

That Mom Planner



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YEAR AT A GLANCE

2023

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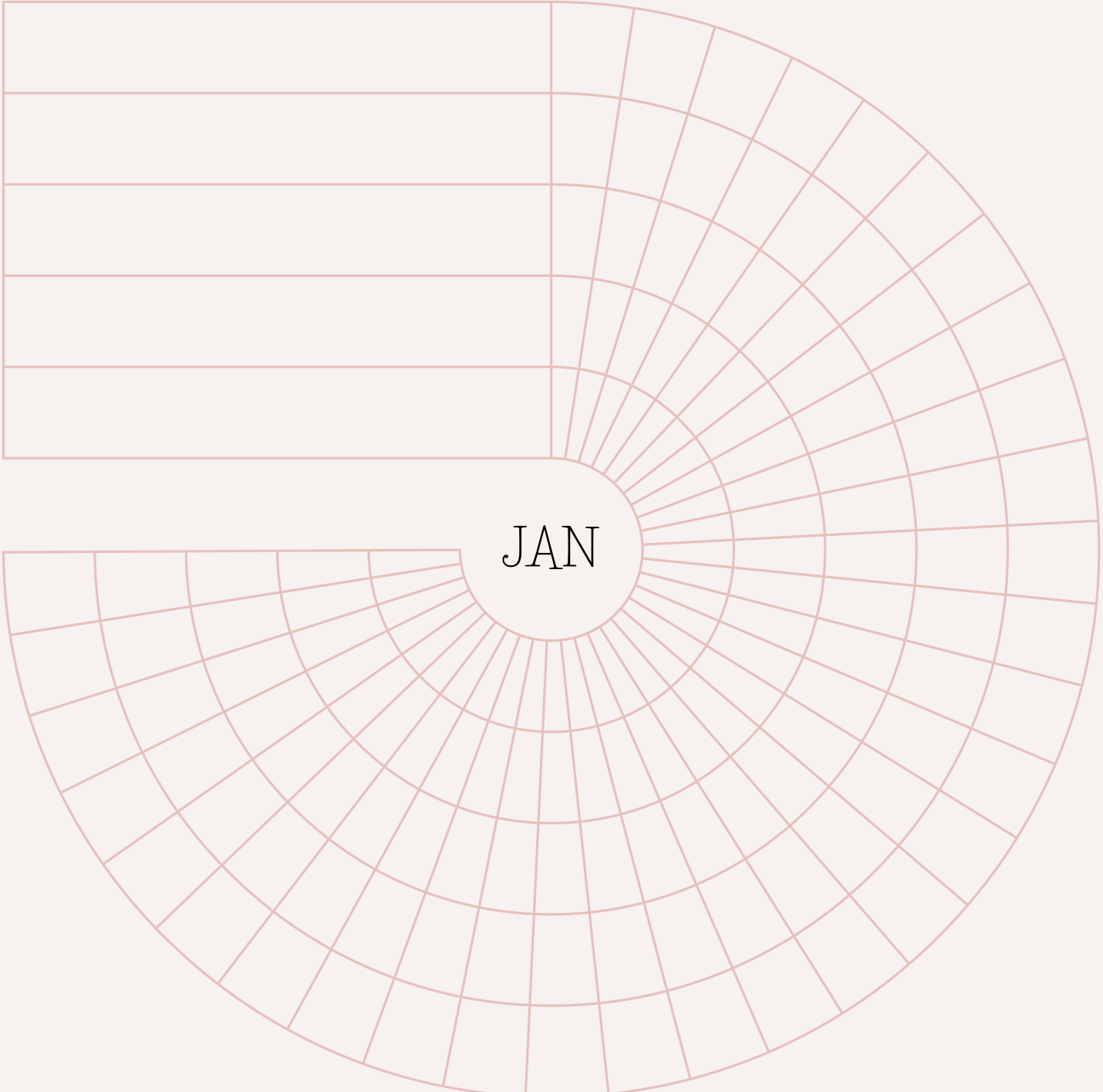
