WEEK 03

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WEEK 05

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MON

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WEEK 05

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WEEK 06

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WEEK 07

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WEEK 08

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WEEK 09

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MON

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SUN

WEEK 09

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WEEK 10

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WEEK 11

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TO ACCESS THE FULL PLANNER, [CLICK HERE](#) TO CHECK OUT THE PRODUCT LISTING FOR THISS PLANNER - 2022 DATED DIGITAL PLANNER SET.

WEEK 12

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WEEK 13

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WEEK 13

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WEEK 15

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TO ACCESS THE FULL PLANNER, [CLICK HERE](#) TO CHECK OUT THE PRODUCT LISTING FOR THISS PLANNER - 2022 DATED DIGITAL PLANNER SET.

WEEK 16

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MON

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WEEK 17

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WEEK 19

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TO ACCESS THE FULL PLANNER, [CLICK HERE](#) TO CHECK OUT THE PRODUCT LISTING FOR THISS PLANNER - 2022 DATED DIGITAL PLANNER SET.

WEEK 20

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WEEK 21

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WEEK 22

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MON

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WEEK 23

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WEEK 24

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WEEK 26

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TO ACCESS THE FULL PLANNER, [CLICK HERE](#) TO CHECK OUT THE PRODUCT LISTING FOR THISS PLANNER - 2022 DATED DIGITAL PLANNER SET.



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TO ACCESS THE FULL PLANNER, [CLICK HERE](#) TO CHECK OUT THE PRODUCT LISTING FOR THISS PLANNER - 2022 DATED DIGITAL PLANNER SET.



MON

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WEEK 31

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WEEK 32

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WEEK 33

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WEEK 34

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WEEK 35

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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 35				1	2	3	4
WEEK 36	5	6	7	8	9	10	11
WEEK 37	12						
WEEK 38	19	20	21	22	23	24	25
WEEK 39	26	27	28	29	30		

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MON

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WEEK 39

WEEK 40

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WEEK 42

WEEK 43

WEEK 44

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TO ACCESS THE FULL PLANNER, [CLICK HERE](#) TO CHECK OUT THE PRODUCT LISTING FOR THISS PLANNER - 2022 DATED DIGITAL PLANNER SET.



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 44		1	2	3	4	5	6
WEEK 45	7	8	9	10	11	12	13
WEEK 46	14						
WEEK 47	21	22	23	24	25	26	27
WEEK 48	28	29	30				

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MON

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WEEK 48

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WEEK 49

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WEEK 50

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TO ACCESS THE FULL PLANNER, [CLICK HERE](#) TO CHECK OUT THE PRODUCT LISTING FOR THISS PLANNER - 2022 DATED DIGITAL PLANNER SET.

WEEK 51

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WEEK 52

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31



02
SUN

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01	3	4	5	6	7	8	9
02	10	11	12	13	14	15	16
03	17	18	19	20	21	22	23
04	24	25	26	27	28	29	30
05	31	1	2	3	4	5	6

MON

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M T W T F S S

52	27	28	29	30	31	1	2
01	3	4	5	6	7	8	9
02	10	11	12	13	14	15	16
03	17	18	19	20	21	22	23
04	24	25	26	27	28	29	30
05	31	1	2	3	4	5	6



SCHEDULE

6 AM

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DAILY CHECK-IN

WEEKLY PLANNER

WEEKLY SCHEDULE

Tasks

Notes



2022

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

1

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TUESDAY

December 28, 2021

SCHEDULE

DAILY CHECK-IN

WEEKLY PLANNER

WEEKLY SCHEDULE

Tasks

Notes



December 29, 2021

6 AM

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12 PM

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WEEKLY SCHEDULE

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THURSDAY

December 30, 2021

SCHEDULE

DAILY CHECK-IN

WEEKLY PLANNER

WEEKLY SCHEDULE

Tasks

Notes



SCHEDULE

6 AM

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11 AM

12 PM

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DAILY CHECK-IN

WEEKLY PLANNER

WEEKLY SCHEDULE

Tasks

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Notes



2022

JAN

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SCHEDULE

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DAILY CHECK-IN

WEEKLY PLANNER

WEEKLY SCHEDULE

Tasks

Notes



2022

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January 04, 2022

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WEEKLY SCHEDULE

Notes

January 05, 2022

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WEEKLY SCHEDULE

Notes

January 06, 2022

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WEEKLY SCHEDULE

January 07, 2022

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WEEKLY SCHEDULE

Tasks

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Notes

January 08, 2022

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WEEKLY SCHEDULE

Tasks

Notes

January 09, 2022

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WEEKLY SCHEDULE

Monthly Overview

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

This month's main focus or intention

Important dates

S	1
S	2
M	3
T	4
W	5
T	6
F	7
S	8
S	9
M	10
T	11
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W	26
T	27
F	28
S	29
S	30
M	31

Projects & goals in progress

Projects & goals to start



Monthly Reflection

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

OVERVIEW

REFLECTION

FINANCES

How was my month?

