

2022 / INDEX

YEAR

MIND MAP      CALENDAR      OVERVIEW      KEY DATES

QUARTER

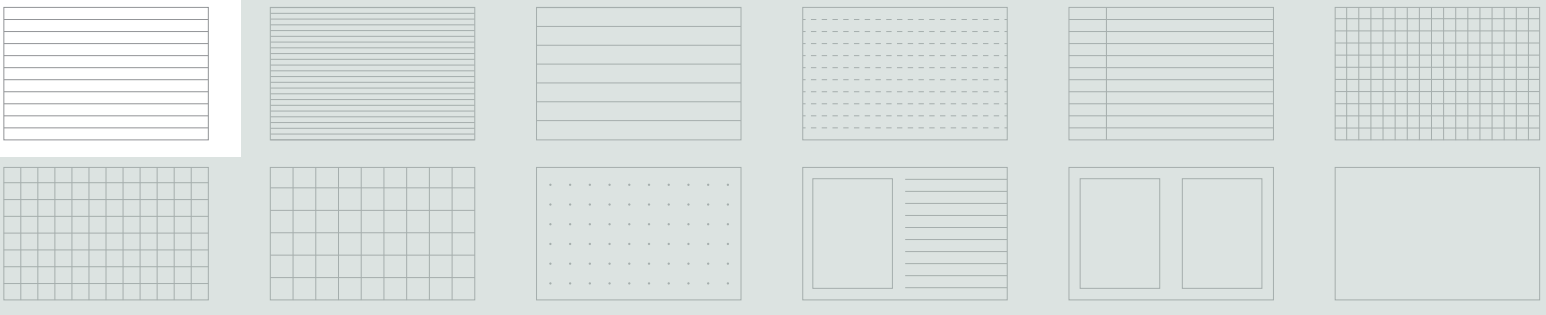
Q1 - JAN/FEB/MAR      Q2 - APR/MAY/JUN      Q3 - JUL/AUG/SEP      Q4 - OCT/NOV/DEC

MONTH

JANUARY	MIND MAP	OVERVIEW	PLAN/REVIEW
FEBRUARY	MIND MAP	OVERVIEW	PLAN/REVIEW
MARCH	MIND MAP	OVERVIEW	PLAN/REVIEW
APRIL	MIND MAP	OVERVIEW	PLAN/REVIEW
MAY	MIND MAP	OVERVIEW	PLAN/REVIEW
JUNE	MIND MAP	OVERVIEW	PLAN/REVIEW
JULY	MIND MAP	OVERVIEW	PLAN/REVIEW
AUGUST	MIND MAP	OVERVIEW	PLAN/REVIEW
SEPTEMBER	MIND MAP	OVERVIEW	PLAN/REVIEW
OCTOBER	MIND MAP	OVERVIEW	PLAN/REVIEW
NOVEMBER	MIND MAP	OVERVIEW	PLAN/REVIEW
DECEMBER	MIND MAP	OVERVIEW	PLAN/REVIEW

SOME LINKS HAVE BEEN  
DISABLED AND PAGES REMOVED

NOTE PAPER



EXTRA

MY STICKERS

GOALS      FITNESS      NUTRITION

LIFE GOALS	WEEKLY WORKOUT TRACKER	MONTHLY MEAL PLANNER
2022 GOALS	30 DAY CHALLENGE	WEEKLY MEAL PLANNER
LEVEL 10 LIFE PLAN	STEP COUNTER	GROCERY LIST
SMART GOAL PLANNER	RUNNING/WALKING LOG	DAILY FOOD JOURNAL
IKIGAI		WEEKLY FOOD JOURNAL
PRIORITY MATRIX		RECIPES
HABIT TRACKER		FOOD INVENTORY
TIME TRACKER		

WELLNESS      FINANCE      OTHER

HYDRATION TRACKER	YEARLY OVERVIEW	TV & MOVIE TRACKER
SLEEP TRACKER	MONTHLY OVERVIEW	BOOK TRACKER
MOOD TRACKER	GOAL SAVING TRACKER	CLEANING PLANNER
VITAMINS & MEDICATION	DEBT PAYOFF TRACKER	BIRTHDAYS
SYMPTOM TRACKER	NO-SPEND CHALLENGE	CONTACT LIST
PERIOD TRACKER	WISHLIST	TRIP PLANNER

SOME LINKS HAVE BEEN  
DISABLED AND PAGES REMOVED

PROJECTS      CUSTOM SECTIONS

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



Dream.  
Plan.  
Do.

