

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

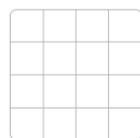
PERIOD LOG

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.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

My Projects

1. 
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Custom Dividers

1. 
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

2022 Calendar

[CALENDAR](#)
[KEY DATES](#)
[JAN - JUN PLANNER](#)
[JUL - DEC PLANNER](#)
[RESET](#)

JANUARY

	M	T	W	T	F	S	S
52						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						

FEBRUARY

	M	T	W	T	F	S	S
05		1	2	3	4	5	6
06	7	8	9	10	11	12	13
07	14	15	16	17	18	19	20
08	21	22	23	24	25	26	27
09	28						

MARCH

	M	T	W	T	F	S	S
09		1	2	3	4	5	6
10	7	8	9	10	11	12	13
11	14	15	16	17	18	19	20
12	21	22	23	24	25	26	27
13	28	29	30	31			

APRIL

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

MAY

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

JUNE

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

JULY

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

AUGUST

	M	T	W	T	F	S	S
31	1	2	3	4	5	6	7
32	8	9	10	11	12	13	14
33	15	16	17	18	19	20	21
34	22	23	24	25	26	27	28
35	29	30	31				

SEPTEMBER

	M	T	W	T	F	S	S
35				1	2	3	4
36	5	6	7	8	9	10	11
37	12	13	14	15	16	17	18
38	19	20	21	22	23	24	25
39	26	27	28	29	30		

OCTOBER

	M	T	W	T	F	S	S
39						1	2
40	3	4	5	6	7	8	9
41	10	11	12	13	14	15	16
42	17	18	19	20	21	22	23
43	24	25	26	27	28	29	30
44	31						

NOVEMBER

	M	T	W	T	F	S	S
44		1	2	3	4	5	6
45	7	8	9	10	11	12	13
46	14	15	16	17	18	19	20
47	21	22	23	24	25	26	27
48	28	29	30				

DECEMBER

	M	T	W	T	F	S	S
48				1	2	3	4
49	5	6	7	8	9	10	11
50	12	13	14	15	16	17	18
51	19	20	21	22	23	24	25
52	26	27	28	29	30	31	



2022 Key Dates

CALENDAR

KEY DATES

JAN - JUN PLANNER

JUL - DEC PLANNER

RESET

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

2022
JAN
FEB
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NOV
DEC
1
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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	
F 8		M 8		T 8		S 8		T 8		T 8	
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M 11											
T 12											
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T 14											
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T 21		S 21		W 21		F 21		M 21		W 21	
F 22		M 22		T 22		S 22		T 22		T 22	
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.

January 2022

OVERVIEW

REFLECTION

FINANCES

2022
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC
1
2
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7
8

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



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 05		1	2	3	4	5	6
WEEK 06	7	8	9	10	11	12	13
WEEK 07	14						
WEEK 08	21	22	23	24	25	26	27
WEEK 09	28						

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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 09		1	2	3	4	5	6
WEEK 10	7	8	9	10	11	12	13
WEEK 11	14						
WEEK 12	21	22	23	24	25	26	27
WEEK 13	28	29	30	31			

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MON

TUE

WED

THU

FRI

SAT

SUN

WEEK 13

1

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WEEK 14

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WEEK 15

11

WEEK 16

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WEEK 17

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28

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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 17							1
WEEK 18	2	3	4	5	6	7	8
WEEK 19	9						
WEEK 20	16						
WEEK 21	23	24	25	26	27	28	29
WEEK 22	30	31					

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MON

TUE

WED

THU

FRI

SAT

SUN

WEEK 22

1

2

3

4

5

WEEK 23

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7

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9

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11

12

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

WEEK 24

13

WEEK 25

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26

WEEK 26

27

28

29

30



MON

TUE

WED

THU

FRI

SAT

SUN

WEEK 26

1

2

3

WEEK 27

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WEEK 28

11

WEEK 29

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WEEK 30

25

26

27

28

29

30

31

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 31	1	2	3	4	5	6	7
WEEK 32	8	9	10	11	12	13	14
WEEK 33	15	16	17	18	19	20	21
WEEK 34	22	23	24	25	26	27	28
WEEK 35	29	30	31				

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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

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WEEK 37

12

WEEK 38

19

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21

22

23

24

25

WEEK 39

26

27

28

29

30

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK 39

1

2

WEEK 40

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9

WEEK 41

10

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WEEK 42

17

WEEK 43

24

25

26

27

28

29

30

WEEK 44

31

	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

TUE

WED

THU

FRI

SAT

SUN

WEEK 48

1

2

3

4

WEEK 49

5

6

7

8

9

10

11

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

WEEK 50

12

WEEK 51

19

20

21

22

23

24

25

WEEK 52

26

27

28

29

30

31

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**



2022

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

1

2

3

4

5

6

7

8

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

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

This week's main focus/goal

What went well this week?

Action steps

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

What can be improved?

Moment I want to remember

Habits

	M	T	W	T	F	S	S
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<div style="border-bottom: 1px solid #ccc; height: 20px;"></div>	<input type="checkbox"/>						
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<div style="border-bottom: 1px solid #ccc; height: 20px;"></div>	<input type="checkbox"/>						

How can I show myself more love?

To do next week

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

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

This week's main focus/goal

What went well this week?

Action steps

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What can be improved?

Moment I want to remember

Habits

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

To do next week

BREAKFAST

LUNCH

DINNER

SNACKS

MON

TUE

WED

THU

FRI

SAT

SUN

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BREAKFAST

LUNCH

DINNER

SNACKS

MON

TUE

WED

THU

FRI

SAT

SUN

27 MON	28 TUE	29 WED	30 THU	31 FRI	01 SAT	02 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

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

B

L

D

S

Daily Check-in

morning

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Physical activity

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My thoughts

BACK TO DAILY PLANNER

Self-care

Physical activity

Tidy

Water tracker

Meals

B

L

D

S

S



2022

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

1

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3

4

5

6

7

8



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

B

L

D

S



2022

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MAY

JUN

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8



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?

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Wellness Home Page

WORKOUT PLANNER



WEEKLY EXERCISE PLANNER



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

RECIPE CARD



PERIOD LOG



SLEEP LOG



MOOD TRACKER



VITAMINS + MEDICATION TRACKER





Productivity Home Page

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MANIFESTATION JOURNAL



MY DREAM LIFE





2022

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APR

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30 horizontal lines with a small circle at the start of each line.

30 horizontal lines with a small circle at the start of each line.

30 horizontal lines with a small circle at the start of each line.



Finance Home Page

YEARLY FINANCE



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

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52 WEEKS SAVINGS CHALLENGE



DONATIONS



SUBSCRIPTIONS + MEMBERSHIP TRACKER



Yearly Finance

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

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 + / (-)												



Lifestyle Home Page

CLEANING/CHORES PLANNER



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MEETING NOTES



EVENT PLANNER



MY DELIVERIES



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:

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:



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