MY LIFE PLANNER

Undated — start any day, use it forever

Year at a glance • Goals • 12 monthly pages • Weekly & daily pages
Habit trackers • Money & meal inserts • To-do lists • Notes • Stickers

On a tablet: open in GoodNotes / Notability and tap the index links.
On paper: print at 100% (US Letter). Print extra weekly/daily pages as you need them.

Name: _____ Year: _____

Index

Tap a line (tablet) to jump to that section.

Year at a Glance 2027 page 3

Goals page 4

Monthly Pages (undated) page 6

Weekly Pages page 18

Daily Pages page 23

Habit Trackers page 26

Money Page page 28

Meal Page page 29

To-Do Lists page 30

Notes page 32

Stickers (print & cut) page 35

How it works: the monthly, weekly and daily pages are undated — write the month and dates in yourself, so this planner never expires. Print as many weekly/daily copies as you need, or duplicate the pages inside your notes app.

Year at a Glance — 2027

January

Mo	Tu	We	Th	Fr	Sa	Su
				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

February

Mo	Tu	We	Th	Fr	Sa	Su
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

March

Mo	Tu	We	Th	Fr	Sa	Su
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				

April

Mo	Tu	We	Th	Fr	Sa	Su
			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		

May

Mo	Tu	We	Th	Fr	Sa	Su
					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						

June

Mo	Tu	We	Th	Fr	Sa	Su
	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				

July

Mo	Tu	We	Th	Fr	Sa	Su
			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	

August

Mo	Tu	We	Th	Fr	Sa	Su
						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					

September

Mo	Tu	We	Th	Fr	Sa	Su
		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			

October

Mo	Tu	We	Th	Fr	Sa	Su
				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

November

Mo	Tu	We	Th	Fr	Sa	Su
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					

December

Mo	Tu	We	Th	Fr	Sa	Su
		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		

Circle the big dates: birthdays, trips, deadlines, paydays.

My Goals

Three goals, written like you mean them. Vague goals get vague results.

Goal 1

Goal (make it measurable): _____

Why it matters to me: _____

Deadline: _____

First small step I can take this week: _____

Goal 2

Goal (make it measurable): _____

Why it matters to me: _____

Deadline: _____

First small step I can take this week: _____

Goal 3

Goal (make it measurable): _____

Why it matters to me: _____

Deadline: _____

First small step I can take this week: _____

Goal Action Steps

Break each goal into steps small enough to finish in one sitting.

Goal 1: _____

- ☐ Step 1:
- ☐ Step 2:
- ☐ Step 3:
- ☐ Step 4:
- ☐ Step 5:

Goal 2: _____

- ☐ Step 1:
- ☐ Step 2:
- ☐ Step 3:
- ☐ Step 4:
- ☐ Step 5:

Goal 3: _____

- ☐ Step 1:
- ☐ Step 2:
- ☐ Step 3:
- ☐ Step 4:
- ☐ Step 5:

Month: _____

Write the month and year, fill the dates in the corners, and note the big things.

MON	TUE	WED	THU	FRI	SAT	SUN

This month's top 3

- ☐
- ☐
- ☐

Notes

Month: _____

Write the month and year, fill the dates in the corners, and note the big things.

MON	TUE	WED	THU	FRI	SAT	SUN

This month's top 3

- ☐
- ☐
- ☐

Notes

Month: _____

Write the month and year, fill the dates in the corners, and note the big things.

MON	TUE	WED	THU	FRI	SAT	SUN

This month's top 3

- ☐
- ☐
- ☐

Notes

Month: _____

Write the month and year, fill the dates in the corners, and note the big things.

MON	TUE	WED	THU	FRI	SAT	SUN

This month's top 3

- ☐
- ☐
- ☐

Notes

Month: _____

Write the month and year, fill the dates in the corners, and note the big things.

MON	TUE	WED	THU	FRI	SAT	SUN

This month's top 3

- ☐
- ☐
- ☐

Notes

Month: _____

Write the month and year, fill the dates in the corners, and note the big things.