CALENDAR

YEAR OVERVIEW

KEY DATES

## NOTES

DEC



2022

2022 / CALENDAR



MIND MAP   YEAR OVERVIEW   KEY DATES

	JANUARY						
	M	T	W	T	F	S	S
W52						1	2
W1	3	4	5	6	7	8	9
W2	10	11	12	13	14	15	16
W3	17	18	19	20	21	22	23
W4	24	25	26	27	28	29	30
W5	31						

	FEBRUARY						
	M	T	W	T	F	S	S
W5		1	2	3	4	5	6
W6	7	8	9	10	11	12	13
W7	14	15	16	17	18	19	20
W8	21	22	23	24	25	26	27
W9	28						

	MARCH						
	M	T	W	T	F	S	S
W9		1	2	3	4	5	6
W10	7	8	9	10	11	12	13
W11	14	15	16	17	18	19	20
W12	21	22	23	24	25	26	27
W13	28	29	30	31			

	APRIL						
	M	T	W	T	F	S	S
W13					1	2	3
W14	4	5	6	7	8	9	10
W15	11	12	13	14	15	16	17
W16	18	19	20	21	22	23	24
W17	25	26	27	28	29	30	

	MAY						
	M	T	W	T	F	S	S
W17							1
W18	2	3	4	5	6	7	8
W19	9	10	11	12	13	14	15
W20	16	17	18	19	20	21	22
W21	23	24	25	26	27	28	29
W22	30	31					

	JUNE						
	M	T	W	T	F	S	S
W22			1	2	3	4	5
W23	6	7	8	9	10	11	12
W24	13	14	15	16	17	18	19
W25	20	21	22	23	24	25	26
W26	27	28	29	30			

	JULY						
	M	T	W	T	F	S	S
W26					1	2	3
W27	4	5	6	7	8	9	10
W28	11	12	13	14	15	16	17
W29	18	19	20	21	22	23	24
W30	25	26	27	28	29	30	31

	AUGUST						
	M	T	W	T	F	S	S
W31	1	2	3	4	5	6	7
W32	8	9	10	11	12	13	14
W33	15	16	17	18	19	20	21
W34	22	23	24	25	26	27	28
W35	29	30	31				

	SEPTEMBER						
	M	T	W	T	F	S	S
W35				1	2	3	4
W36	5	6	7	8	9	10	11
W37	12	13	14	15	16	17	18
W38	19	20	21	22	23	24	25
W39	26	27	28	29	30		

	OCTOBER						
	M	T	W	T	F	S	S
W39						1	2
W40	3	4	5	6	7	8	9
W41	10	11	12	13	14	15	16
W42	17	18	19	20	21	22	23
W43	24	25	26	27	28	29	30
W44	31						

	NOVEMBER						
	M	T	W	T	F	S	S
W44		1	2	3	4	5	6
W45	7	8	9	10	11	12	13
W46	14	15	16	17	18	19	20
W47	21	22	23	24	25	26	27
W48	28	29	30				

	DECEMBER						
	M	T	W	T	F	S	S
W48				1	2	3	4
W49	5	6	7	8	9	10	11
W50	12	13	14	15	16	17	18
W51	19	20	21	22	23	24	25
W52	26	27	28	29	30	31	

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



2022 / YEAR OVERVIEW

MIND MAP

CALENDAR

KEY DATES

JAN	FEB	MAR	APR	MAY	JUN
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
30		30	30	30	30
31		31		31	