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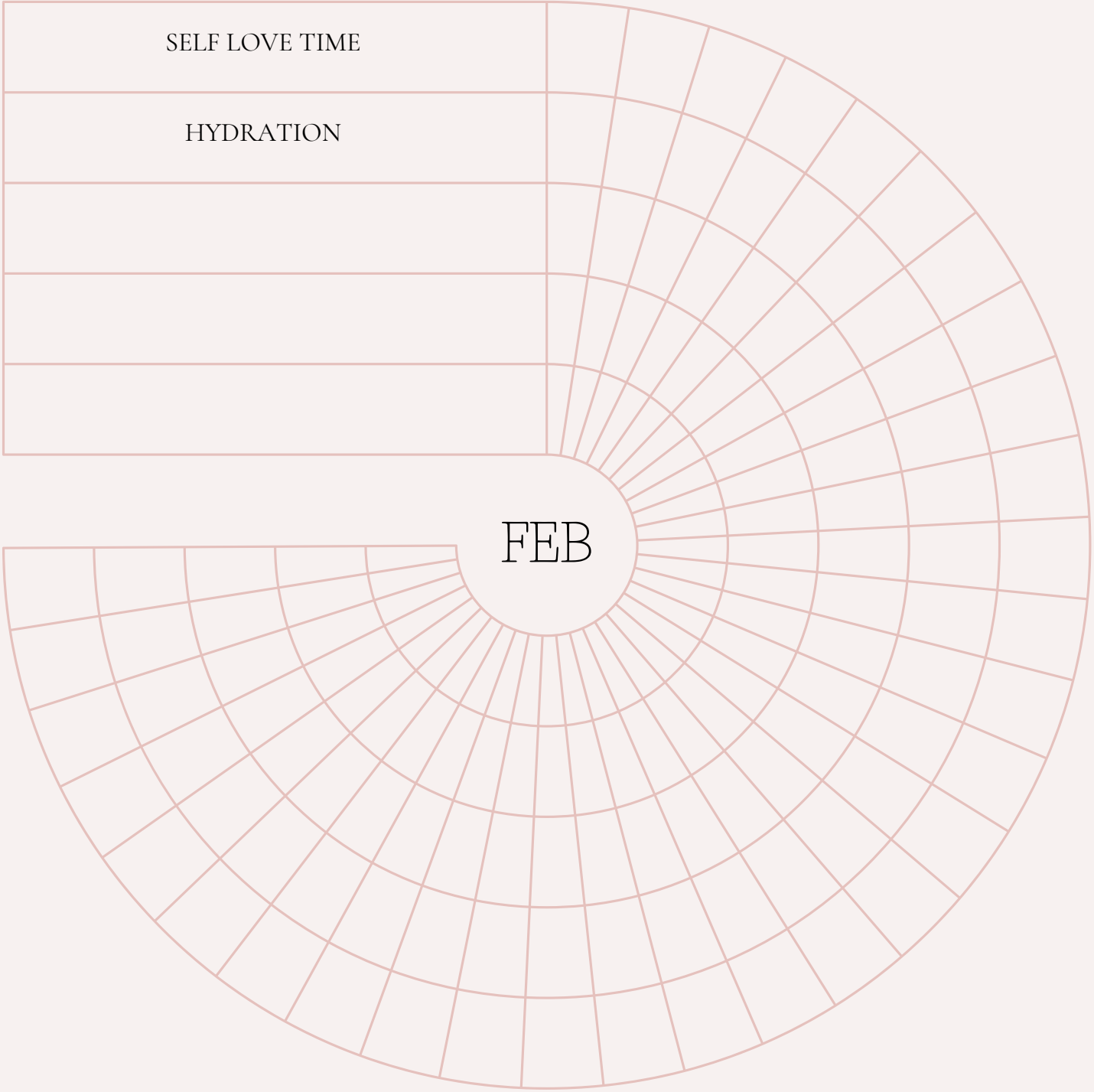
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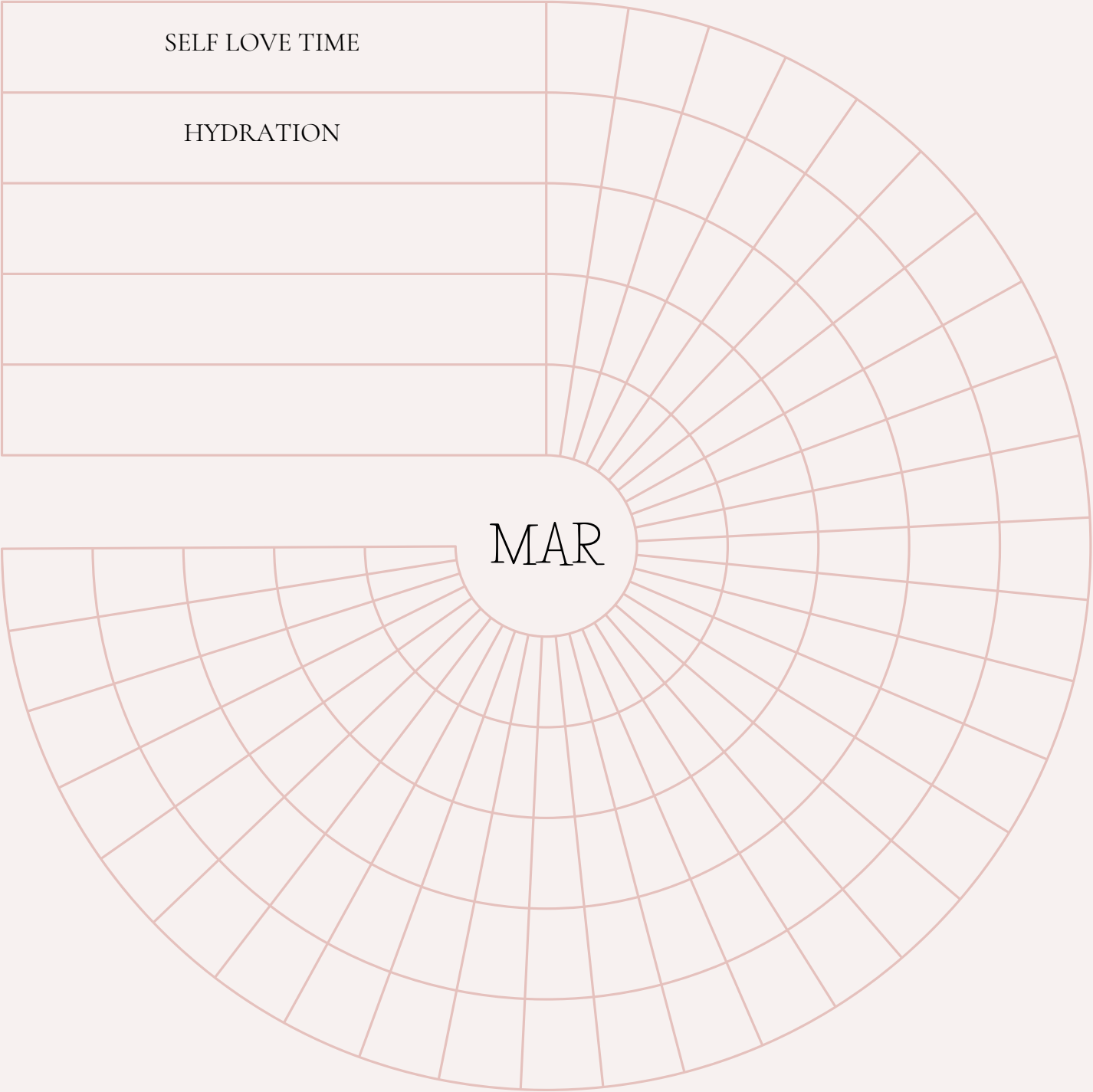
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