MON	TUE	WED	THU	FRI	SAT	SUN

This month's top 3

- ☐
- ☐
- ☐

Notes

Month: _____

Write the month and year, fill the dates in the corners, and note the big things.

MON	TUE	WED	THU	FRI	SAT	SUN

This month's top 3

- ☐
- ☐
- ☐

Notes

Month: _____

Write the month and year, fill the dates in the corners, and note the big things.

MON	TUE	WED	THU	FRI	SAT	SUN

This month's top 3

- ☐
- ☐
- ☐

Notes

Month: _____

Write the month and year, fill the dates in the corners, and note the big things.

MON	TUE	WED	THU	FRI	SAT	SUN

This month's top 3

- ☐
- ☐
- ☐

Notes

Month: _____

Write the month and year, fill the dates in the corners, and note the big things.

MON	TUE	WED	THU	FRI	SAT	SUN

This month's top 3

- [ ]
- [ ]
- [ ]

Notes

Month: _____

Write the month and year, fill the dates in the corners, and note the big things.

MON	TUE	WED	THU	FRI	SAT	SUN

This month's top 3

- [ ]
- [ ]
- [ ]

Notes

Month: _____

Write the month and year, fill the dates in the corners, and note the big things.

MON	TUE	WED	THU	FRI	SAT	SUN

This month's top 3

- ☐
- ☐
- ☐

Notes

Weekly Plan — week of: _____

Top 3 this week

- ☐
- ☐
- ☐

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Weekly Plan — week of: _____

Top 3 this week

- ☐
- ☐
- ☐

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Weekly Plan — week of: _____

Top 3 this week

- ☐
- ☐
- ☐

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Weekly Plan — week of: _____

Top 3 this week

- ☐
- ☐
- ☐

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Weekly Plan — week of: _____

Top 3 this week

- ☐
- ☐
- ☐

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Daily Plan — date: _____

Schedule

6 AM
7 AM
8 AM
9 AM
10 AM
11 AM
12 PM
1 PM
2 PM
3 PM
4 PM
5 PM
6 PM
7 PM
8 PM
9 PM

To-do

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

Notes / tomorrow

Daily Plan — date: _____

Schedule

6 AM
7 AM
8 AM
9 AM
10 AM
11 AM
12 PM
1 PM
2 PM
3 PM
4 PM
5 PM
6 PM
7 PM
8 PM
9 PM

To-do

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

Notes / tomorrow

Daily Plan — date: _____

Schedule

6 AM
7 AM
8 AM
9 AM
10 AM
11 AM
12 PM
1 PM
2 PM
3 PM
4 PM
5 PM
6 PM
7 PM
8 PM
9 PM

To-do

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

Notes / tomorrow

Habit Tracker — month: _____

Habit \ day	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

Mark an X for each day you did it. Missed a day? Just mark the next one — streaks bend, habits shouldn't break.

Habit Tracker — month: _____

Habit \ day	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

Mark an X for each day you did it. Missed a day? Just mark the next one — streaks bend, habits shouldn't break.

Money — Month: _____

Money in

Source	Expected	Actual

Money out (bills & big spends)

Bill / spend	Due	Amount

Savings this month

Goal: _____

Saved: _____

For the full money system — budgets, bill calendar, debt & savings — see the Budget Spreadsheet (folder 01 in the pack).

Meal Plan — Week of: _____

Day	Dinner	Prep / notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Grocery list for this week

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

The full meal-planning kit — monthly plans, aisle-by-aisle grocery lists, recipe cards — is folder 10 in the pack.

