

7 DAY

PLANNER & JOURNAL



 ART OF HOW TO

www.artofhowto.com

    /artofhow2

2022

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2023

JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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18	19	20	21	22	23	24
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JULY

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
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SEPTEMBER

S	M	T	W	T	F	S
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER

S	M	T	W	T	F	S
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				

NOVEMBER

S	M	T	W	T	F	S
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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		

DECEMBER

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10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
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daily planner
gratitude journal
my notes

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gratitude journal
my notes

DAY 3



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5 minute journaling
daily planner
daily gratitude journal
my notes

DAY 4



18

5 minute journaling
daily planner
daily gratitude journal
my notes

DAY 5



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5 minute journaling
daily planner
daily gratitude journal
my notes

DAY 6



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5 minute journaling
daily planner
daily gratitude journal
my notes

DAY 7



33

5 minute journaling
daily planner
daily gratitude journal
my notes



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DAY 1

Planner & Journal

DATE: _____

S M T W T F S

DAY 1:

[illegible]

DAILY PLANNER

05

DATE:

S M T W T F S

MOOD:



“

”

TODAY'S GOALS



WEATHER:



REMINDER TO:



EXERCISE:

TOTAL
MINUTES:TOTAL
STEPS:TODAY'S
APPOINTMENT:

TIME:

EVENT:

THINGS TO GET
DONE TODAY:

WATER INTAKE:



MEAL TRACKER:

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

TO CALL OR EMAIL:

MONEY TRACKER:

MONEY IN:	FROM:
MONEY OUT:	FOR:

TODAY I AM
GRATEFUL FOR:

NOTES:

FOR TOMORROW:

GRATITUDE JOURNAL

06

DAY 1 - DATE : _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

TODAY'S GOAL

- _____
- _____
- _____

PEOPLE TO REACH OUT TO

- _____
- _____
- _____

TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

DATE : _____

[illegible]

DAY 2

Planner & Journal

DATE: _____

S M T W T F S

DAY 2: _____

This image shows a single sheet of white paper with horizontal blue ruling lines. There are four small, light-green heart-shaped stickers placed on the page: one near the top left corner, one in the upper middle section, one on the right side about halfway down, and one near the bottom right corner. The paper appears to be part of a notebook or a template for writing.

DAILY PLANNER

10

DATE:

S M T W T F S

MOOD:



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TODAY'S GOALS



WEATHER:



REMINDER TO:



EXERCISE:

TOTAL
MINUTES:TOTAL
STEPS:TODAY'S
APPOINTMENT:

TIME:

EVENT:

THINGS TO GET
DONE TODAY:

WATER INTAKE:



MEAL TRACKER:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

TO CALL OR EMAIL:

MONEY TRACKER:

MONEY IN:

FROM:

MONEY OUT:

FOR:

TODAY I AM
GRATEFUL FOR:

NOTES:

FOR TOMORROW:

GRATITUDE JOURNAL

11

DAY 2 - DATE : _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

TODAY'S GOAL

- _____
- _____
- _____

PEOPLE TO REACH OUT TO

- _____
- _____
- _____

TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
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- _____

TOMORROW I LOOK FORWARD TO

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DATE : _____

[illegible]

DAY 3

Planner & Journal

DATE: _____

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5 MINUTE JOURNALING



DAY 3: _____

Journaling lines with heart icons:

- Line 1: _____
- Line 2: _____
- Line 3: _____
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- Line 24: _____
- Line 25: _____
- Line 26: _____
- Line 27: _____
- Line 28: _____
- Line 29: _____
- Line 30: _____

DAILY PLANNER

DATE:

S M T W T F S

MOOD:



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TODAY'S GOALS



WEATHER:



REMINDER TO:



EXERCISE:



TOTAL
MINUTES:

TOTAL
STEPS:

TIME: EVENT:

THINGS TO GET
DONE TODAY:

WATER INTAKE:



MEAL TRACKER:

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

TO CALL OR EMAIL:

MONEY TRACKER:

MONEY IN:	FROM:
MONEY OUT:	FOR:

TODAY I AM
GRATEFUL FOR:

NOTES:

FOR TOMORROW:

GRATITUDE JOURNAL

16

DAY 3- DATE : _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

TODAY'S GOAL

- _____
- _____
- _____

PEOPLE TO REACH OUT TO

- _____
- _____
- _____

TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
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- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

DATE : _____

[illegible]

DAY 4

Planner & Journal

DATE: _____

S M T W T F S

5 MINUTE JOURNALING



DAY 4: _____

Journaling lines with heart icons:

- Line 1: _____
- Line 2: _____
- Line 3: _____
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- Line 30: _____

DAILY PLANNER

20

DATE:

S M T W T F S

MOOD:



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TODAY'S GOALS



WEATHER:



REMINDER TO:



EXERCISE:

TOTAL
MINUTES:TOTAL
STEPS:TODAY'S
APPOINTMENT:

TIME:

EVENT:

