

WHAT TO INCLUDE IN A

MONTHLY SETUP

CALENDARS / SCHEDULES

- MONTHLY LOG
- THEMED SCHEDULES

TRACKERS / LOGS

- HABIT TRACKER
- THEMED HABIT TRACKER
- MOOD TRACKER
- PRODUCTIVITY TRACKER
- CHORES / CLEANING LOG
- MEAL LOG / PLANNER
- HEALTH LOG / TRACKER
- FAMILY TRACKERS
- SPENDING TRACKER / LOG
- SCREEN TIME TRACKER
- GRATITUDE LOG
- DREAM LOG
- TINY WINS LOG
- IMPROVEMENTS LOG
- SELF-LOVE LOG
- SELF-CARE BINGO
- TIME TRACKER
- SLEEP TRACKER / LOG
- ONE LINE A DAY

GOAL-RELATED

- MONTHLY GOAL LIST
- MONTHLY BUCKET LIST
- GOAL ACTION PLANS
- GOAL MILESTONES PAGE

TASKS / TO-DO'S

- MONTHLY TASK LIST
- THEMED CHECKLISTS
- BRAIN DUMP
- WEEKLY / DAILY LOGS
- PROJECT PLANNING PAGE
- EXPERIENCE PLANNING
- NOTES PAGE
- JOURNAL PAGE
- IDEAS PAGE

JUST FOR FUN

- DOODLES / DECORATION
- COVER PAGE
- QUOTE PAGE
- MONTHLY CHALLENGES
- MEMORIES PAGE
- AFFIRMATIONS PAGE
- PLAYLIST FOR THE MONTH
- WORD OF THE MONTH

MONTH IN REVIEW

- WORLD NEWS THIS MONTH
- MEDIA CONSUMED
- MONTHLY FAVOURITES
- BUDGET
- THEME PLANNING
- "CURRENTLY..." PAGE
- LEVEL 10 LIFE CHECK-IN
- MONTHLY REFLECTION