

JOURNAL PROMPTS

Intentional Planning

For a calendar that makes room for you.

What does the life I want look like, and how can this week move me toward it?



What's one thing just for me that I can schedule before anything else this week?



What on my calendar is there out of habit, not intention?



If I wrote out my ideal year, what would be on the page?



What brings me joy that deserves a spot on my calendar this month?



Where can I build breathing room into my plans this week?



What could I plan ahead that would make my week feel calmer?



What dream could I give a date to this year, and how will I be kind to myself along the way?



Where is my time going that I'd like to take back?



What fills me up, and how often is it showing up on my calendar?



Intentional Planning

CUT ALONG THE DASHED LINES

NO. 1



*What does the life I want look like,
and how can this week move me
toward it?*

NO. 2



*What's one thing just for me that I
can schedule before anything else
this week?*

NO. 3



*What on my calendar is there out
of habit, not intention?*

NO. 4



*If I wrote out my ideal year, what
would be on the page?*

NO. 5



*What brings me joy that deserves a
spot on my calendar this month?*

NO. 6



*Where can I build breathing room
into my plans this week?*

NO. 7



*What could I plan ahead that
would make my week feel calmer?*

NO. 8



*What dream could I give a date to
this year, and how will I be kind
to myself along the way?*

NO. 9



*Where is my time going that I'd
like to take back?*

NO. 10



*What fills me up, and how often is
it showing up on my calendar?*

