



# Clean Girl Planner

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# Clean Girl Planner



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Blank

Lined

Dotted

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WHAT  
MOTIVATES  
ME





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YEARLY  
OVERVIEW

YEAR AT  
GLANCE

LETTER TO  
MYSELF

VISION BOARD

## MY GOALS

( COMPARE & CONTRAST YOUR GOALS FROM THE BEGINGING  
OF THE YEAR TO THE END OF THE YEAR )

JANUARY ( YEAR )

DECEMBER ( YEAR )

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# YEARLY OVERVIEW

JANUARY

MARCH

MAY

FEBRUARY

APRIL

JUNE

JULY

SEPTEMBER

NOVEMBER

AUGUST

OCTOBER

DECEMBER

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# YEAR AT GLANCE

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

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# YEARLY GOALS

Month	Career	Future
JAN		
FEB		
MAR		
APR		
MAY		
JUN		
JUL		
AUG		
SEP		
OCT		
NOV		
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Financial	Academic	Health

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# MONTHLY PAGES

MONTHLY  
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MONTHLY  
OVERVIEW

MONTHLY  
BUDGET

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# MONTHLY PLANNER

NOTES	MONDAY	TUESDAY	WEDNESDAY

THURSDAY	FRIDAY	SATURDAY	SUNDAY

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# MONTHLY REFLECTION

THIS MONTH I ACHIEVED

WHAT WORKED FOR ME?

WHAT DIDN'T WORKED

DO MORE OF

DO LESS OF

Jan

Feb

Mar

April

May

June

July

Aug

Sep

Oct

Nov

Dec

## S U M M A R Y

[illegible]



# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## MONTHLY GOALS

## VISION BOARD/VIBES

# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## MONTHLY GOALS

## VISION BOARD/VIBES



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# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## MONTHLY GOALS

## VISION BOARD/VIBES

# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## MONTHLY GOALS

## VISION BOARD/VIBES

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# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## MONTHLY GOALS

## VISION BOARD/VIBES

# JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## MONTHLY GOALS

## VISION BOARD/VIBES



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# JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## MONTHLY GOALS

## VISION BOARD/VIBES

# AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## MONTHLY GOALS

## VISION BOARD/VIBES

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# SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## MONTHLY GOALS

## VISION BOARD/VIBES

# OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## MONTHLY GOALS

## VISION BOARD/VIBES

# NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## MONTHLY GOALS

## VISION BOARD/VIBES

# DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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# WEEKLY PAGES

## WEEKLY PLANNER #1

## WEEKLY PLANNER #2

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May.

JuneJuly:Aug

Sep

OctNov

Dec



# WEEKLY PLANNER

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



TO DO LIST

PRIORITIES

1:

2:

3:

4:

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## END OF DAY REFLECTION

## NOTES



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# WORK DAILY PLANNER

## SCHEDULE


## TODAY'S INTENTION

## PRIORITIES

- 1:
- 2:
- 3:

## TO DO LIST

- 
- 
- 
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- 
- 
- 

## Do This TOMORROW!

Jan

Feb

Mar

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# LIFESTYLE

MEAL PLANNER

GROCERY LIST

FOOD  
INVENTORY

RECIPE  
PLANNER

PASSWORD  
TRACKER

CONTACT LIST

# LIFESTYLE TIPS & TRICKS

- **Prioritize Sleep:** Aim for 7-9 hours of quality sleep each night for optimal health and well-being.
- **Stay Hydrated:** Drink plenty of water throughout the day to keep your body hydrated and functioning at its best.
- **Nourish Your Body:** Eat a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.
- **Regular Exercise:** Engage in at least 30 minutes of moderate-intensity exercise most days of the week.
- **Manage Stress:** Practice stress-reduction techniques like meditation, deep breathing, or yoga.
- **Limit Screen Time:** Reduce your exposure to screens, especially before bed, to improve sleep quality.
- **Connect with Others:** Spend time with loved ones and build strong social connections.
- **Set Realistic Goals:** Break down large goals into smaller, achievable steps to stay motivated.
- **Learn Something New:** Keep your mind active and engaged by learning new skills or hobbies.
- **Practice Gratitude:** Focus on the positive aspects of your life and express gratitude regularly.





