Intentional PLANNER ENTIONAL Planner

WEEKLY & DAILY
PLANNER
BY
SMART COOKIES

WELCOME TO

YOUR INTENTIONAL PLANNER

I believe this planner is yours for a reason, because you're ready to sink into a weekly practice that allows you to step into the dreams and vision you were meant for; designing and curating the intentional actions you'll take and the moments you'll create - with purpose. Enjoy!

WELCOME TO

THE Four PILLARS

ONE

ANCHOR IN *Meaning*

Reflect on your unique vision, and the aligned goals you're currently working towards. Remember why your vision and your goals hold meaning for you. Allow yourself to step into your vision as if you're already living it, how does it feel? Why does it matter to you?

TWO

Week BY DESIGN

A place to come to feel rooted and melt into the week ahead. Your blueprint, where you'll focus on the few actions and plans that really matter. Curating your week with intention and purposefully creating space for magic to unfold.

THREE

WEEKLY *Calendar*

A space to schedule your aligned actions and blissful moments each day of the week. Taking into consideration the days and times you feel you'll have the most energy and focus, and when you think you'll crave the most rest and relaxation.

FOUR

Day BY DESIGN

Now that you're clear and anchored in the few priorities that truly matter, keep coming back to your Week By Design & Your Weekly Calendar as you plan and reflect on each day. Notice how the bite-sized, but powerful actions and intentions you make each day allow you to bring more of your vision to life week after week, month after month.

PLEASE REMEMBER

THE INTENTION IS TO CREATE A weekly practice IN DREAMING. DESIGNING AND CURATING the actions YOU'LL TAKE AND THE MOMENTS YOU'LL CREATE - *WITH purpose.*

USE THE BITS YOU LOVE,

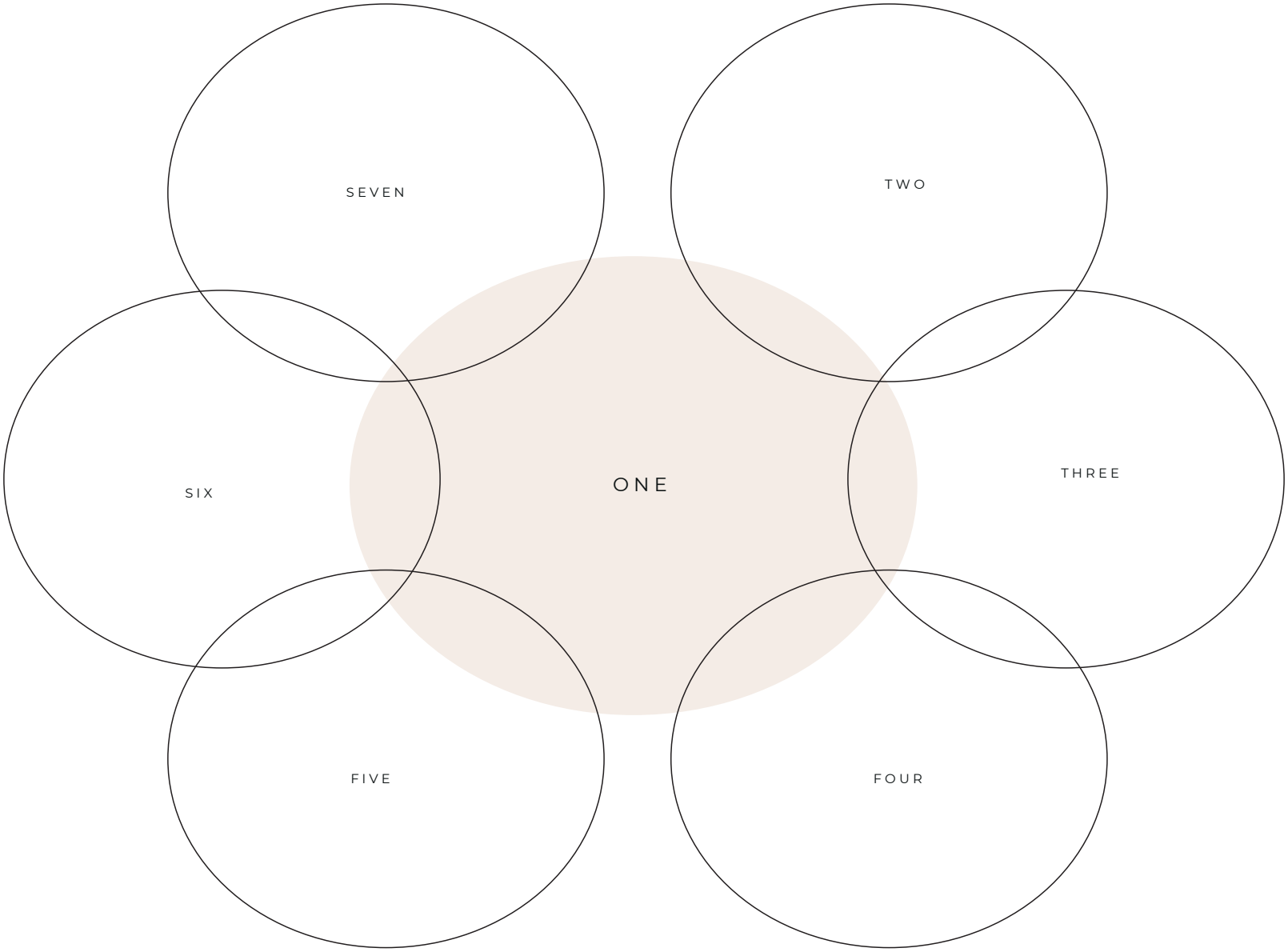
LEAVE THE BITS YOU DON'T.

