

My Essential Journal

everything in one place



LIFE PLANNER

Contact List

Emergency Contacts

All About Me

Monthly Planner

Weekly Schedule

Weekly Review

Recipe Planner

Meal Planner

Food Journal

Grocery List

Shopping List

Reading Planner

Travel Planner

Itinerary

Trip Planner

Savings Planner

Kid Milestones

GOALS PLANNER

My Goals

Goal Planner

Weekly Goals

Monthly Goals

Coaching Goals

Goal Setting

Smart Goals

Notes

BUSINESS PLANNER

Sign Ups

Monthly Action Plan

Income Tracker

Insurance Number Tracker

Order Tracker

Priority List

To-Do List

Annual Overview

Smart Goals

Bill Checklist

Expense Tracker

Bill Tracker

Debt Snowball Worksheet

Daily Planner

Daily Study Plan

Assignment Tracker

Password Tracker

Meeting Notes

Notes

My Notes

HABITS PLANNER

30-day Habit Tracker

Habit Tracker

JOURNAL PLANNER

My Journal

Today

Today's Intention

Pamper Routine

Daily Gratitude

Gratitude Brainstorming

Self-Love Questions

Self-Love Growth

Dear Diary

End of Week Mood Tracker

My Morning Routine

Daily Self-Care

Focus Planner

Letter to Myself

Morning Affirmation

My Dreams List

My Bucket List 2025

My Bucket List

My Bucket List 2026

Weekly Self-Review

Notes

My Notes

HEALTH PLANNER

Health Appointment

Medication Tracker

Medical Appointment

Period Tracker

Sleep Tracker

Blood Sugar Tracker

CLEANING PLANNER

Cleaning Chore List

Daily Chore Chart

Weekly Cleaning Chart

Weekly Chores

FITNESS PLANNER

My Fitness Goals

Fitness Challenge

Fitness Result

Daily Workout Plan

Workout Planner

Weekly Planner

My Diet Journey

Calories Tracker

FINANCE PLANNER

Income Goals 2025

Income Goals

Income Goals 2026

Monthly Budget

Bill Payment Tracker

Debt Tracker

SOCIAL MEDIA PLANNER

Social Media Tracker

Weekly Posting Plan

Instagram Content Manager

TikTok Content Manager

Hashtag Manager

TikTok Follower Tracker

Instagram Follower Tracker

Pinterest Follower Tracker

Youtube Follower Tracker

Facebook Follower Tracker

Back-Up Codes Reminder

Questions to Ask Target Audience

“This or That” Poll Ideas

Emails Tracker

MY PET PLANNER

Pet Walk Reminder

Pet Eating Record

Pet Milestones

Pet Growth Tracker

Pet Immunization Tracker

Pet Grooming Record

Vet Visiting Record

Pet Medication Record

Daily Pet Planner

Pet Related Contacts

CONTACT LIST

	NAME	
	BUSINESS NAME	
	WEBSITE	
	PHONE	
	EMAIL	
	ADDRESS	
	NOTES	

	NAME	
	BUSINESS NAME	
	WEBSITE	
	PHONE	
	EMAIL	
	ADDRESS	
	NOTES	

	NAME	
	BUSINESS NAME	
	WEBSITE	
	PHONE	
	EMAIL	
	ADDRESS	
	NOTES	

WEEKLY SCHEDULE

MONDAY

FRIDAY

TUESDAY

SATURDAY

WEDNESDAY

SUNDAY

THURSDAY

REMINDER

WEEKLY REVIEW

M

T

W

T

F

S

S

WHAT HAVE YOU BEEN
FOCUSING ON THIS
WEEK?

WHAT ACTIONS HAVE
YOU TAKEN THIS
WEEK?

WHAT
ACCOMPLISHMENTS
HAVE YOU HAD?

WHAT
CHALLENGES DID
YOU FACE?

WHAT LIMITING BELIEFS
HAVE YOU LET GO OF?

WHAT HAVE YOU
LEARNED THIS WEEK?

HOW DO YOU FEEL
ABOUT YOUR
PROGRESS?

