Creative Ideas
LETS DRAW
TIME
NOTES
My 30-Day
Dream Life Challenge
DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6
DAY 7
DAY 8
DAY 9
DAY 10
DAY 11
DAY 12
DAY 13
DAY 14
DAY 15
DAY 16
DAY 17
DAY 18
DAY 19
DAY 20
Weekly Planner
MONDAY
TUESDAY
WEEK OF:
WEEK GOALS
1.
2.
3.
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY
Self Assessment
How do I feel at this moment?
What am I putting off?
Overall Well-Being
1 2 3 4 5 6 7 8 9 10
I get enough sleep
1 2 3 4 5
I spend time to recharge
1 2 3 4 5
I have a healthy eating habit
1 2 3 4 5
I keep my space clean
1 2 3 4 5
I exercise my body regularly
1 2 3 4 5
I take care of my hygiene
1 2 3 4 5
www.holisticlifebykate.com
Monthly Planner
MONTH:
MON
TUES
WED
THU
FRI
SAT
MONTHLY GOALS
1.
2.
3.
TO DO LIST
www.holisticlifebykate.com
ivity & Balance: Weekly Planner
HABITS TRACKER
Habit
M T W T F S S
TO-DO LIST
NOTES
COMPLETED
www.holisticlifebykate.com