

Lifestyle Hub Today

Personal Planner

A simple printable planner for calmer weeks, clearer priorities, and everyday life admin.

Free resource: Use this planner as a weekly reset, a household command center, or a gentle way to bring routines, goals, money, meals, and wellbeing into one place.

Name

Start date

Season or focus

What I want this planner to help with

Start Here

Use this planner as a weekly reset, a household command center, or a gentle way to bring routines, goals, money, meals, and wellbeing into one place.

Best use: choose three priorities, plan the practical details that support them, then review what actually happened before planning the next week.

A quick weekly rhythm

1. Pick a focus for the week.
2. Write the three outcomes that would make the week feel successful.
3. Block key appointments, deadlines, meals, errands, and home tasks.
4. Choose a few habits that support your energy instead of overloading the tracker.
5. End the week with a five-minute reflection.

Planner contents

Personal vision and values

90-day goals

Monthly overview

Weekly planning pages

Daily priority pages

Habit and wellness tracker

Meal plan and grocery list

Home reset checklist

Budget snapshot

Reflection and notes

Personal Vision

Define what you are making space for. Keep it honest and useful, not perfect.

What I want life to feel like in this season

What matters most to me right now

What I am ready to make less room for

A small promise I can keep to myself

90-Day Goals

Choose up to four goals. A good goal has a clear outcome, a reason it matters, and a next action small enough to start this week.

Goal	Why it matters	First steps	Measure of progress

This month I will protect time for

Priority space

Monthly Overview

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Top priority

Important dates

Bills and renewals

People to connect with

Weekly Plan 1

This week's focus	Top 3 priorities	Notes
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Schedule

Day	Appointments and deadlines	Home, errands, and reminders
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Weekly reset

To do	To buy	To follow up
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Weekly Plan 2

This week's focus

Top 3 priorities

Notes

Schedule

Day	Appointments and deadlines	Home, errands, and reminders
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Weekly reset

To do	To buy	To follow up
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Daily Priority Pages

Repeat this page as needed for busy days.

Today

Date

Top priority

Must do

Nice to do

One thing for me

Today

Date

Top priority

Must do

Nice to do

One thing for me

Habit and Wellness Tracker

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Energy check

What gave me energy?

What drained me?

What helped my mood?

What do I need next week?

Meal Plan and Grocery List

Day	Meal idea	Prep notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Groceries

Produce

Protein

Pantry

Household

Home Reset

Quick reset checklist

☐ Clear kitchen surfaces	☐ Check laundry
☐ Reset bedroom	☐ Take out rubbish or recycling
☐ Review fridge and meals	☐ Prep bag, keys, chargers, and essentials
☐ Choose one small task that will make tomorrow easier	☐ Stop when the timer ends

Room-by-room notes

Area	Notes
Kitchen	
Living area	
Bedroom	
Bathroom	
Other	

Budget Snapshot

Category	Planned	Actual	Notes
Income			
Rent or mortgage			
Utilities			
Food			
Transport			
Savings			
Personal			
Other			

Money note: use this as a snapshot, not a full accounting system. The goal is awareness and calmer choices.

Weekly Reflection

What worked well this week?

What felt harder than expected?

What did I learn about my time, energy, or routines?

What can I simplify next week?

What am I grateful for?

One small adjustment for the next plan

Notes