FOOD JOURNAL

M T W T F S S

DATE: _____

BREAKFAST	SIZE	CARBS	FATS	PROTEIN	CALORIES	NOTES

LUNCH	SIZE	CARBS	FATS	PROTEIN	CALORIES	NOTES

DINNER	SIZE	CARBS	FATS	PROTEIN	CALORIES	NOTES

SNACKS	SIZE	CARBS	FATS	PROTEIN	CALORIES	NOTES

DAILY TOTAL						
--------------------	--	--	--	--	--	--

GROCERY LIST

MEAT POULTRY		PRICE
1		
2		
3		
4		
5		

FISH		PRICE
1		
2		
3		
4		
5		

PRODUCE		PRICE
1		
2		
3		
4		
5		

PANTRY		PRICE
1		
2		
3		
4		
5		

CANNED GOODS		PRICE
1		
2		
3		
4		
5		

DAIRY		PRICE
1		
2		
3		
4		
5		

CONDIMENTS		PRICE
1		
2		
3		
4		
5		

OTHER		PRICE
1		
2		
3		
4		
5		

NOTES

TRIP PLANNER

DESTINATION : _____

DAY	
DAY-1	
DAY-2	
DAY-3	
DAY-4	
DAY-5	
DAY-6	
DAY-7	

BUSINESS PLANNER

SIGN UPS

NO.	NAME	EMAIL	PHONE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

MONTHLY ACTION PLAN

JANUARY	
FEBRUARY	
MARCH	
APRIL	
MAY	
JUNE	
JULY	
AUGUST	
SEPTEMBER	
OCTOBER	
NOVEMBER	
DECEMBER	

NUMBER TRACKER

NAME

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PRIORITY LIST

DATE:

HIGH PRIORITY

LOW PRIORITY

NOTES

ANNUAL OVERVIEW

YEAR : _____

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

SMART GOALS

BE SURE TO FOLLOW THE SMART STRUCTURE WHEN SETTING GOALS. CREATE YOUR GOALS USING THE QUESTIONS BELOW.

S

SPECIFIC

SET REAL NUMBERS WITH REAL NUMBERS. WHAT DO I WANT TO ACCOMPLISH?

M

MEASURABLE

MAKE SURE YOUR GOAL IS TRACKABLE. HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?

A

ACHIEVABLE

LIST. HOW CAN THE GOAL BE ACCOMPLISHED?

R

RELEVANT

BE HONEST.
DOES THIS SEEM WORTHWHILE?

T

TIME BOUND

GIVE YOURSELF A DEADLINE. WHEN CAN I ACCOMPLISH THIS GOAL?

EXPENSE TRACKER

MONTH : _____

DATE	ITEM	SPENT	REMAINS

DEBT SNOWBALL WORKSHEET

DEBT NAME	TOTAL AMOUNT OWED	MINIMUM SNOWBALL PAYMENT	MONTH-1	MONTH-2	MONTH-3	MONTH-4	MONTH-5	MONTH-6

DAILY PLANNER

06-07
07-08
08-09
09-10
10-11
11-12
12-13
13-14
14-15
15-16
16-17
17-18
18-19
19-20

M T W T F S S

DATE : _____

TOP PRIORITIES

TO DO LIST	

NOTES

DAILY PLANNER

WEEK OF :

