FolarraStudio

Daily Planner

plan · focus · flourish

UNDATED · PRINTABLE · HABIT & GOAL TRACKERS

This Planner Belongs To

one calm page at a time

NAME _____

EMAIL / PHONE _____

STARTED ON _____

MY FOCUS THIS YEAR _____

MY FAVORITE TIME OF DAY _____

How to use this planner

- Print the whole planner once, then print extra copies of the pages you use most, such as the Daily Planner and Habit Tracker pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Fill in the Monthly Calendar at the start of the month, then use a Daily Planner page each day.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My word for this year

What I want more of

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tap a title in the digital planner to jump to it

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My Goals

dream it, plan it, achieve it

YEAR _____

This year I want to achieve

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Habits to build

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Things to let go of

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

How I will make it happen

Year at a Glance

big plans for every month

YEAR _____

January
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

February
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

March
- [ ]
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- [ ]

April
- [ ]
- [ ]
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May
- [ ]
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June
- [ ]
- [ ]
- [ ]
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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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- [ ]

Monthly Calendar

write in the dates and plan the month

MONTH _____ YEAR _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Goals this month

- [ ] _____
- [ ] _____

Notes

_____

_____

Weekly Plan

small steps, finished makes

WEEK OF _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

This week's priorities

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Daily Planner

make today count

DATE _____ M T W T F S S

Schedule

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

Top 3 priorities

1 _____

2 _____

3 _____

To do

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Water

Notes & gratitude

Habit Tracker

tick every day you show up

MONTH ________________

HABIT	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

Goal Planner

big dreams, small steps

GOAL

DEADLINE

REWARD

Steps

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Why it matters

GOAL

DEADLINE

REWARD

Steps

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Why it matters

To-Do List

get it out of your head

	TASK	DUE	PRIORITY
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Brain Dump

clear your mind

Thoughts & ideas

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this planner helps you stay calm, organized and on track. If you enjoy it, tell a friend about folarrastudio.com.

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