

UNDATED PLANNER

My Gratitude Practice

Let the ordinary become visible.

DEVICE

CALENDAR

WEEK START

iPad 11-inch / Goodnotes

Undated

Monday

YEAR AT A GLANCE

01 January	02 February	03 March	04 April
05 May	06 June	07 July	08 August
09 September	10 October	11 November	12 December

INCLUDED

12 months - 52 weeks - Goals - Habits - Notes

Layout - columns week - intentions month

WEEK INDEX	THIS WEEK	THIS MONTH	GATHER
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MONTH 1

Gratitude Month

W	MON	TUE	WED	THU	FRI	SAT	SUN
01	W1						
02	W2						
03	W3						
04	W4						
05	W5						

WEEKS

W1

W2

W3

W4

W5

WHAT I WANT TO NOTICE

PEOPLE / MOMENTS TO APPRECIATE

WEEK 1

Gratitude Week

Make room for honest appreciation without using gratitude to erase difficulty, grief, or change.

ORDINARY GOOD	PERSON TO APPRECIATE	WHAT IS ALSO TRUE

MON

NOTICE / RECEIVE / REMEMBER

1

TUE

NOTICE / RECEIVE / REMEMBER

2

WED

NOTICE / RECEIVE / REMEMBER

3

THU

NOTICE / RECEIVE / REMEMBER

4

FRI

NOTICE / RECEIVE / REMEMBER

5

SAT

NOTICE / RECEIVE / REMEMBER

6

SUN

NOTICE / RECEIVE / REMEMBER

7

SMALL COMFORTS

HELP RECEIVED

PLACE / SENSORY DETAIL

APPRECIATION TO SHARE

GATHER

Gratitude Practice Compass

Define an honest, sustainable practice that can hold appreciation and difficulty at the same time.

WHY I AM PRACTICING

WHAT GRATITUDE MEANS

WHAT IT DOES NOT MEAN

A VIABLE RHYTHM

PRIVACY / SHARING

PERMISSION TO PAUSE

NOTICE

Daily Three

Name three specific things without forcing novelty, scale, or a particular emotional result.

DATE / CONTEXT

ONE ORDINARY GOOD

ONE PERSON / CREATURE

ONE SUPPORT / EASE

WHAT IS ALSO TRUE

ONE DETAIL TO REMEMBER