M

T

W

T

F

S

S

06-07

07-08

08-09

09-10

10-11

11-12

12-13

13-14

14-15

15-16

16-17

17-18

18-19

19-20

20-21

TO-DO LIST

PRIORITIES

NOTES

DAILY PLANNER

DATE : _____

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	

PASSWORD TRACKER

WEBSITE	
EMAIL	
CONTACT	
PASSWORD	
NOTES	

WEBSITE	
EMAIL	
CONTACT	
PASSWORD	
NOTES	

WEBSITE	
EMAIL	
CONTACT	
PASSWORD	
NOTES	

WEBSITE	
EMAIL	
CONTACT	
PASSWORD	
NOTES	

WEBSITE	
EMAIL	
CONTACT	
PASSWORD	
NOTES	

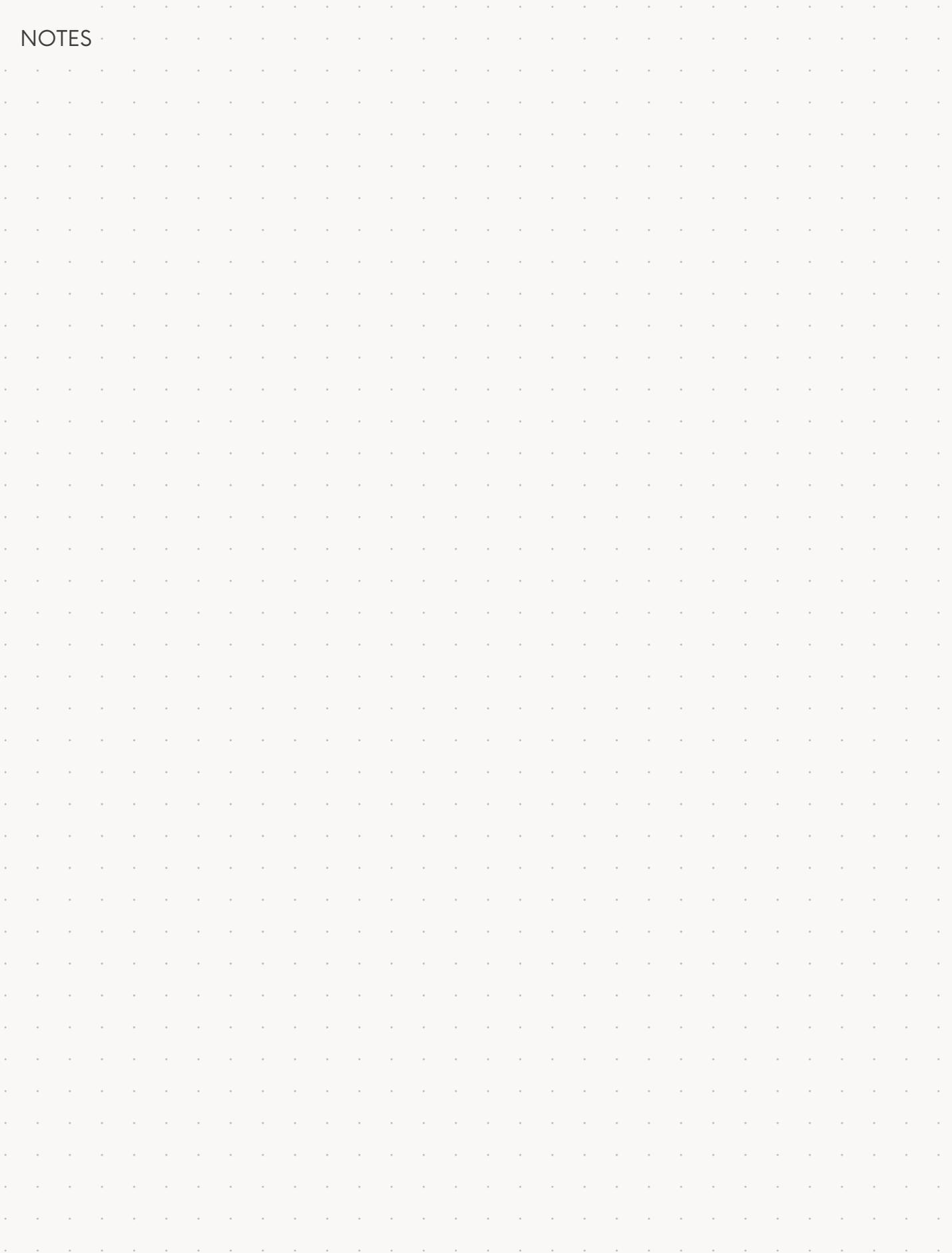
WEBSITE	
EMAIL	
CONTACT	
PASSWORD	
NOTES	

WEBSITE	
EMAIL	
CONTACT	
PASSWORD	
NOTES	

WEBSITE	
EMAIL	
CONTACT	
PASSWORD	
NOTES	

NOTES

NOTES



HABITS PLANNER

30-DAY HABIT TRACKER

HABIT:

WHY IS THIS HABIT IMPORTANT TO ME?

