UNDATED DIGITAL PLANNER

Brain-friendly Planner

Tap a coloured tab on the right to start.

Home
Brain dump
Tasks
Day
Week
Month
Habits
Routines
Dopamine
Notes

Start here

Brain dump
10 pages

Tasks
10 pages

Day
120 pages

Week
52 pages

Month
12 pages

Habits
12 pages

Routines
2 pages

Dopamine
1 page

Notes
20 pages

How it works

No dates are printed, so you can start any day and skip days without wasted pages. Write the date at the top of a page when you use it.

Need more pages? In GoodNotes or Notability you can duplicate any page; the links on it keep working.

A simple way to use it:

- Empty your head into a Brain dump page, then sort it.
- Pick your top 3 on a Day page. Everything else is Must do or Nice to do.
- Turn anything big into small steps on a Tasks page.
- Do the Weekly reset once a week.
- Fill your Dopamine menu with things that help you get going.

Brain dump

3 pages

Page 1 | Page 2 | Page 3

Brain dump

page 1

Write down everything on your mind. Sort it later.

Do today

- [ ]
- [ ]
- [ ]
- [ ]

Schedule

- [ ]
- [ ]
- [ ]
- [ ]

Let go

- [ ]
- [ ]
- [ ]

Brain dump page 2

Write down everything on your mind. Sort it later.

Do today

- [ ]
- [ ]
- [ ]
- [ ]

Schedule

- [ ]
- [ ]
- [ ]
- [ ]

Let go

- [ ]
- [ ]
- [ ]

Brain dump page 3

Write down everything on your mind. Sort it later.

Do today

- [ ]
- [ ]
- [ ]
- [ ]

Schedule

- [ ]
- [ ]
- [ ]
- [ ]

Let go

- [ ]
- [ ]
- [ ]

Tasks 3 pages

Task 1

Task 2

Task 3

Break it down task 1

The big task

Why it matters

First tiny step

Due

Reward when done

Notes

	Step	Time	Done
1			☐
2			☐
3			☐
4			☐
5			☐
6			☐
7			☐
8			☐
9			☐
10			☐

Break it down task 2

The big task

Why it matters

First tiny step

Due

Reward when done

Notes

Step	Time	Done
1		☐
2		☐
3		☐
4		☐
5		☐
6		☐
7		☐
8		☐
9		☐
10		☐

Break it down task 3

The big task

Why it matters

First tiny step

Due

Reward when done

Notes

Step	Time	Done
1		☐
2		☐
3		☐
4		☐
5		☐
6		☐
7		☐
8		☐
9		☐
10		☐

Days 3 pages

Day 1 | Day 2 | Day 3

Today page 1

All days | Next ›

Date

Energy

Water

Top 3

Done list

Must do

Nice to do

Notes

Time blocks

7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Today page 2

Date

Energy

Water

Top 3

Done list

Must do

Nice to do

Notes

Time blocks

7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Today page 3

All days | ‹ Prev

Date

Energy

Water

Top 3

Done list

Must do

Nice to do

Notes

Time blocks

7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm

Weeks 3 pages

Week 1 | Week 2 | Week 3

Week page 1

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Focus this week

Weekly reset

- [ ] Empty inbox and downloads
- [ ] Check next week's calendar
- [ ] Plan meals and groceries
- [ ] Laundry
- [ ] Tidy desk and bag
- [ ] Pay bills
- [ ] Restock supplies
- [ ] Pick 3 priorities

Week page 2

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Focus this week

Weekly reset

- [ ] Empty inbox and downloads
- [ ] Check next week's calendar
- [ ] Plan meals and groceries
- [ ] Laundry
- [ ] Tidy desk and bag
- [ ] Pay bills
- [ ] Restock supplies
- [ ] Pick 3 priorities

Week page 3

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Focus this week

Weekly reset

- [ ] Empty inbox and downloads
- [ ] Check next week's calendar
- [ ] Plan meals and groceries
- [ ] Laundry
- [ ] Tidy desk and bag
- [ ] Pay bills
- [ ] Restock supplies
- [ ] Pick 3 priorities

Months 3 pages

Month 1 | Month 2 | Month 3

Month page 1

Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat

3 goals

- [ ]
- [ ]
- [ ]

Dates to remember

Wins this month

Month page 2

Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat

3 goals

- [ ]
- [ ]
- [ ]

Dates to remember

Wins this month

Month page 3

Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat

3 goals

- [ ]
- [ ]
- [ ]

Dates to remember

Wins this month

Habit trackers 3 pages

Month 1 | Month 2 | Month 3

Habit tracker month 1

All trackers
Next ›

Month

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

Colour a box each day you do it. Missing a day is fine; keep going the next.

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Habit tracker month 2

Month

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

Colour a box each day you do it. Missing a day is fine; keep going the next.

Habit tracker month 3

Month

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

Colour a box each day you do it. Missing a day is fine; keep going the next.

Routines 2 pages

Page 1 | Page 2

Routines page 1

Morning routine

- [ ]
- [ ]
- [ ]
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Evening routine

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Routines page 2

Work start routine

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Weekend routine

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- [ ]
- [ ]

Dopamine menu

your own list of things that help

Starters

Quick boosts, 5 minutes or less

Mains

Things that take longer and fill you up

Sides

Add to boring tasks: music, a podcast

Desserts

Treats to enjoy in small amounts

Notes 3 pages

Page 1 | Page 2 | Page 3

Notes page 1

Notes page 2

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Notes page 3

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