

my planner.

(SAMPLE VERSION)

hello + thank you

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

Please note that since this is just a SAMPLE PLANNER, you will NOT be able to access all the links/pages which is 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 FOR THE FIRST TWO WEEKS OF JANUARY IS WORKING IN THIS SAMPLE.

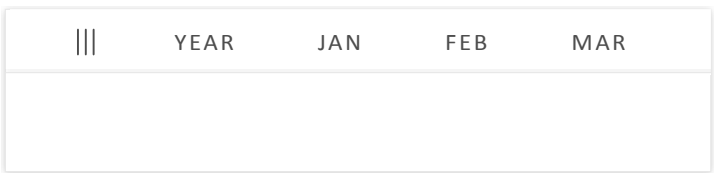
The Undated Digital Planner is a comprehensive digital planner and there are many hyperlinks you need to be aware of in order to fully utilize the planner. *Please refer back to the [listing images on Etsy](#) to see where all the hyperlinks are so you are aware of all the features.*

Your purchase comes with **FIVE “tabs” design/color options** for the planner.

CLASSIC TABS



MINIMAL TABS



If you enjoyed using this sample and you are interested in purchasing the full planner, I would like to help you get started! Here is a special discount code to get **30% off** the price of the UNDATED Digital Planners (applies to both horizontal and vertical versions): PRE30 or [click here](#).

I hope you find this useful!
Aileen x



Yearly Pages

YEARLY CALENDAR

YEARLY OVERVIEW

YEAR AT A GLANCE (JAN-JUN)

YEAR AT A GLANCE (JUL-DEC)

YEARLY REVIEW

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

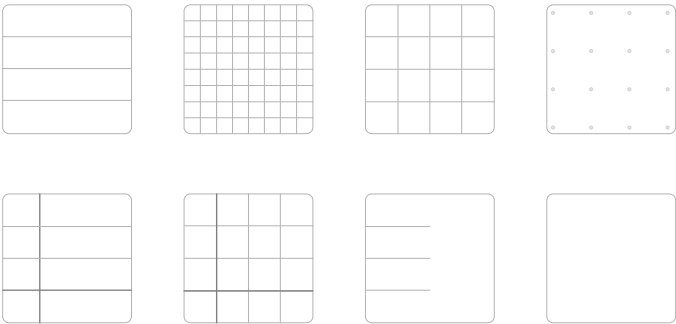
SLEEP LOG

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

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My Projects

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Notebook Dividers

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	JANUARY						
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W2							
W3							
W4							
W5							

	FEBRUARY						
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							

	MARCH						
	M	T	W	T	F	S	S
W1							
W2							
W3							
W4							
W5							

	APRIL						
	M	T	W	T	F	S	S
W1							
W2							
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	MAY						
	M	T	W	T	F	S	S
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	JUNE						
	M	T	W	T	F	S	S
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	JULY						
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	AUGUST						
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	SEPTEMBER						
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	OCTOBER						
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	NOVEMBER						
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	DECEMBER						
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YEAR

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DEC

CALENDAR YEARLY OVERVIEW YEAR AT A GLANCE (J - J) YEAR AT A GLANCE (J - D) YEARLY REVIEW YEARLY FINANCE					
JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6
7	7	7	7	7	7
8	8	8	8	8	8
9	9	9	9	9	9
10	10	10	10	10	10
11	11	11	11	11	11
12	12	12	12	12	12
13	13	13	13	13	13
14	14	14	14	14	14
15	15	15	15	15	15
16	16	16	16	16	16
17	17	17	17	17	17
18	18	18	18	18	18
19	19	19	19	19	19
20	20	20	20	20	20
21	21	21	21	21	21
22	22	22	22	22	22
23	23	23	23	23	23
24	24	24	24	24	24
25	25	25	25	25	25
26	26	26	26	26	26
27	27	27	27	27	27
28	28	28	28	28	28
29	29	29	29	29	29
30		30	30	30	30
31		31		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 - UNDATED DIGITAL PLANNER.

MON

TUE

WED

THU

FRI

SAT

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W1



W2



W3



W4



W5



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

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YEAR

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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

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MONTUEWEDTHUFRISSATSUN

W1



W2



W3



W4



W5



12345678910111213141516171819202122232425262728293031

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YEAR

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W2																																			
W3																																			
W4																																			
W5																																			

Monthly Overview

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

This month’s main focus or intention

Goals to achieve this month

Projects to work on

NOTES

OVERVIEW | REFLECTION | FINANCES | TRACKERS

Events to attend

Important dates to remember

Things I want to do this month

Monthly Reflection

How was my month?

What is the **most important lesson** I learned this month?

Rate the following areas of my life:

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

Highlights & accomplishments achieved this month

What to **continue** doing

What to **continue** doing

What to **start** doing

What to **stop** doing

Monthly Finance

THIS MONTH'S FINANCIAL GOAL

MONTHLY OVERVIEW

Opening balance:

Total income:

Total expense:

Closing balance:

DATE	INCOME	AMOUNT
TOTAL:		

DATE	SAVINGS	AMOUNT
TOTAL:		

DUE	BILLS	AMOUNT	PAID
TOTAL:			

[illegible]

Monthly Trackers

DAILY HABITS

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

MOOD TRACKER

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	

MOOD TRACKER KEY

	HAPPY		
	PRODUCTIVE		
	OVERWHELMED		

SLEEP TRACKER (hours slept)

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	

SLEEP TRACKER KEY

	0-3 HOURS		12+ HOURS
	3-6 HOURS		
	6-9 HOURS		
	9-12 HOURS		

OTHER:

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	

KEY

NOTES

	MON		TUE		WED		THU		FRI		SAT		SUN			
6am																
7am																
8am																
9am																
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	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

1 2 3 4 5 6 7 8 9 10

This week's main focus/goal

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

M T W T F S S

How can I show myself more love?

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

This week’s main focus/goal

Action steps

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

Habits

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How can I show myself more love?

What went well this week?

What can be improved?

What I want to remember about this week

Notes



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YEAR

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	BREAKFAST	LUNCH	DINNER	SNACKS
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TUE				
WED				
THU				
FRI				
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SUN				

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Date:

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

Meals

B

L

D

S

Water tracker

Self-care

Physical activity

Cleaning task



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YEAR

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My Routines

TIME

MORNING ROUTINE

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RECURRING WEEKLY TASKS

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TIME

AFTERNOON ROUTINE

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NOTES

© THISS Planner | THIS IS A FREE SAMPLE VERSION OF THISS UNDATED DIGITAL PLANNER.
[CLICK HERE](#) TO PURCHASE THE FULL VERSION. USE CODE [PRE30](#) TO GET 30% OFF.

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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:

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

GOAL

Start date:

Goal deadline:

Date completed:

Reason for achieving goal:

Reward for achieving goal:

NOTES

Actionable steps to achieve goal

Deadline

Habits to pick up to help achieve goal

Frequency