

UNDATED PLANNER

My Winter Reflect

The year can end gently.

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 - Notes - Habits

Layout - minimal week - intentions month

WEEK INDEX	THIS WEEK	THIS MONTH	GOALS
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MONTH 1

Reflection 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

MONTHLY INTENTIONS

DATES TO HOLD GENTLY

WEEK 1

Winter Reflection

Make room to notice, restore, and carry only the clearest lesson forward.

LESSON / INTENTION		PROTECT / RESTORE
MON		NOTICE
1		
TUE		
2		
WED		RESTORE
3		
THU		
4		
FRI		CARRY FORWARD
5		
SAT		
6		
SUN		
7		

GOALS

What the Season Taught Me

Gather the clearest lessons before deciding what should continue.

01 / KEEP

02 / RELEASE

03 / CARRY FORWARD

PRIORITY / DIRECTION	EVIDENCE / ENOUGH	NEXT VISIBLE STEP	WHEN
01			
02			
03			

SUPPORT / CONDITIONS

REVIEW / CARRY FORWARD

HABITS

Restorative Winter Rhythm

Notice the practices that protect reflection, recovery, and renewal.

RHYTHM / WHY IT HELPS

MINIMUM VERSION

SUPPORTIVE RHYTHM	M	T	W	T	F	S	S
Warmth	☐	☐	☐	☐	☐	☐	☐
Rest	☐	☐	☐	☐	☐	☐	☐
Reflect	☐	☐	☐	☐	☐	☐	☐
Connect	☐	☐	☐	☐	☐	☐	☐
Restore	☐	☐	☐	☐	☐	☐	☐
Renew	☐	☐	☐	☐	☐	☐	☐

WHAT HELPED

ADJUST / RETURN GENTLY