# MEAL PLANNER

DAY	BREAKFAST	LUNCH
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

DINNER	SNACKS	CALS

Jan

Feb

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# GROCERY LIST

FROZEN		MEAT	

SNACKS		BEVERAGES	

BAKED		FRUITS	

VEGETABLES		DRINKS	

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# RECIPE PLANNER

RECIPE:

SERVINGS:

PREPARATION TIME:

INGREDIENTS

DIRECTIONS

RECIPE:

SERVINGS:

PREPARATION TIME:

INGREDIENTS

DIRECTIONS

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# CONTACT LIST

NAME
ADDRESS
TELEPHONE
PHONE

NAME
ADDRESS
TELEPHONE
PHONE

NAME
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NAME
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TELEPHONE
PHONE

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# PRODUCTIVITY

## TO DO LIST

PROJECT  
PLANNER

PRIORITY  
MATRIX

30 DAY  
CHALLENGE

BRAIN  
DUMP

READING  
TRACKER

YOUTUBE /  
PODCAST  
TRACKER

## PRODUCTIVITY TIPS & TRICKS

- **Prioritize Tasks:** Use techniques like the Eisenhower Matrix to categorize tasks by urgency and importance.
- **Time Management:** Implement time management strategies such as the Pomodoro Technique to improve focus and productivity.
- **Eliminate Distractions:** Create a distraction-free workspace and minimize interruptions during focused work sessions.
- **Set Clear Goals:** Define specific, measurable, achievable, relevant, and time-bound (SMART) goals to stay motivated.
- **Break Down Tasks:** Divide large tasks into smaller, more manageable subtasks to make them less overwhelming.
- **Learn to Say No:** Prioritize your workload and don't hesitate to decline additional tasks if you're already overwhelmed.
- **Delegate Tasks:** If possible, delegate tasks to others to free up your time and focus on high-priority activities.
- **Take Breaks:** Schedule regular breaks throughout the day to rest and recharge.
- **Stay Organized:** Use tools like calendars, planners, or digital task management apps to keep track of your tasks and deadlines.
- **Reward Yourself:** Celebrate your accomplishments and reward yourself for reaching your goals to stay motivated.



# PROJECT PLANNER

DATE:

TIME:

PROJECT:

OVERVIEW:

PROGRESS:

MAIN TASK

SMALL TASK

Jan

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Aug

Sep

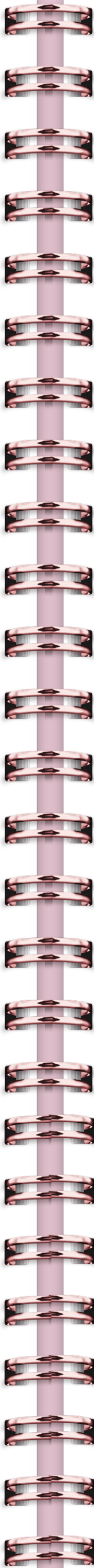
Oct

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# TO DO LIST



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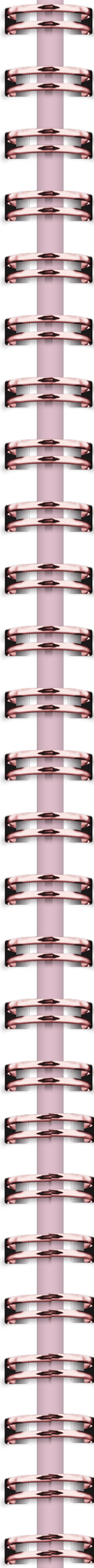
Nov