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

HABIT:

WHY IS THIS HABIT IMPORTANT TO ME?

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

HABIT TRACKER

HABIT :										
		1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31

HABIT :										
		1	2	3	4	5	6	7	8	9
10	11	2	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31

HABIT :										
		1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31

HABIT :										
		1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31

HABIT :										
		1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31

HABIT :										
		1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31

GOALS PLANNER

MY GOALS

GOALS-1

GOALS-2

GOALS-3

GOALS-4

GOALS-5

GOALS-6

GOAL PLANNER

DATE :

M

T

W

T

F

S

S

MAIN FOCUSES

MY GOALS

ACTION STEPS

MONTHLY GOALS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

COACHING GOALS

M T W T F S S

GOAL-1

WHY IT'S IMPORTANT

MEASURABLE OUTCOME

GOAL-2

WHY IT'S IMPORTANT

MEASURABLE OUTCOME

GOAL SETTING

GOALS

ACTION TO TAKE

MOTIVATIONS

STEPS

POTENTIAL PROBLEMS

PROGRESS TRACKER

SMART GOALS

BE SURE TO FOLLOW THE SMART STRUCTURE WHEN SETTING GOALS. CREATE YOUR GOALS USING THE QUESTIONS BELOW.

S

SPECIFIC

SET REAL NUMBERS WITH REAL NUMBERS. WHAT DO I WANT TO ACCOMPLISH?

M

MEASURABLE

MAKE SURE YOUR GOAL IS TRACKABLE. HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?

A

ACHIEVABLE

LIST. HOW CAN THE GOAL BE ACCOMPLISHED?

R

RELEVANT

BE HONEST.
DOES THIS SEEM WORTHWHILE?

T

TIME BOUND

GIVE YOURSELF A DEADLINE. WHEN CAN I ACCOMPLISH THIS GOAL?

NOTES

NOTES



MY NOTES

WEEK OF :

QUOTES

PERSONAL REMINDER

NEXT GOALS

ACTION STEPS

JOURNAL PLANNER

MY JOURNAL

HELLO JOURNAL, MY WEEK IS

TODAY

M

T

W

T

F

S

S

PRIORITIES

CHECKLISTS

SLEEP
WATER

NOTES

MEAL PLAN

BREAKFAST

LUNCH

MEAL PLAN

DINNER

SNACKS

MEAL PLAN

PRIORITIES

TODAY'S INTENTION

TODAY, I WILL ACCOMPLISH

TODAY, I WILL FEEL

TODAY, I WILL ATTRACT

TODAY, I WILL LOOK FORWARD TO

DAILY GRATITUDE

DATE :

TODAY, I'M GRATEFUL FOR

M T W T F S S

TODAY, I'M GRATEFUL FOR

M T W T F S S

TODAY, I'M GRATEFUL FOR

M T W T F S S

TODAY, I'M GRATEFUL FOR

M T W T F S S

TODAY, I'M GRATEFUL FOR

M T W T F S S

TODAY, I'M GRATEFUL FOR

M T W T F S S

TODAY, I'M GRATEFUL FOR

M T W T F S S

DAILY GRATITUDE

TODAY I AM GRATEFUL FOR.....

01	16
02	17
03	18
04	19
05	20
06	21
07	22
08	23
09	24
10	25
11	26
12	27
13	28
14	29
15	30

GRATITUDE BRAINSTORMING

DATE :

3 LITTLE THINGS TO BE GRATEFUL FOR

SAY SOMETHING NICE ABOUT YOURSELF

DAILY AFFIRMATION

WHAT WOULD MAKE TODAY GREAT?

HAPPY MEMORIES

LESSONS I LEARNED TODAY

PEOPLE I AM GRATEFUL FOR

MY MANTRA

HAPPINESS LEVEL

NOTES

SELF-LOVE QUESTIONS

WHAT DO I LOVE MOST ABOUT MYSELF?

A large rectangular area with a light purple header and a white body containing a grid of small dots for writing.

HOW IMPORTANT IS MY OWN HAPPINESS?

A large rectangular area with a light purple header and a white body containing a grid of small dots for writing.