JUL	AUG	SEP	OCT	NOV	DEC
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	30
31	31		31		31



## NOTES

DECEMBER



2022

2022 / QUARTER 1 / JAN/FEB/MAR

FOCUS

OBJECTIVES

JANUARY

FEBRUARY

MARCH

EVENTS

GOALS

FITNESS

NUTRITION

WELLNESS

FINANCE

OTHER

PROJECTS

CUSTOM

NOTES

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Q2

Q3

Q4

PLAN/REVIEW

- Taylor Duvall









2022

JAN

2022 / JANUARY / WEEK 53





GOALS

FITNESS

NUTRITION

WELLNESS

FINANCE

OTHER

PROJECTS

CUSTOM

NOTES



FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

PLAN/REVIEW

SATURDAY 1


SUNDAY 2


NOTES

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WEEK 52

## TODAY'S FOCUS

3.

## TO DO LIST

GRATEFUL FOR

3.

## NOTES

## MEAL TRACKER

BREAKFAST
LUNCH
DINNER
SNACK
WATER

### 3 AMAZING THINGS THAT HAPPENED

3.

## THINGS TO IMPROVE ON

3.

TODAY WAS...





## PLAN/REVIEW

6

13

20

27

	3
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GOALS

FITNESS

NUTRITION

WELLNESS

FINANCE

OTHER

PROJECTS

CUSTOM

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2022

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# GOALS

LIFE GOALS

2022

LEVEL 10  
LIFE PLAN

SMART GOAL  
PLANNER

IKIGAI

PRIORITY  
MATRIX

HABIT  
TRACKER

TIME  
TRACKER



GOALS / LIFE GOALS

PERSONAL DEVELOPMENT

FAMILY

RELATIONSHIPS

CAREER / BUSINESS

HEALTH / FITNESS

FINANCE

SPIRITUALITY

RECREATION

PHYSICAL ENVIRONMENT

CONTRIBUTION / GIVING

# PROJECTS

## PROJECT 1

TITLE		GO TO PROJECT >
PRIORITY	DESCRIPTION	WHY

## PROJECT 2

TITLE		GO TO PROJECT >
PRIORITY	DESCRIPTION	WHY

## PROJECT 3

TITLE		GO TO PROJECT >
PRIORITY	DESCRIPTION	WHY

## PROJECT 4

TITLE		GO TO PROJECT >
PRIORITY	DESCRIPTION	WHY

## PROJECT 5

TITLE		GO TO PROJECT >
PRIORITY	DESCRIPTION	WHY

## PROJECT 6

TITLE		GO TO PROJECT >
PRIORITY	DESCRIPTION	WHY

## PROJECT 7

TITLE		GO TO PROJECT >
PRIORITY	DESCRIPTION	WHY

## PROJECT 8

TITLE		GO TO PROJECT >
PRIORITY	DESCRIPTION	WHY

## PROJECT 9

TITLE		GO TO PROJECT >
PRIORITY	DESCRIPTION	WHY

## PROJECT 10

TITLE		GO TO PROJECT >
PRIORITY	DESCRIPTION	WHY



PRIORITY:

TITLE			
DESCRIPTION			
OBJECTIVES			
START DATE		DUE DATE	
RESOURCES / MATERIALS			

## NOTES



2022

JAN

FEB

MAR

APR

MAY

JUN

July

AUG

SEP

OCT

NOV

DEC

CUSTOM

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CUSTOM

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AUG

SEP

OCT

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DEC



2022

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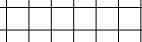
OCT

NOV

DEC

NOTE PAPER

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NOTES

CUSTOM

PROJECTS

OTHER

FINANCE

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NUTRITION

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GOALS



2022

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

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DEC

Blank lined area for notes on the left side of the planner.

Blank lined area for notes on the right side of the planner.



As we look to the new year,  
hold on to what is good.  
Let go of what is bad.  
It really is that simple.  
- Mandy Hale