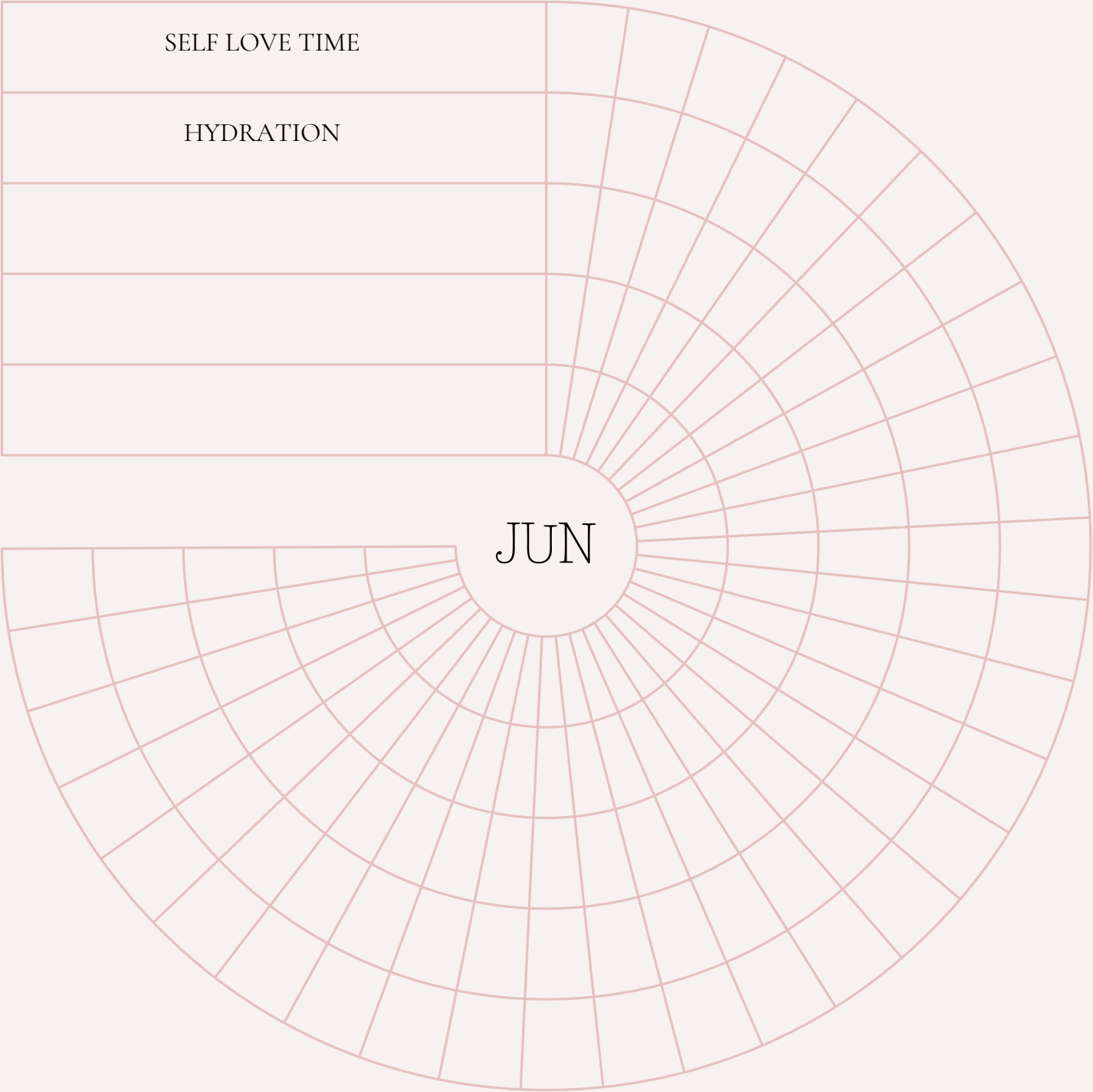
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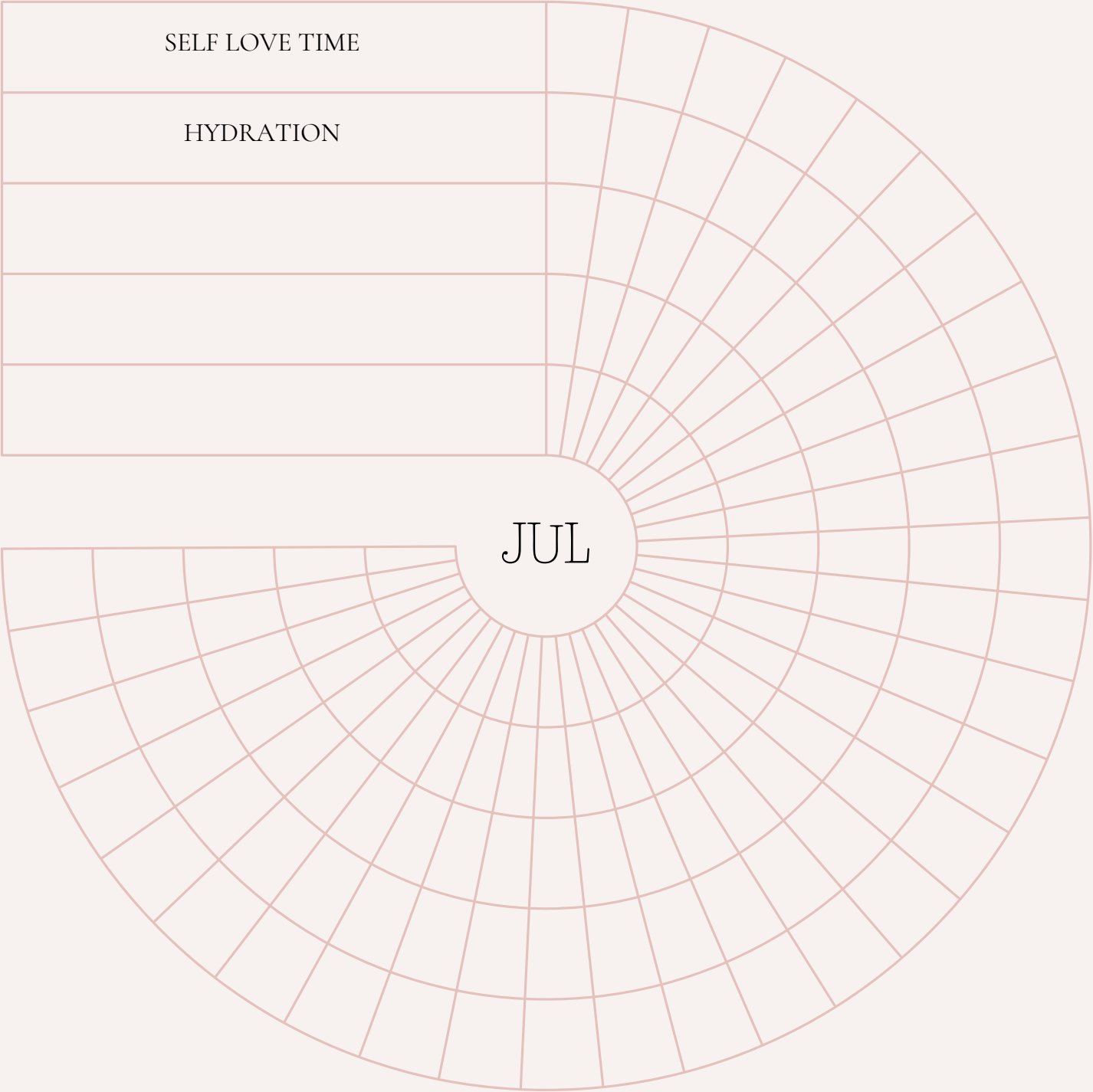
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