



THE READING ACADEMY

2023

PLANNER

A LITTLE PROGRESS  
EACH DAY ADDS UP  
TO BIG RESULTS

NAME

# SET YOUR GOALS



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# DAILY PERSONAL PLANNER

DATE: \_\_\_\_\_

S M T W T F S

## TODAY'S SCHEDULE

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

23:00

## PRIORITY OF THE DAY

<input checked="" type="radio"/>	<input type="checkbox"/>	_____
<input checked="" type="radio"/>	<input type="checkbox"/>	_____
<input checked="" type="radio"/>	<input type="checkbox"/>	_____
<input checked="" type="radio"/>	<input type="checkbox"/>	_____
<input checked="" type="radio"/>	<input type="checkbox"/>	_____

## WATER INTAKE

									
1L				2L				3L	

## TO CALL / TO EMAIL

<input checked="" type="radio"/>	<input type="checkbox"/>	_____
<input checked="" type="radio"/>	<input type="checkbox"/>	_____
<input checked="" type="radio"/>	<input type="checkbox"/>	_____
<input checked="" type="radio"/>	<input type="checkbox"/>	_____

## LUNCH PLAN

<input checked="" type="radio"/>	<input type="checkbox"/>	_____
<input checked="" type="radio"/>	<input type="checkbox"/>	_____

## DINNER PLAN

<input checked="" type="radio"/>	<input type="checkbox"/>	_____
<input checked="" type="radio"/>	<input type="checkbox"/>	_____

## I'M GRATEFUL FOR

\_\_\_\_\_

\_\_\_\_\_

☒ TO START    ☒ OK    ☒ DELAY    ☒ STUCK    ☒ CANCEL



# GRATITUDE JOURNAL

DATE: \_\_\_\_\_

S M T W T F S

TODAY I'M GRATEFUL FOR



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

WATER INTAKE



1L



2L



3L

WEATHER



TODAY'S AFFIRMATION



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

NOTES / REMINDERS

SOMETHING I'M PROUD OF



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

TOMORROW I LOOK FORWARD TO



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_