To-Do — Master List

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

To-Do — Someday / Later

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

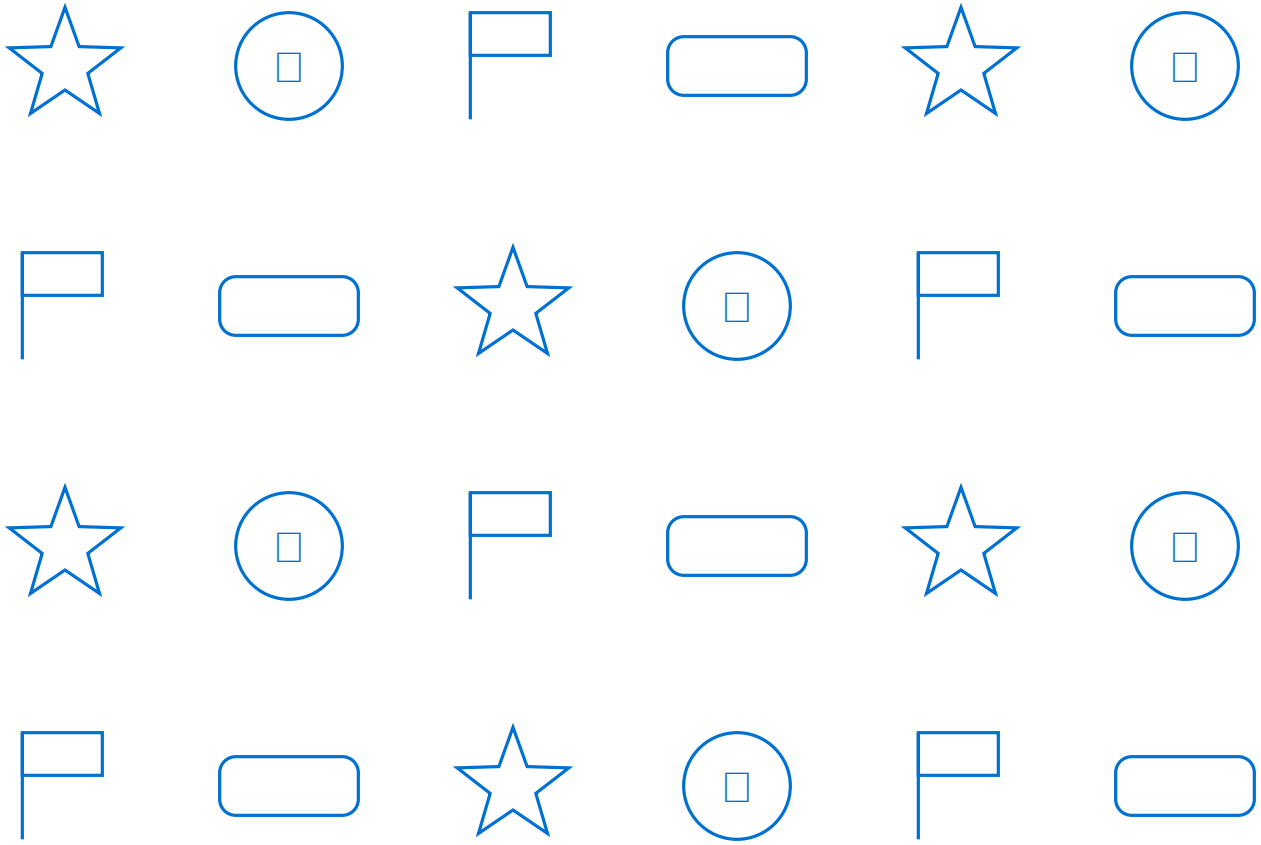
Notes

Notes

Notes

Stickers — print, cut out, stick

Simple shapes to cut out and use anywhere in the planner.



Tip: print this page on sticker paper if you have it — or plain paper and a glue stick works fine.

Printing more pages

Ran out of weekly or daily pages? Print single pages from this PDF: in your print dialog choose the page number of any weekly (18–22), daily (23–25), habit (26–27) or notes (32–34) page and print as many copies as you need.

In GoodNotes/Notability: open the page you want, choose 'Add page' / duplicate, and the hyperlinks keep working.