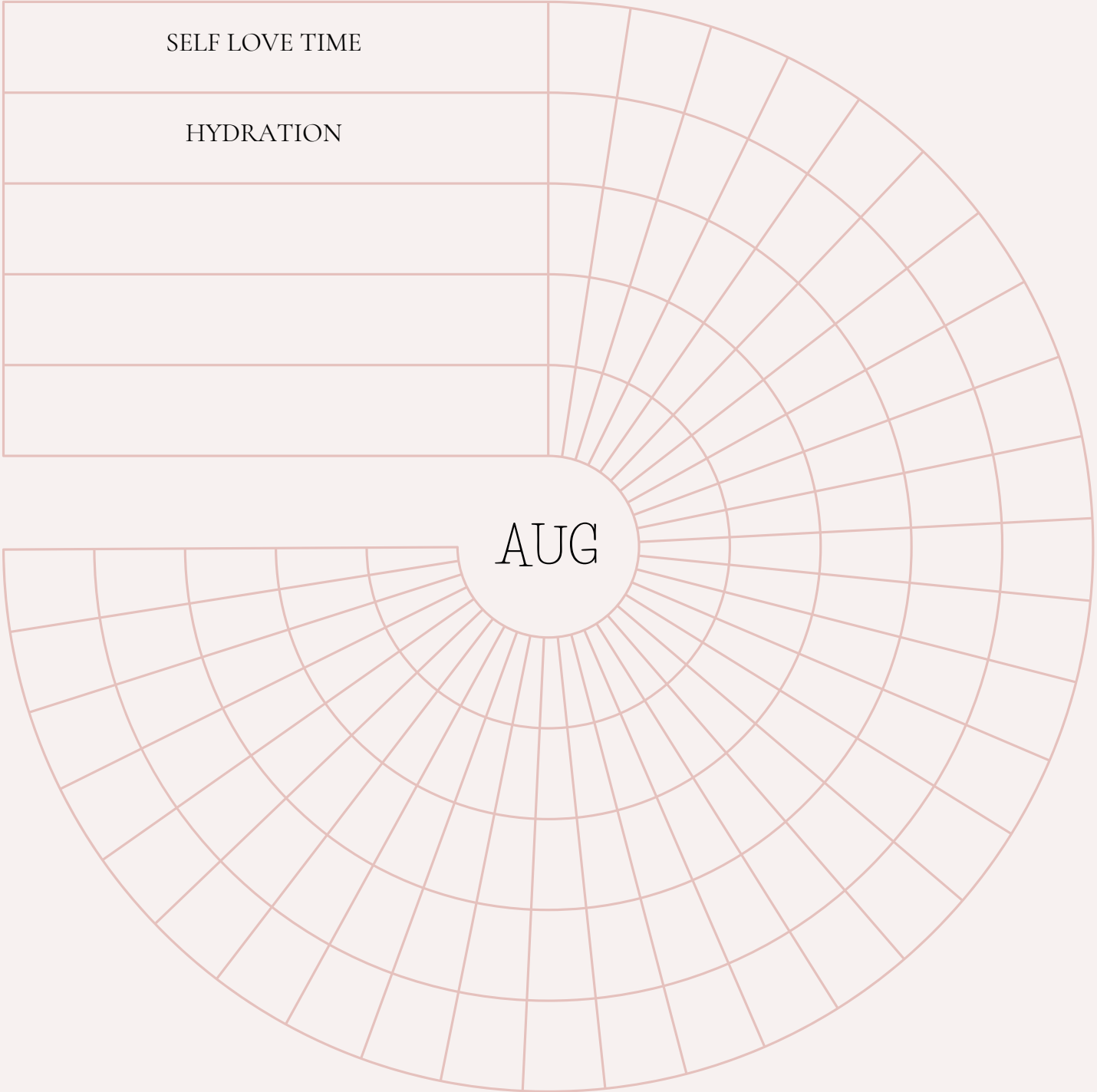
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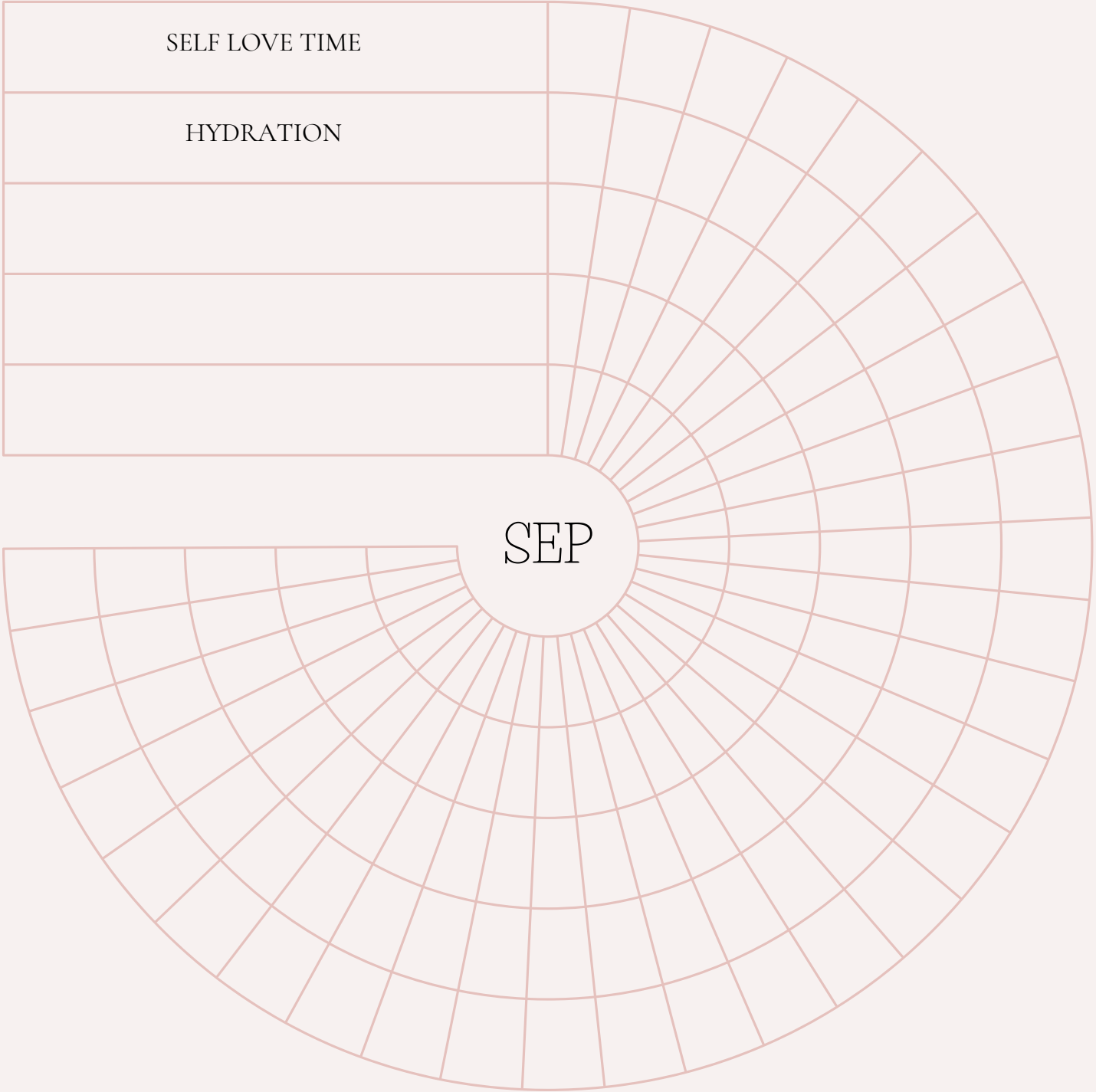
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HABIT TRACKER





