Cover

‹ ›

# Index

Every page has Index at the top left

**Look back 2026 ›**

| | |
|---|---|
| 2026 in one page | Top 10 of 2026 |
| Numbers of 2026 | Let go / Keep |

| | | | | | |
|---|---|---|---|---|---|
| Jan | Feb | Mar | Apr | May | Jun |
| Jul | Aug | Sep | Oct | Nov | Dec |

**Plan 2027 ›**

| | | |
|---|---|---|
| Word of the year | Life wheel | A year from now |
| Top 3 goals | | Not this year |
| Goal 1 | Goal 2 | Goal 3 |

| | | | |
|---|---|---|---|
| Q1 | Q2 | Q3 | Q4 |

**30-Day Reset ›**

| | | |
|---|---|---|
| 30-day grid | Day 1 | Day 10 review |
| Day 20 review | Day 30 review | |

**Notes ›**

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |

LOOK BACK

PLAN 2027

30 DAYS

NOTES

# 2026 in one page

Six boxes for the whole year

## WINS

## HARD PARTS

## PEOPLE

## PLACES

## LEARNED

## GRATEFUL

# 30-day grid

A box for each habit, every day · tap a day to open it

| Day | 1 | 2 | 3 | 4 | 5 | Day | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | ☐ | ☐ | ☐ | ☐ | ☐ | 16 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 2 | ☐ | ☐ | ☐ | ☐ | ☐ | 17 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 3 | ☐ | ☐ | ☐ | ☐ | ☐ | 18 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 4 | ☐ | ☐ | ☐ | ☐ | ☐ | 19 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 5 | ☐ | ☐ | ☐ | ☐ | ☐ | 20 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 6 | ☐ | ☐ | ☐ | ☐ | ☐ | 21 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 7 | ☐ | ☐ | ☐ | ☐ | ☐ | 22 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 8 | ☐ | ☐ | ☐ | ☐ | ☐ | 23 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 9 | ☐ | ☐ | ☐ | ☐ | ☐ | 24 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 10 | ☐ | ☐ | ☐ | ☐ | ☐ | 25 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 11 | ☐ | ☐ | ☐ | ☐ | ☐ | 26 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 12 | ☐ | ☐ | ☐ | ☐ | ☐ | 27 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 13 | ☐ | ☐ | ☐ | ☐ | ☐ | 28 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 14 | ☐ | ☐ | ☐ | ☐ | ☐ | 29 | ☐ | ☐ | ☐ | ☐ | ☐ |
| 15 | ☐ | ☐ | ☐ | ☐ | ☐ | 30 | ☐ | ☐ | ☐ | ☐ | ☐ |