IT'S ABOUT feeling rooted AND SOFTENING TOWARDS YOUR life's vision EACH WEEK. TO BRING YOU CLOSER TO yourself, AND WHAT TRULY MATTERS.

FEELING GOOD IS THE POINT

GOALS & Intentions

A space to jot your current expansive goals & intentions in each life space.



01. MY ESSENCE

02. MY RELATIONSHIPS

03. MY WELLBEING

04. MY TRAVEL

05. MY WORK

06. MY HOME & LIFESTYLE

07. MY WEALTH

Seasonal Vision

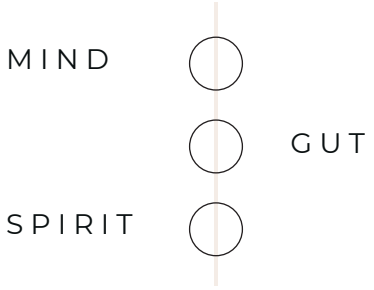
"ASK FOR WHAT YOU WANT AND BE PREPARED TO GET IT."

MAYA ANGELOU

ALIGNMENT Check In

IS MY VISION TRULY ALIGNED?

Review your goals and vision and honestly answer if it feels aligned in your mind, gut and spirit.



Month

BY DESIGN

MonthBY DESIGN

PRIORITY ACTIONS

MONTH OF

Aligned actions will you take this month to help bring your goals and vision to life.

01.

02.

03.

PRO TIP

Prime your mind for success by writing in the present tense
(as if your action is already complete) in the following format

IT IS _____ (DAY OF THE MONTH YOU WILL COMPLETE YOUR ACTION)
AND I HAVE _____ (DESCRIBE THE ACTION YOU'VE COMPLETED) AND I FEEL _____ (DESCRIBE HOW YOU FEEL)

INSPIRATION & INTENTIONS

Space to jot ideas, inspiration and intentions for the month ahead

THIS MONTH'S BLISS LIST

Small ways to step into and embody
your vision in the days ahead

01.

02.

03.

04.

REFLECTIONS

Space to hold memories, thoughts, moments of gratitude, goals achieved, dreams manifested, and lessons learned along the way

PERSONAL REMINDERS

Personal reminders to keep anchored in
your highest, truest, worthy self

MonthBY DESIGN

MONTHLY CALENDAR

WEEK ONE

WEEK TWO

WEEK THREE

WEEK FOUR

WEEK FIVE

Week

BY DESIGN

WeekBY DESIGN

PRIORITY ACTIONS

WEEK OF

Aligned actions will you take this week to help bring your goals and vision to life.

01.

02.

03.

