



Monthly Planner™

An undated planning system for a calmer, more intentional month.

MY FOCUS FOR THIS MONTH

Set the Tone

Theme / intention _____

How I want this month to feel _____

PRIORITISE WHAT MATTERS

Top Three Outcomes

1	Outcome: _____ First meaningful step: _____
2	Outcome: _____ First meaningful step: _____
3	Outcome: _____ First meaningful step: _____

STAY AHEAD OF THE MONTH

Important This Month

DATE	EVENT / DEADLINE	PREPARATION NEEDED

MONTH AT A GLANCE

Calendar

Write in the dates, then add appointments, deadlines and moments worth protecting.

Month _____

MON	TUE	WED	THU	FRI	SAT	SUN

TURN INTENTION INTO ACTION

Weekly Focus

Keep each week deliberately small: one main win, three priorities and the next action.

WEEK	MAIN WIN	TOP THREE PRIORITIES	NOTES / NEXT ACTION
1			
2			
3			
4			

PROTECT YOUR FOCUS

Things I Am Choosing Not to Prioritise This Month

- ☐ _____
- ☐ _____
- ☐ _____

CONSISTENCY OVER INTENSITY

Habits & Wellbeing

Track the few behaviours that make the biggest difference. Leave the rest.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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SUPPORT WHAT KEEPS YOU WELL

Wellbeing Check-In

AREA	WHAT SUPPORTS ME	ONE SMALL COMMITMENT
Energy		
Rest		
Movement		
Connection		

KEEP THE OVERFLOW SOMEWHERE SAFE

Notes, Ideas and Reminders

CLOSE THE LOOP

End-of-Month Review

Notice what worked, learn from what did not, and carry only what matters into next month.

Three wins I want to remember

1. _____
2. _____
3. _____

What made the biggest positive difference?

What felt difficult or unnecessarily heavy?

What did I learn about my time, energy or priorities?

What will I continue, change or stop next month?

CONTINUE _____

CHANGE _____

STOP _____

MONTH SCORE / 10

NEXT MONTH'S FIRST STEP

The future isn't something you wait for. It's something you build.