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WEEK:

Daily Positive Affirmation

Daily Goal

TODAY, I AM GRATEFUL FOR

DAILY STEPS TOWARDS MY DREAM

TODAY I AM MANIFESTING...

DESCRIBE YOUR WISH IN DETAIL

NOTES AND IDEAS

TOP PRIORITIES

SCHEDULE

5 AM

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

10 PM

11 PM

TO DO LIST



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SCHEDULE

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Week's focus

MY GOAL FOR THIS WEEK IS

TOP PRIORITIES

1

2

3

TASKS TO COMPLETE



DAILY HABITS

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NOTES AND IDEAS

Important life questions

What is the purpose of my life?

What makes me truly happy?

What do I value most in life?

How can I achieve a healthy work-life balance?

How can I cultivate meaningful relationships?

Activities that make me alive?

Passions that bring joy?

Self discovery

What activities or interests bring me joy and fulfillment?

My strengths.

My weaknesses.

What are my core values and beliefs?

How do my values influence my goals and aspirations?

In what ways can I align my actions with my values to lead a more purposeful life?

What are the experiences or challenges that have shaped me into who I am today?

How can I further explore and understand my own emotions, desires, and motivations?



Goal planner

My goal:

Why?

Start date:

End date:

Habits:



My motivation:

Reward:

Notes:

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30 day 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

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

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Action

Analysis

Revision

Mind map

Objectives

Solution

Strategy



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Wish list



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Cleaning checklist

DAILY		
	☐ Make Bed	☐ Sweep Kitchen Floors
	☐ Wash Dishes	☐ Clean Bathroom
	☐ Wipe Kitchen Table	☐ Brush Shower Walls
	☐ Do Laundry	☐ Sanitize Kitchen & Bathroom
WEEKLY		
	☐ Clean Mirrors	☐ Do Laundry
	☐ Clean Windows	☐ Garbage Disposal
	☐ Dust Furnitures	☐ Clean Oven/Microwave
	☐ Change Beddings	☐ Mop floors
MONTHLY		
	☐ Clean Storages	☐ Wipe Kitchen Cabinets
	☐ Clean Fridge	☐ Scrub Stove & Burners
	☐ Clean Rooms	☐ Declutter Cabinets
	☐ Change Beddings	☐ Vacuum upholstery
YEARLY		
	☐ Empty Pantry	☐ Deep Clean Windows
	☐ Empty Shelves	☐ Clear out gutters
	☐ Deep clean carpets	☐ Deep Clean upholstery
	☐ Dust lampshades	☐ Aircon Cleaning



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Cleaning checklist

DAILY

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WEEKLY

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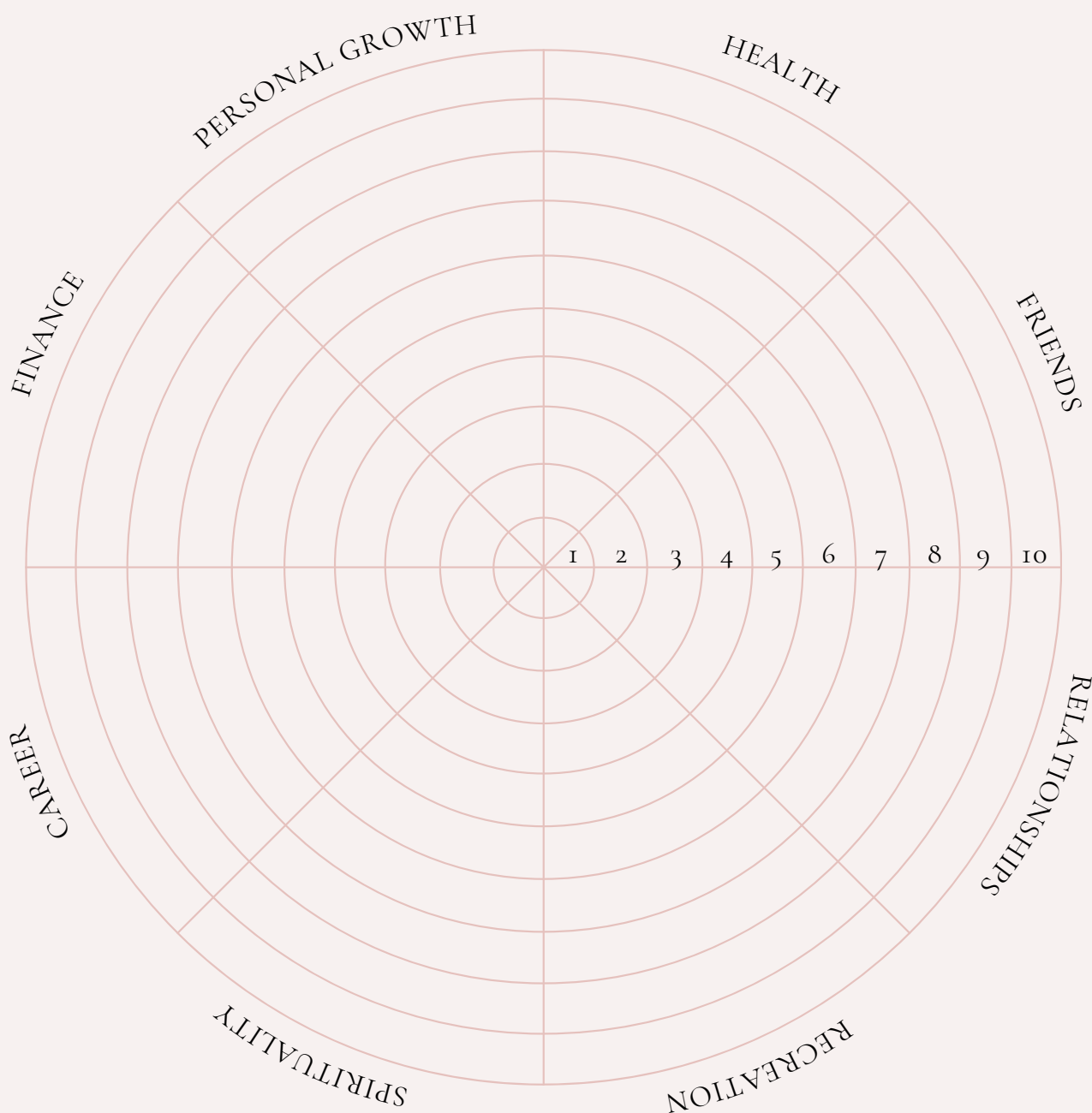
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Wheel of life

The wheel of life is a great tool that helps you better understand what you can do to make your life more balanced. Think about the 8 life categories below, and rate them from 1-10.