THINGS TO GET
DONE TODAY:

WATER INTAKE:



MEAL TRACKER:

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

TO CALL OR EMAIL:

MONEY TRACKER:

MONEY IN:	FROM:
MONEY OUT:	FOR:

TODAY I AM
GRATEFUL FOR:

NOTES:

FOR TOMORROW:

GRATITUDE JOURNAL

21

DAY 4- DATE : _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

TODAY'S GOAL

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- _____
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PEOPLE TO REACH OUT TO

- _____
- _____
- _____

TODAY'S AFFIRMATION

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- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

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- _____
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- _____

TOMORROW I LOOK FORWARD TO

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- _____
- _____
- _____

DATE : _____

[illegible]

DAY 5

Planner & Journal

DATE: _____

S M T W T F S

5 MINUTE JOURNALING



DAY 5: _____

Journaling lines with heart icons:

- Line 1: _____
- Line 2: _____
- Line 3: _____
- Line 4: _____
- Line 5: _____
- Line 6: _____
- Line 7: _____
- Line 8: _____
- Line 9: _____
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- Line 11: _____
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- Line 21: _____
- Line 22: _____
- Line 23: _____
- Line 24: _____
- Line 25: _____
- Line 26: _____
- Line 27: _____
- Line 28: _____
- Line 29: _____
- Line 30: _____

DAILY PLANNER

25

DATE:

S M T W T F S

MOOD:



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TODAY'S GOALS



WEATHER:



REMINDER TO:



EXERCISE:

TOTAL
MINUTES:TOTAL
STEPS:TODAY'S
APPOINTMENT:

TIME:

EVENT:

THINGS TO GET
DONE TODAY:

WATER INTAKE:



MEAL TRACKER:

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

TO CALL OR EMAIL:

MONEY TRACKER:

MONEY IN:	FROM:
MONEY OUT:	FOR:

TODAY I AM
GRATEFUL FOR:

NOTES:

FOR TOMORROW:

GRATITUDE JOURNAL

DAY 5- DATE : _____

S M T W T F S

TODAY I'M GRATEFUL FOR

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TODAY'S GOAL

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● _____

PEOPLE TO REACH OUT TO

TODAY'S AFFIRMATION

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NOTES / REMINDERS

SOMETHING I'M PROUD OF

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TOMORROW I LOOK FORWARD TO

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● _____

DATE : _____

[illegible]

DAY 6

Planner & Journal

DATE: _____

S M T W T F S

5 MINUTE JOURNALING



DAY 6: _____



DAILY PLANNER

30

DATE:

S M T W T F S

MOOD:



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TODAY'S GOALS



WEATHER:



REMINDER TO:



EXERCISE:

TOTAL
MINUTES:TOTAL
STEPS:TODAY'S
APPOINTMENT:

TIME:

EVENT:

THINGS TO GET
DONE TODAY:

WATER INTAKE:



MEAL TRACKER:

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

TO CALL OR EMAIL:

MONEY TRACKER:

MONEY IN:	FROM:
MONEY OUT:	FOR:

TODAY I AM
GRATEFUL FOR:

NOTES:

FOR TOMORROW:

GRATITUDE JOURNAL

DAY 6- DATE : _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

TODAY'S GOAL

- _____
- _____
- _____

PEOPLE TO REACH OUT TO

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- _____

TODAY'S AFFIRMATION

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NOTES / REMINDERS

SOMETHING I'M PROUD OF

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TOMORROW I LOOK FORWARD TO

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DATE : _____

This image shows a blank sheet of white paper with horizontal ruling lines. On the left side, there is a decorative vertical strip featuring a green background with white, leaf-like patterns. The rest of the page is white and contains ten evenly spaced horizontal grey lines for writing.

DAY 7

Planner & Journal

DATE: _____

S M T W T F S

DAILY PLANNER

DATE:

S M T W T F S

MOOD:



“ ”

TODAY'S GOALS



WEATHER:



REMINDER TO:



EXERCISE:



TOTAL MINUTES:	
TOTAL STEPS:	

TODAY'S APPOINTMENT:

TIME:	EVENT:

THINGS TO GET DONE TODAY:

WATER INTAKE:



MEAL TRACKER:

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

TO CALL OR EMAIL:

MONEY TRACKER:

MONEY IN:	FROM:
MONEY OUT:	FOR:

TODAY I AM GRATEFUL FOR:

NOTES:

FOR TOMORROW:

GRATITUDE JOURNAL

DAY 7- DATE : _____

S M T W T F S

TODAY I'M GRATEFUL FOR

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TODAY'S GOAL

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● _____

PEOPLE TO REACH OUT TO

TODAY'S AFFIRMATION

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NOTES / REMINDERS

SOMETHING I'M PROUD OF

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● _____

TOMORROW I LOOK FORWARD TO

● _____

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● _____

DATE : _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the top-left corner, there is a decorative graphic consisting of several overlapping green leaves or foliage. The rest of the page is plain white.



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