
Life Planner

The sooner you start
planning your life
The sooner you will live
the life you dream of

- Hans Glint

HOW TO USE THIS PLANNER

Find a quiet space. Sit in a comfortable chair. Feel the air on your skin. Be present to the feeling of the chair beneath you and your feet on the ground. This is your time to dream, create, play.

Quieten your mind.
Print this off as many times as you like and
use repeatedly



DATE:

S M T W T F S

Vision Board

Write some notes in the boxes below, or use this as a framework for an art piece. There is space to draw on the next page.

CAREER

FINANCES

RELATIONSHIP

FAMILY

PERSONAL GROWTH

HEALTH

LEISURE

KNOWLEDGE



TIP: Be specific! The clearer the vision, the more likely you'll turn that vision into action!

DATE:

S M T W T F S

Vision Board

Write some notes or doodle in the boxes below, or use this as a framework for an art piece.

TIP: Be specific! The clearer the vision, the more likely you'll turn that vision into action!

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Limiting Beliefs

Try to identify beliefs that are holding you back and how you can reframe them to be more productive.



CURRENT BELIEF

BETTER ALTERNATIVES

CURRENT BELIEF

BETTER ALTERNATIVES

CURRENT BELIEF

BETTER ALTERNATIVES



DATE:

S M T W T F S

Goal Setting

What do you want to achieve financially?

How do you want improve your physical health?

How do you want to improve your mental health?

How do you want to improve your emotions?

What do you want to be remembered for?



DATE:

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Action Plan

Time to make some plans!! Just one dedicated step a day towards your goal makes a difference, so choose 1 major goal, then write each micro step below.

Goals:

Action Steps:

Time Frame:

Milestones:

Resources:

Desired Outcome:



Personal Affirmation

CREATING YOUR AFFIRMATION

Like the quote on the front of this planner, create an affirmation or an 'anthem' that resonates with you and the direction you're committed too. Write it as an 'I AM' statement, in the present tense and repeat this multiple times throughout the day to affirm your new life plan.

Congratulations.