Weekly meal planner

Breakfasts

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Lunches

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Dinners

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Snacks

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Grocery list

Notes



Weekly workout planner

SCHEDULE

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Week's focus

WHY THIS IS IMPORTANT TO ME?

MY REWARD

NOTES AND IDEAS

JAN

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MAY

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JUL

AUG

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DEC

DEC

SMART goals

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	



JAN

FEB

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Mood tracker

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
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27												
28												
29												
30												
31												

MANTRA OF THE YEAR

KEYS

- ☐ AMAZING
- ☐ GOOD
- ☐ PRODUCTIVE
- ☐ AVERAGE
- ☐ RELAXED
- ☐ EXHAUSTED
- ☐ DEPRESSED
- ☐ BORED
- ☐ SICK
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

NOTES

Reading wish list



JAN

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TITLE:

AUTHOR:

GENRE:

PAGE COUNT:

START DATE:

END DATE:

BOOK SUMMARY:

RATING



TITLE:

AUTHOR:

GENRE:

PAGE COUNT:

START DATE:

END DATE:

BOOK SUMMARY:

RATING



TITLE:

AUTHOR:

GENRE:

PAGE COUNT:

START DATE:

END DATE:

BOOK SUMMARY:

RATING



TITLE:

AUTHOR:

GENRE:

PAGE COUNT:

START DATE:

END DATE:

BOOK SUMMARY:

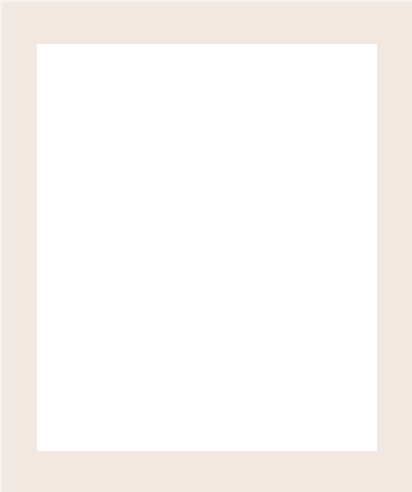
RATING



Reading tracker

TEXT BOOK						
CLASS						
CHAPTERS			SUPPLEMENTAL READING		NOTES	
1	2	3				
4	5	6				
7	8	9				
10	11	12				
13	14	15				
16	17	18				
19	20	21				
22	23	24				

Movies tracker



TITLE:

DIRECTOR:

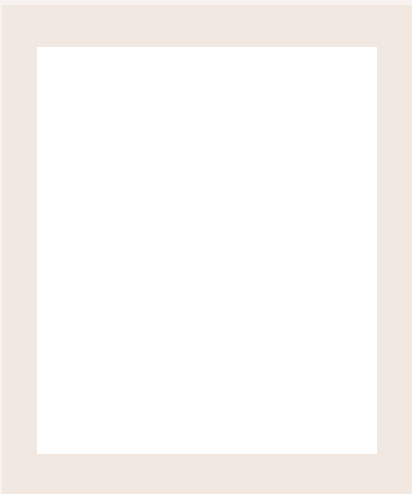
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DATE WATCHED

SUMMARY:

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TITLE:

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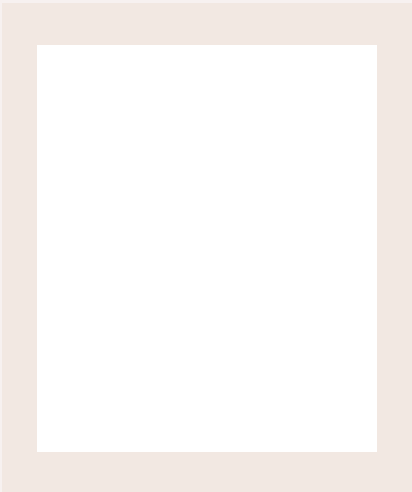
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SUMMARY:

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TITLE:

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GENRE:

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SUMMARY:

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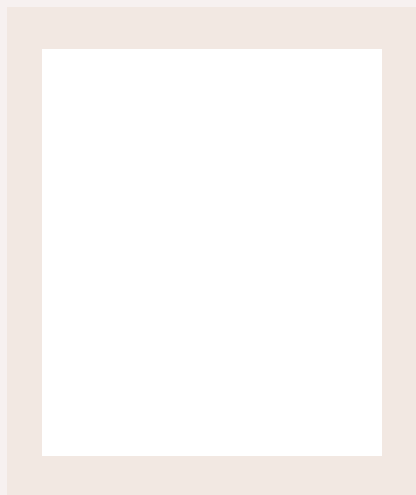
SEP

OCT

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TV series tracker



TITLE:

DIRECTOR:

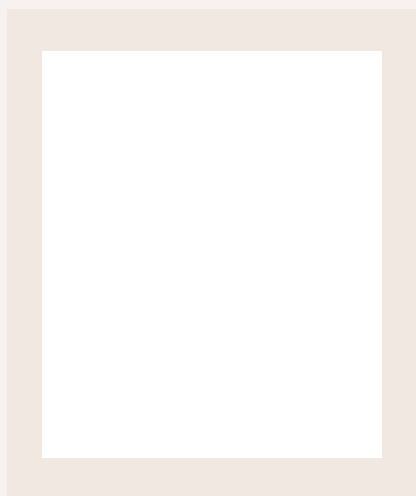
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SUMMARY:

RATING



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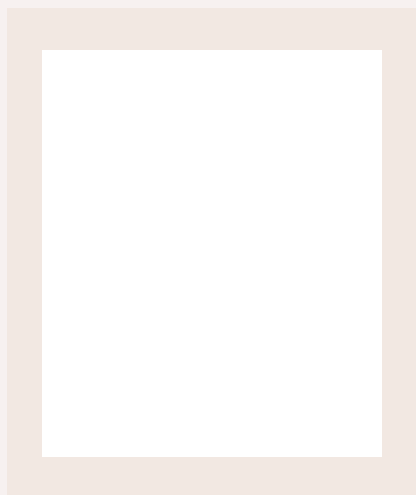
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SUMMARY:

RATING



TITLE:

DIRECTOR:

GENRE:

YAER RELEASED:

DATE WATCHED

SUMMARY:

RATING



Podcasts tracker

TITLE:

AUTHOR:

GENRE:

TOTAL TIME

PODCAST SUMMARY:

RATING

TITLE:

AUTHOR:

GENRE:

TOTAL TIME

PODCAST SUMMARY:

RATING

TITLE:

AUTHOR:

GENRE:

TOTAL TIME

PODCAST SUMMARY:

RATING

Youtube channels

NOTES

Yearly finances

	INCOME	EXPENSES	SAVINGS	DIFFERENCE
JANUARY				
FEBRUARY				
MARCH				
APRIL				
MAY				
JUNE				
JULY				
AUGUST				
SEPTEMBER				
OCTOBER				
NOVEMBER				
DECEMBER				
TOTAL:				

NOTES



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Monthly budget planner

MONTH:

	GOAL	ACTUAL	DIFFERENCE (+/-)
EARNED			
SPENT			
SAVED			
DEBT			

FIXED EXPENSES	DATE	AMOUNT	VARIABLE EXPENSES	DATE	AMOUNT
		\$			\$
		\$			\$
		\$			\$
		\$			\$
		\$			\$
		\$			\$
		\$			\$
		\$			\$
		\$			\$
		\$			\$
		\$			\$

NOTES

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Spending tracker

[illegible]

Subscription tracker

SUBSCRIPTION	DUE DATE	MONTHLY	ANNUAL	COST	AUTO RENEW

NOTES





52 weeks saving challenge

WEEK	DEPOSIT	BALANCE	DONE
1			
2			
3			
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WEEK	DEPOSIT	BALANCE	DONE
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28			
29			
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Bucket List

[illegible]

Vacation Planning



DATE LEAVING	PLACE

DATE	ACTIVITIES

DATE	ACCOMMODATION

[illegible]

Ways to cope work sheet

Did this help?

Deep Breathing: Practice deep, slow breaths to calm your nervous system. Inhale for a count of four, hold for four, and exhale for four.

Mindfulness Meditation: Engage in mindfulness exercises to stay in the present moment and reduce stress. Examples include body scans or focusing on your breath.

Progressive Muscle Relaxation: Tense and relax different muscle groups in your body to release physical tension.

Positive Affirmations: Write down positive affirmations or self-statements that counter negative thoughts or beliefs.

Journaling: Keep a journal to express your thoughts and feelings, identify triggers, and find patterns in your emotions.

Social Support: List friends, family members, or support groups you can reach out to when you need to talk or seek assistance.

Exercise: Document your favorite physical activities that help you relieve stress and boost your mood.

Hobbies: Write down hobbies or activities you enjoy that provide a sense of fulfillment and distraction.

Time Management: Create a schedule or to-do list to help you stay organized and reduce feelings of overwhelm.

Ways to cope work sheet



Did this help?

Self-Care: List self-care activities you can engage in regularly, such as taking a bath, reading, or practicing a hobby.

Problem Solving: Outline problems you're facing and brainstorm potential solutions.

Relaxation Techniques: Document relaxation exercises like progressive muscle relaxation, guided imagery, or listening to calming music.

Grounding Techniques: Include grounding exercises like the 5-4-3-2-1 technique, where you name five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

Emergency Contacts: List emergency contacts for situations when you need immediate help or support.

Goal Setting: Set realistic short-term and long-term goals for yourself, both personal and professional.

Gratitude Journaling: Write down things you're grateful for to shift your focus to the positive aspects of your life.

Visualization: Use visualization techniques to imagine yourself overcoming challenges or achieving your goals.

Time-Out Plan: Plan what you can do when you need a break or time to yourself to recharge.

[illegible]

[illegible]



SELF-CARE BALANCE

EAT HEALTHY FOOD		SKINCARE DAY		CALL SOMEONE YOU LOVE
DAILY VITAMINS		DAILY JOURNAL		EAT HEALTHY FOOD
	EAT HEALTHY FOOD		TRY MEDITATION	
SKINCARE DAY		READ A NEW BOOK		LIMIT SCREEN TIME
	TRY MEDITATION		DAILY VITAMINS	

Gratitude Journal



Date: _____

S M T W T F S

Today's Affirmation:

Today's Achievements:

Notes

Today's Mood



Things I'm Grateful for:

Things I Look Forward to:



Me Time

	Its important to take time for yourself, plan your daily me time.
MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

Affirmations

I am a loving and capable mother.

I am doing my best, and that is always enough.

I deserve self-care and me-time to recharge.

I am a role model for my children in self-love and self-acceptance.

I embrace my imperfections; they make me unique and beautiful.

I trust my instincts as a parent.

I prioritize my well-being because I am important too.

I release guilt and replace it with self-compassion.

I am resilient and capable of handling life's challenges.

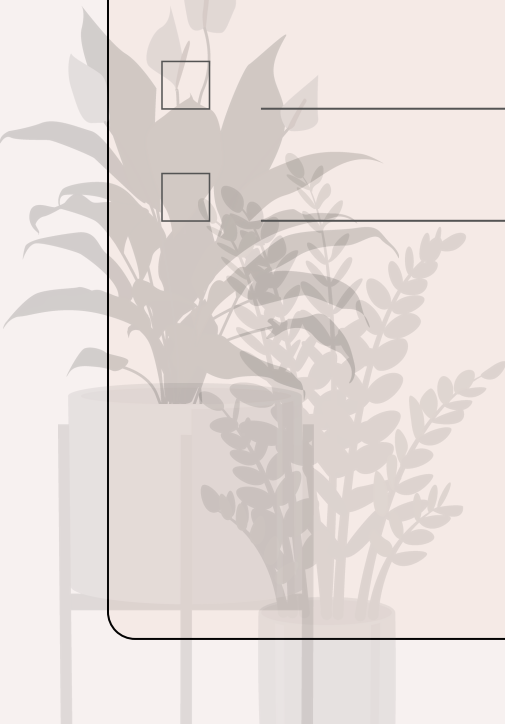
I love and accept myself unconditionally.





