

FolarraStudio

Monthly Planner

plan · review · grow

UNDATED · PRINTABLE · CALENDARS, GOALS & BUDGET





This Planner Belongs To

one month at a time

NAME _____

EMAIL / PHONE _____

STARTED ON _____

MY FOCUS THIS YEAR _____

PLANNING DAY _____

How to use this planner

- Print the whole planner once, then print extra copies of the pages you use most, such as the Monthly Calendar and Monthly Goals 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.
- At the start of each month fill in the Monthly Calendar, Goals and Budget.
- 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 a good month looks like

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Year at a Glance

the big dates for every month

January

February

March

April

May

June

July

August

September

October

November

December

Yearly Goals

twelve months, one direction

Personal

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Work & money

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Fun & travel

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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

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Monthly Overview

the month on one page

MONTH _____ YEAR _____

Top priorities

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Appointments

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Birthdays & events

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To do

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Monthly Goals

small steps this month

MONTH _____ THEME _____

Goals

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Action steps

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Habits to build

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Why it matters

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

Monthly Budget

give every pound, dollar and rupee a job

MONTH _____ YEAR _____

INCOME	EXPECTED	ACTUAL

SAVINGS	PLANNED	ACTUAL

Summary

TOTAL INCOME _____

TOTAL EXPENSES _____

TOTAL SAVINGS _____

LEFT OVER _____

EXPENSE	BUDGET	ACTUAL
Rent / mortgage		
Utilities		
Groceries		
Transport		
Phone & internet		
Insurance		
Debt payments		
Childcare		
Health		
Eating out		
Shopping		
Subscriptions		
Gifts		
Fun		

Bills Due

pay on time, every time

MONTH _____ TOTAL _____

BILL	DUE	AMOUNT	PAID	NOTES
			☐	
			☐	
			☐	
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Important Dates

birthdays & events all year

MONTH	DATES TO REMEMBER
Jan	
Feb	
Mar	
Apr	
May	
Jun	
Jul	
Aug	
Sep	
Oct	
Nov	
Dec	

Monthly Review

reflect and reset

MONTH _____ RATING _____

Highlights

What I learned

Goals reached

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Next month

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Brain Dump

clear your mind

Thoughts & ideas

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this planner makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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