IN WHAT WAYS DO I SHOW LOVE FOR MYSELF?

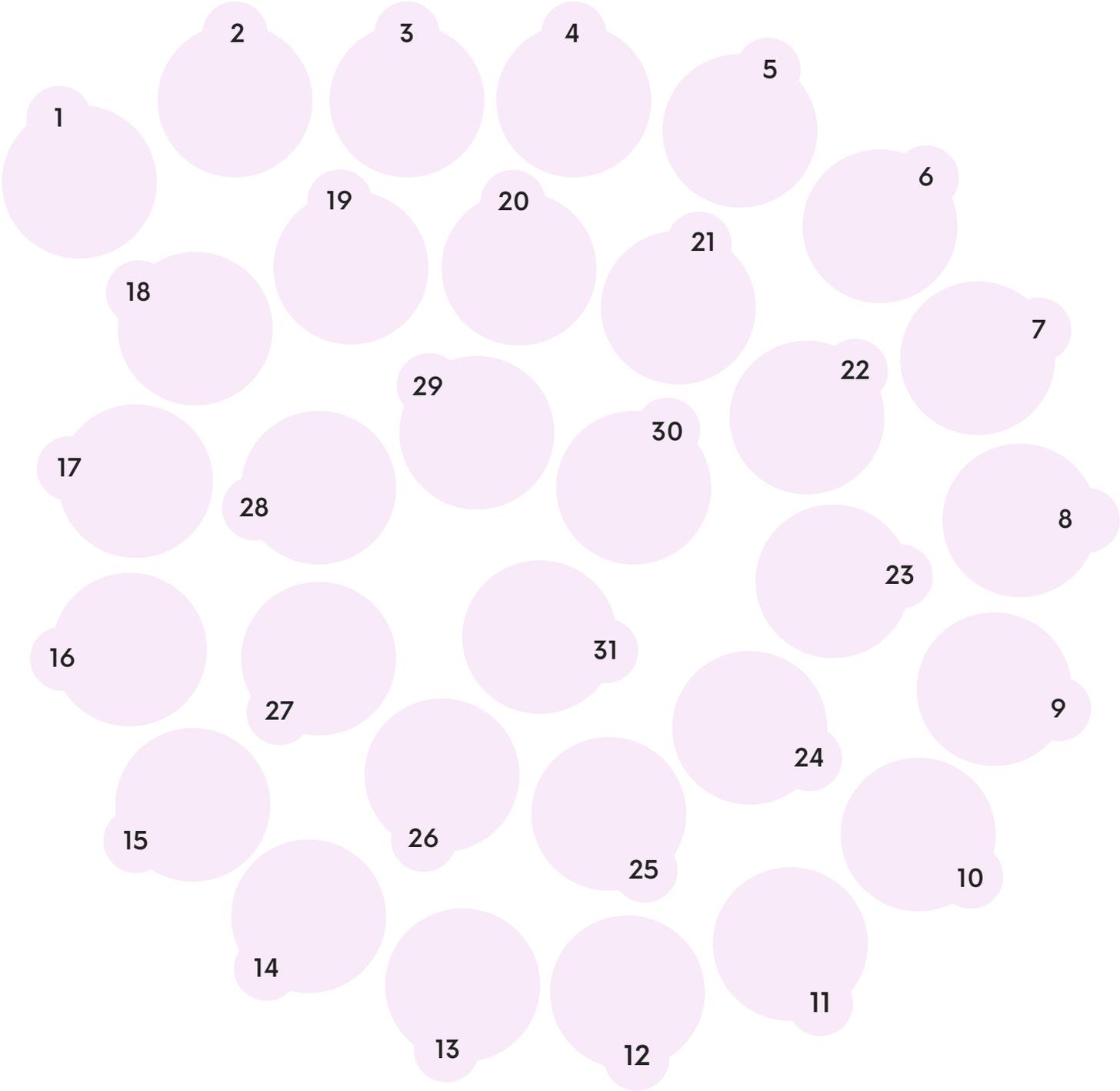
A large rectangular area with a light purple header and a white body containing a grid of small dots for writing.

DEAR DIARY

DATE:

DEAR DIARY..., MY WEEK IS...