Home Maintenance

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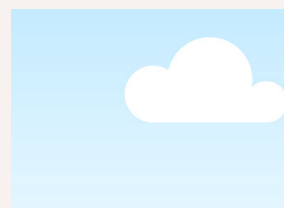
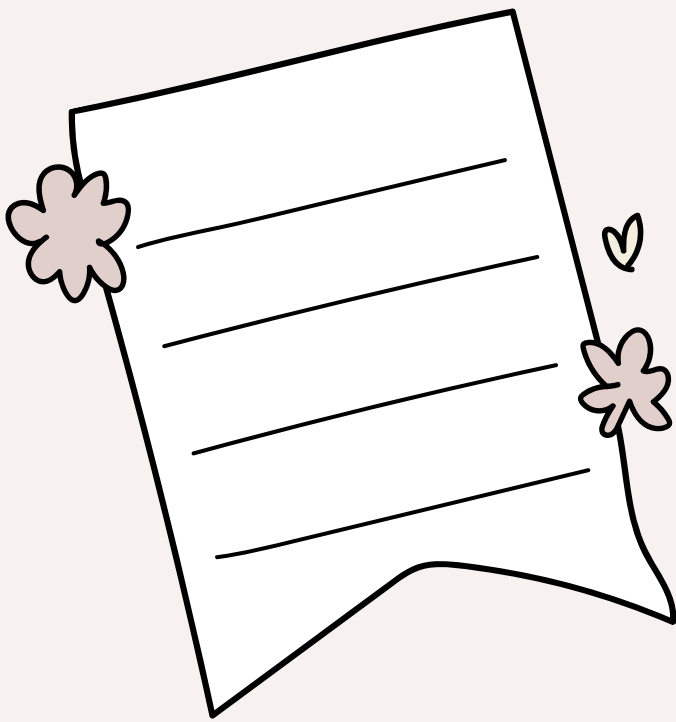
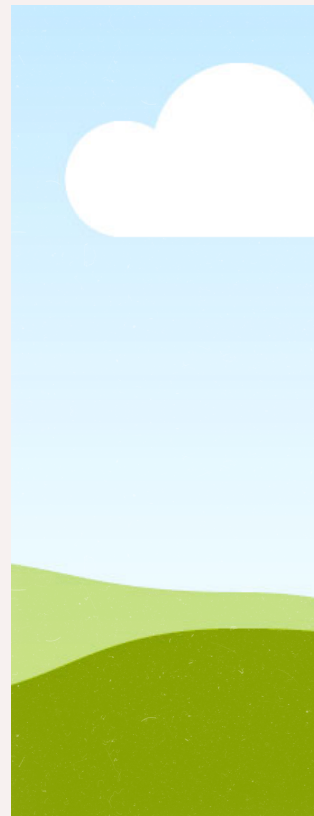
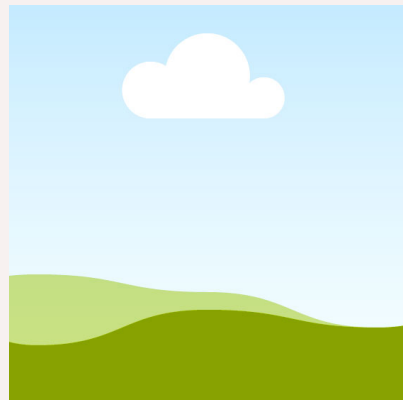
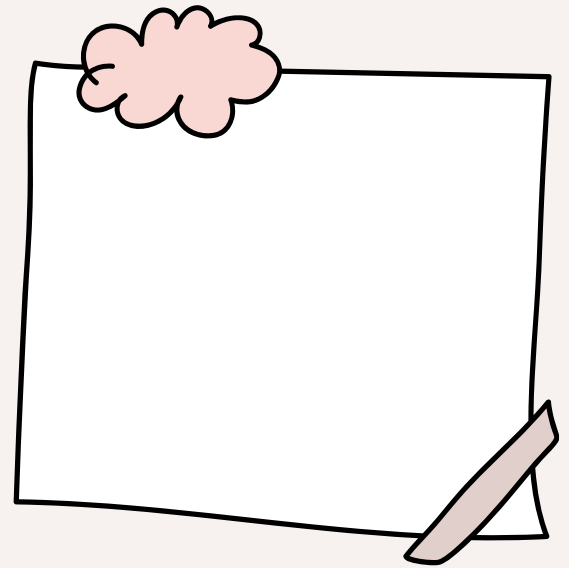
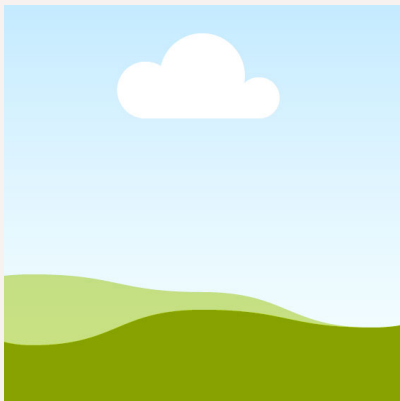
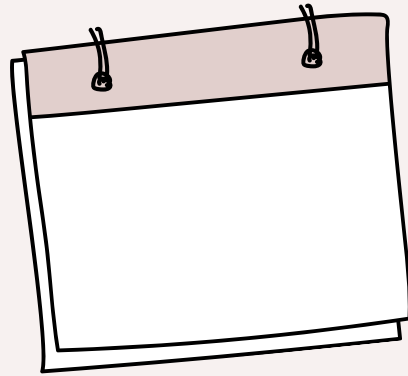
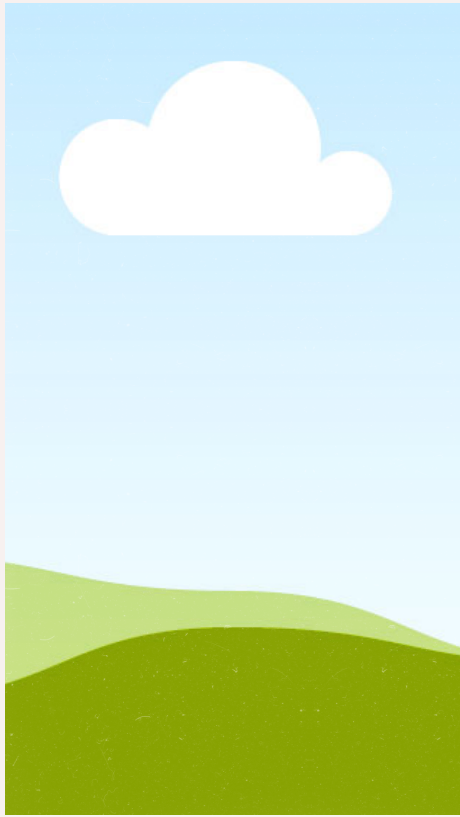


Date: _____

[illegible]

OTHERS		
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____

Manifestation Board





LETTER TO THE UNIVERSE

LETTER TO THE UNIVERSE, SHOW GRATITUDE FOR THE DREAM LIFE YOUR MANIFESTING.

[illegible]