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# BRAIN DUMP



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# PRIORITY MATRIX

URGENT

NOT URGENT

DO FIRST

DO NEXT

IMPORTANT

DELEGATE

DELETE

NOT IMPORTANT

URGENT

NOT URGENT

DO FIRST

DO NEXT

IMPORTANT

DELEGATE

DELETE

NOT IMPORTANT

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# 30 DAY CHALLENGE

CHALLENGE

START DATE

END DATE

REASON

ACTION STEPS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

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# YOUTUBE/PODCAST TRACKER

NOTES

POD NAME  
CREATOR



NOTES

POD NAME  
CREATOR



NOTES

POD NAME  
CREATOR



NOTES

POD NAME  
CREATOR



NOTES

VIDEO  
CREATOR



NOTES

VIDEO  
CREATOR



NOTES

VIDEO  
CREATOR



NOTES

VIDEO  
CREATOR



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# READING TRACKER

REVIEW

TITLE \_\_\_\_\_  
AUTHOR \_\_\_\_\_



REVIEW

TITLE \_\_\_\_\_  
AUTHOR \_\_\_\_\_



REVIEW

TITLE \_\_\_\_\_  
AUTHOR \_\_\_\_\_



REVIEW

TITLE \_\_\_\_\_  
AUTHOR \_\_\_\_\_



REVIEW

TITLE \_\_\_\_\_  
AUTHOR \_\_\_\_\_



REVIEW

TITLE \_\_\_\_\_  
AUTHOR \_\_\_\_\_



# WELLNESS

MOOD TRACKER

WORKOUT LOG

GRATITUDE  
JOURNAL

ROUTINE  
TRACKER

WEEKLY  
ROUTINE

WORKOUT  
PLANNER

SKINCARE  
TRACKER

PERIOD  
TRACKER

# WELLNESS TIPS & TRICKS

- **Prioritize Self-Care:** Make time for activities that promote your physical, mental, and emotional well-being.
- **Mindful Eating:** Pay attention to your body's hunger and fullness cues, and choose nourishing foods.
- **Manage Stress:** Practice stress-reduction techniques like meditation, deep breathing, or yoga.
- **Quality Sleep:** Aim for 7-9 hours of uninterrupted sleep each night.
- **Regular Exercise:** Engage in physical activity that you enjoy, such as walking, swimming, or dancing.
- **Stay Hydrated:** Drink plenty of water throughout the day to keep your body hydrated.
- **Limit Screen Time:** Reduce your exposure to screens, especially before bed.
- **Connect with Others:** Build strong social connections and spend time with loved ones.
- **Practice Mindfulness:** Focus on the present moment and reduce stress and anxiety.
- **Set Realistic Goals:** Break down large goals into smaller, achievable steps to stay motivated.





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# GRATITUDE JOURNAL

DATE:

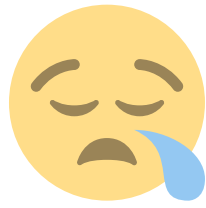
I AM GRATEFUL FOR

I AM ALSO HAPPY & GRATEFUL FOR

POSITIVE AFFIRMATIONS

*What I'm Loving about life right now*

*Today I feel*



*Somethings fun I'm Looking Forward To*

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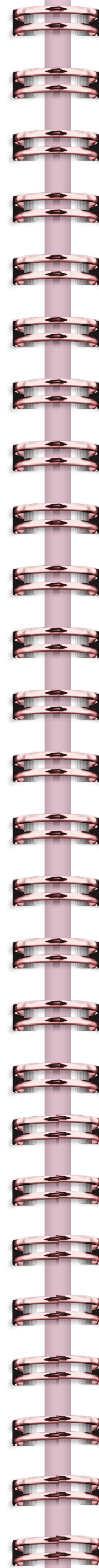
Aug

Sep

Oct

Nov

Dec

[illegible]



# ROUTINE PLANNER

DAY	MORNING	AFTERNOON	EVENING
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

MORNING	AFTERNOON	EVENING

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# WEEKLY ROUTINE PLANNER

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

## MORNING

## AFTERNOON

## EVENING

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ROUTINE #

EXERCISE	WEIGHT	SETS	REPS	TIME

ROUTINE #

EXERCISE	WEIGHT	SETS	REPS	TIME

ROUTINE #

EXERCISE	WEIGHT	SETS	REPS	TIME

ROUTINE #

EXERCISE	WEIGHT	SETS	REPS	TIME



# SKINCARE TRACKER

Date: \_\_\_\_\_

Morning	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My Daily Skin Care Routine (DAYTIME)

Basic Steps	Skin Care Products to use

Evening	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My Daily Skin Care Routine (NIGHTTIME)

Basic Steps	Skin Care Products to use

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# FINANCES

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# ANNUAL FINANCES

MONTH	INCOME	EXPENSE	DEBT	BALANCE
JAN				
FEB				
MAR				
APR				
MAY				
JUN				
JUL				
AUG				
SEP				
OCT				
NOV				
DEC				

FINANCIAL GOALS	ACTION STEPS

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# SAVINGS TRACKER

DATE	EXPENSE	DETAILS	BALANCE	SAVINGS

DATE	EXPENSE	DETAILS	BALANCE	SAVINGS

# CLEANING

WEEKLY CLEAN

MASTER  
CLEANING

30 DAY  
DECLUTTERING

CLEANING  
SUPPLYS

DAILY CLEAN

MASTER  
CLEANING

SPEED  
CLEANING

HOME  
MAINTENANCE

FAMILY  
CLEANING CHART

# CLEANING TIPS & TRICKS

- Declutter Regularly: A clutter-free space is easier to clean. Spend a few minutes each day tidying up.
- The 15-Minute Rule: Set a timer for 15 minutes and tackle a specific cleaning task.
- Clean as You Go: Wipe down counters, wash dishes, and tidy up after each meal.
- Top-Down Cleaning: Start cleaning from the top down to prevent dust and dirt from falling onto already cleaned surfaces.
- Use Natural Cleaners: Vinegar, baking soda, and lemon juice are effective and eco-friendly cleaning agents.
- Microfiber Cloths: These reusable cloths are great for trapping dust and grime.
- Regular Bathroom Cleaning: Clean your bathroom weekly to prevent mold and mildew.
- Kitchen Deep Clean: Schedule a deep clean of your kitchen once a week, including cleaning appliances and cabinets.
- Regular Maintenance: Small, regular cleaning tasks can prevent bigger messes and save time in the long run.

# WEEKLY CLEANING LIST

[illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible]



# DAILY CLEANING LIST

[illegible]

## REMINDER

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## NOTES

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[illegible]

## REMINDER

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## NOTES

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# HOME MAINTENANCE



ANNUALLY



EVERY FALL



EVERY MONTH



EVERY 2 MONTHS



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