MOOD TRACKER



<input type="checkbox"/>	ANGRY	<input type="checkbox"/>	HAPPY
<input type="checkbox"/>	SAD	<input type="checkbox"/>	STRESSED

NOTES

MY MORNING ROUTINE

MORNING ROUTINE

- _____
- _____
- _____
- _____
- _____
- _____

GOALS

PERSONAL TIME

MINDFUL AWARENESS

MY MORNING ROUTINE

MY MORNING ROUTINE

FOCUS PLANNER

DATE:

MAIN FOCUS:

START DATE:

END DATE:

BREAKDOWN OF MAIN FOCUS

SMALLER TASKS TO ACCOMPLISH

-
-
-
-
-
-
-
-
-
-
-
-
-

NOTES

LETTER TO MYSELF

DATE:

MONTH:

YEAR:

A large grid of small dots for writing, consisting of 20 columns and 30 rows of light purple dots.

MORNING AFFIRMATION

TODAY I AM FEELING...

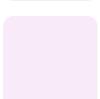
TODAY I AM GOING TO...

TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATION TODAY

MY DREAMS LIST

MY DREAM



WEEKLY SELF-REVIEW

DATE:

MONTH:

YEAR:

HOW WAS THE WEEK?

FELT GRATEFUL FOR:

SMALL WINS

THINGS I HAVE IMPROVED ON:

TASK IN PROGRESS

THINGS NOT WORKING WELL THIS WEEK:

WHAT TO NOTE THIS WEEK:

NOTES

NOTES



MY NOTES

WEEK OF :

QUOTES

PERSONAL REMINDER

NEXT GOALS

ACTION STEPS

CLEANING PLANNER

CLEANING CHORE LIST

BATHROOMS

KITCHEN

PANTRY

DINING ROOM

BEDROOMS

LIVING ROOM

LAUNDRY

YARD

GARAGE

FITNESS PLANNER

MY FITNESS GOALS

STARTING DATE :

DATE :

MOTIVATIONS

DAY	GOALS	START
CHEST		
ARM		
WAIST		
HIPS		
BMI		
WEIGHT		
BODY FAT		
MUSCLE		

MY TOP FITNESS GOALS

BAD HABITS TO CUT

GOOD HABITS TO KEEP

FITNESS CHALLENGE

MONTH :

DAY	EXERCISE/WORKOUT	SETS & REPS
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

NOTES

A large area of dotted lines for writing notes, starting from the 'NOTES' label and extending across the bottom of the page.

DAILY WORKOUT PLAN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
ACTIVITIES		REPS		

WEEKLY PLANNER

MONDAY

FRIDAY

TUESDAY

SATURDAY

WEDNESDAY

SUNDAY

THURSDAY

REMINDER

NOTES

MY DIET JOURNEY

STARTING DATE :

LIST OF MOTIVATIONS

Three horizontal bars for writing motivations.

BREAKFAST

Grid for breakfast tracking with 10 columns and 10 rows.

SUPPLEMENTS

Grid for supplements tracking with 10 columns and 10 rows.

LUNCH

Grid for lunch tracking with 10 columns and 10 rows.

DIET PROGRESS

Lined area for diet progress with 10 horizontal lines.

DINNER

Grid for dinner tracking with 10 columns and 10 rows.

SNACK

Grid for snack tracking with 10 columns and 10 rows.

CALORIES TRACKER

MONTH:

GOAL:

DAY	BREAKFAST	LUNCH	DINNER	SNACK
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

HEALTH PLANNER

HEALTH APPOINTMENT

DATE:

DOCTOR NAME:

QUESTIONS TO ASK:

.....

.....

.....

APPOINTMENTS:

.....

TO REMEMBER:

.....