What is the most important lesson I learned this month?

Rate the following areas of my life:

1

2

3

4

5

PERSONAL GROWTH					
FAMILY RELATIONSHIPS					
MARRIAGE / ROMANCE					
SOCIAL RELATIONSHIPS					
HEALTH & FITNESS					
WORK / STUDIES / BUSINESS					
FINANCIAL					

Highlights & accomplishments achieved this month

What to **continue** doing

What to **start** doing

Challenges faced this month

What to **stop** doing



“Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.” — Dale Carnegie

This week’s main focus/goal

Action steps

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Habits	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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How can I show myself more love?

THIS WEEK’S RATING: 1 2 3 4 5 6 7 8 9 10

What went well this week?

What can be improved?

Moment I want to remember

To do next week

“The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.” — Winston S. Churchill

This week’s main focus/goal

Action steps

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Habits	M	T	W	T	F	S	S
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How can I show myself more love?

THIS WEEK’S RATING: 1 2 3 4 5 6 7 8 9 10

What went well this week?

What can be improved?

Moment I want to remember

To do next week

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				





03 MON	04 TUE	05 WED	06 THU	07 FRI	08 SAT	09 SUN
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

Daily Check-in

morning

Today’s affirmation

I am grateful for

- 1.
- 2.
- 3.

What can I do to make today great?

night

Things that made me smile today

- 1.
- 2.
- 3.

What can I do to make tomorrow better?

My thoughts

BACK TO DAILY PLANNER

Self-care

Physical activity

Tidy

Water tracker

Meals

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Wellness Home Page

WORKOUT PLANNER



WEEKLY EXERCISE PLANNER



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RECIPE CARD



PERIOD LOG



SLEEP LOG



MOOD TRACKER



VITAMINS + MEDICATION TRACKER





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Productivity Home Page

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MANIFESTATION JOURNAL



MY DREAM LIFE



2022JANFEBMARAPRMAYJUNJULAUGSEPOCTNOIDE49



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Finance Home Page

YEARLY FINANCE



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52 WEEKS SAVINGS CHALLENGE



DONATIONS



SUBSCRIPTIONS + MEMBERSHIP TRACKER



Yearly Finance

FINANCIAL GOALS FOR THE YEAR

Income:

Savings:

Investments:

Debt payoff:

Gifts and donations:

Other:

THINGS I CAN DO TO REACH MY FINANCIAL GOALS

yearly summary

	INCOME	EXPENSES	SAVINGS	INVESTMENTS	DEBT PAYOFF	GIFTS
JAN						
FEB						
MAR						
APR						
MAY						
JUN						
JUL						
AUG						
SEP						
OCT						
NOV						
DEC						
TOTAL						

net surplus / deficit

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
TOTAL INCOME												
TOTAL EXPENSES												
TOTAL + / (-)												

Monthly Finance

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC YEAR

OVERVIEW

REFLECTION

FINANCES

THIS MONTH'S FINANCIAL GOAL

MONTHLY OVERVIEW

Opening balance:

Total income:

Total expense:

Closing balance:

income

DATE	SOURCE	AMOUNT
TOTAL:		

expenses

savings

DATE	DESCRIPTION	AMOUNT
TOTAL:		

bills

DUE	DESCRIPTION	AMOUNT	PAID
TOTAL:			





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Lifestyle Home Page

CLEANING/CHORES PLANNER



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MEETING NOTES



EVENT PLANNER



MY DELIVERIES





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My Goals

Here is an overview of all the goals you want to accomplish during the year. Tap the arrows to plan out each goal in detail.

GOAL:

➔

GOAL:

GOAL:

GOAL:

GOAL:

GOAL:

GOAL:

GOAL:

GOAL:

GOAL:



Goal Planner

Reason for achieving goal:
Reward for achieving goal:

Habits to pick up to help achieve goal	Frequency
•	
•	
•	
•	
•	

Date started working on goal:	
Goal deadline:	
Date completed:	



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My Projects

Here is an overview of all the projects I am working on during the year. Tap the arrows to plan out each project in detail.

PROJECT:



PROJECT:

PROJECT:

PROJECT:

PROJECT:

PROJECT:

PROJECT:

PROJECT:

PROJECT:

PROJECT:



Project Planner

Start date:

Due date:

Date completed:

Project description & objectives:
Resources required:





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