MEDICAL APPOINTMENT

DATE	DESCRIPTION	DOCTOR	NOTES

APPOINTMENT NOTES

BLOOD SUGAR TRACKER

WEEK:

DATE:

MON	TUE	WED	THU	FRI	SAT	SUN	
B A	B A	B A	B A	B A	B A	B A	
							1
							2
							3
							4

WEEK :

DATE :

MON	TUE	WED	THU	FRI	SAT	SUN	
B A	B A	B A	B A	B A	B A	B A	
							1
							2
							3
							4

NOTE:

B = BEFORE

A = AFTER

SOCIAL MEDIA PLANNER

SOCIAL MEDIA TRACKER



JAN					
FEB					
MAR					
APR					
MAY					
JUN					
JUL					
AUG					
SEP					
OCT					
NOV					
DEC					

INSTAGRAM CONTENT MANAGER

DATE:

STORIES

REELS

CAROUSEL

STATIC POSTS

TIKTOK CONTENT MANAGER

DATE:

STORIES

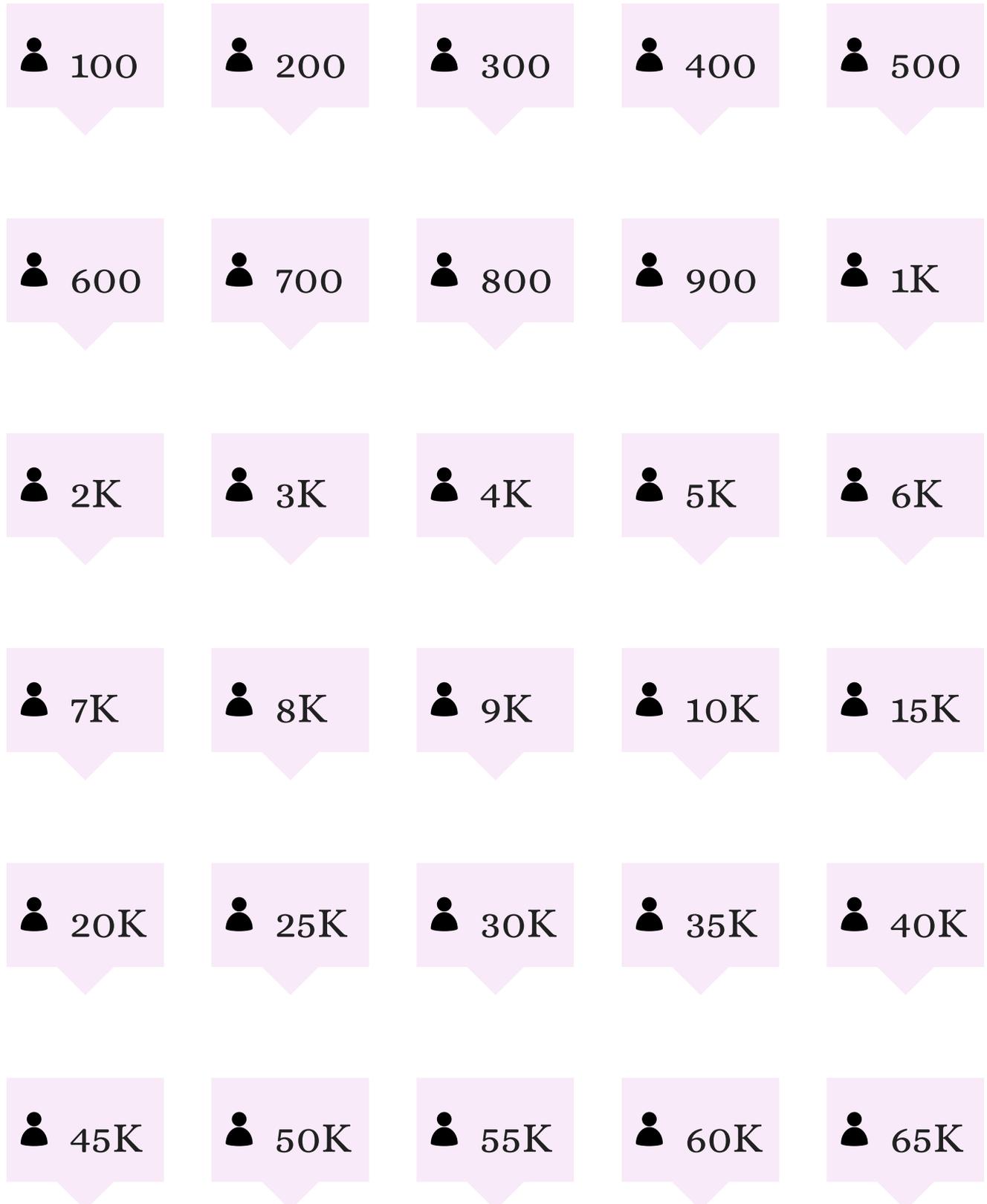
TIKTOK VIDEOS

LIVE

NOTES

TIKTOK FOLLOWER TRACKER

START:



INSTAGRAM FOLLOWER TRACKER

START:

100

200

300

400

500

600

700

800

900

1K

2K

3K

4K

5K

6K

7K

8K

9K

10K

15K

20K

25K

30K

35K

40K

45K

50K

55K

60K

65K

PINTEREST FOLLOWER TRACKER

START:

100

200

300

400

500

600

700

800

900

1K

2K

3K

4K

5K

6K

7K

8K

9K

10K

15K

20K

25K

30K

35K

40K

45K

50K

55K

60K

65K

YOUTUBE FOLLOWER TRACKER

START:

100

200

300

400

500

600

700

800

900

1K

2K

3K

4K

5K

6K

7K

8K

9K

10K

15K

20K

25K

30K

35K

40K

45K

50K

55K

60K

65K

FACEBOOK FOLLOWER TRACKER

START:

100

200

300

400

500

600

700

800

900

1K

2K

3K

4K

5K

6K

7K

8K

9K

10K

15K

20K

25K

30K

35K

40K

45K

50K

55K

60K

65K

BACK-UP CODES REMINDER

PLATFORM	CODES

"THIS OR THAT" POLL IDEAS

IDEA	
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EMAILS TRACKER

EMAIL	PASSWORD	ADMIN

MY PET PLANNER

PET WALK REMINDER

NAME:

FROM _____
TO _____

MON

TUE

WED

THU

FRI

SAT

SUN

PET EATING RECORD

NAME:

FROM _____
TO _____

MON

TUE

WED

THU

FRI

SAT

SUN

DAILY PET PLANNER

MEALS & TREATS

PET'S NAME:

MORNING

AFTERNOON

EVENING

DAY OF THE WEEK

M

T

W

T

F

S

S

TO DO

TRAINING

NOTES

04 AM

05 AM

06 AM

07 AM

08 AM

09 AM

10 AM

11 AM

12 PM

01 PM

02 PM

03 PM

04 PM

05 PM

06 PM

07 PM

08 PM

09 PM

10 PM

11 PM

12AM

PET RELATED CONTACTS

VET:			
NAME:		WORKING HOURS:	
MOBILE:		PHONE:	
ADDRESS:			

PET SHOP:			
NAME:		WORKING HOURS:	
MOBILE:		PHONE:	
ADDRESS:			

GROOMING:			
NAME:		WORKING HOURS:	
MOBILE:		PHONE:	
ADDRESS:			

PET SITTER / WALKER:			
NAME:		WORKING HOURS:	
MOBILE:		PHONE:	
ADDRESS:			

FINANCE PLANNER

INCOME GOALS 2025

MONTH	INCOME	EXPENSES	PROFIT	COMMENTS
JANUARY				
FEBRUARY				
MARCH				
APRIL				
MAY				
JUNE				
JULY				
AUGUST				
SEPTEMBER				
OCTOBER				
NOVEMBER				
DECEMBER				
TOTAL				

Which months were the best and worst and why?

INCOME GOALS 2026

MONTH	INCOME	EXPENSES	PROFIT	COMMENTS
JANUARY				
FEBRUARY				
MARCH				
APRIL				
MAY				
JUNE				
JULY				
AUGUST				
SEPTEMBER				
OCTOBER				
NOVEMBER				
DECEMBER				
TOTAL				

Which months were the best and worst and why?

INCOME GOALS

MONTH	INCOME	EXPENSES	PROFIT	COMMENTS
JANUARY				
FEBRUARY				
MARCH				
APRIL				
MAY				
JUNE				
JULY				
AUGUST				
SEPTEMBER				
OCTOBER				
NOVEMBER				
DECEMBER				
TOTAL				

Which months were the best and worst and why?

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