PRO TIP

Prime your mind for success by writing in the present tense
(as if your action is already complete) in the following format

IT IS _____ (DAY OF THE WEEK YOU WILL COMPLETE YOUR ACTION)
AND I HAVE _____ (DESCRIBE THE ACTION YOU'VE COMPLETED) AND I FEEL _____ (DESCRIBE HOW YOU FEEL)

INSPIRATION & INTENTIONS

Space to jot ideas, inspiration and intentions for the week ahead

TODAY'S BLISS LIST

Small ways to step into and embody
your vision in the days ahead

01.

02.

03.

04.

REFLECTIONS

Space to hold memories, thoughts, moments of gratitude, goals achieved, dreams manifested, and lessons learned along the way

PERSONAL REMINDERS

Personal reminders to keep anchored in
your highest, truest, worthy self

WeekBY DESIGN

WEEKLY CALENDAR

S

M

T

W

T

F

S

WeekBY DESIGN

S	M	T	W
T	F	S	NOTES

WeekBY DESIGN

WEEKLY CALENDAR

WEEK OF THE	SUNDAY	MONDAY
TUESDAY	WEDNESDAY	THURSDAY
FRIDAY	SATURDAY	NOTES

INSIGHTS

Days

BY DESIGN

DayBY DESIGN

INSPIRATION & INTENTIONS

S M T W T F S

Space to jot ideas, inspiration and intentions for the day

PERSONAL REMINDERS

Personal reminders to keep anchored in your highest, truest, worthy self

PRIORITY ACTIONS

Aligned actions for today

01.

02.

03.

TODAY'S BLISS LIST

Small ways to step into and embody your vision in the days ahead

01.

02.

03.

REFLECTIONS

Space to hold memories, thoughts, moments of gratitude, goals achieved, dreams manifested, and lessons learned along the way

DayBY DESIGN

S M T W T F S

TODAY'S FLOW

04:00 AM

05:00 AM

06:00 AM

07:00 AM

08:00 AM

09:00 AM

10:00 AM

11:00 AM

12:00 PM

01:00 PM

02:00 PM

03:00 PM

04:00 PM

05:00 PM

06:00 PM

07:00 PM

08:00 PM

09:00 PM

10:00 PM

11:00 PM

12:00 AM

DayBY DESIGN

S M T W T F S

TODAY'S FLOW

04:00 AM
05:00 AM
06:00 AM
07:00 AM
08:00 AM
09:00 AM
10:00 AM
11:00 AM
12:00 PM
01:00 PM
02:00 PM
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05:00 PM
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07:00 PM
08:00 PM
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10:00 PM
11:00 PM
12:00 AM

DayBY DESIGN

S M T W T F S

TODAY'S

FLOW

04:00 AM

05:00 AM

06:00 AM

07:00 AM

08:00 AM

09:00 AM

10:00 AM

11:00 AM

12:00 PM

01:00 PM

02:00 PM

03:00 PM

04:00 PM

05:00 PM

06:00 PM

07:00 PM

08:00 PM

09:00 PM

10:00 PM

11:00 PM

12:00 AM

BLISS List

Creating small, simple, blissful moments in your day that allow you to step into your vision, is one of the most beautiful and powerful ways we can help bring our big picture vision and goals to life. Feeling good is the point.

These will of course be unique to you, but here's some examples to make your own.

- [ ] A WALK IN THE NEIGHBORHOOD YOU DREAM OF LIVING IN
- [ ] SITTING DOWN FOR A COFFEE IN A HOTEL YOU DREAM OF STAYING IN
- [ ] MEETING WITH SOMEONE WHO HAS ACCOMPLISHED THE GOAL YOU'RE WORKING TOWARDS
- [ ] MEETING WITH SOMEONE WHO CAN HELP YOU ACHIEVE A GOAL YOU'RE WORKING TOWARDS
- [ ] CALLING A FRIEND WHO SUPPORTS AND LOVES YOU
- [ ] LISTENING TO A PODCAST THAT INSPIRES YOU
- [ ] COOKING A MEAL WITH FOOD YOU LOVE
- [ ] READING FOR PLEASURE
- [ ] READING FOR SELF GROWTH
- [ ] WRITING YOURSELF A LOVE LETTER
- [ ] SPENDING YOUR MONEY WITH INTENTION ON SOMETHING YOUR REALLY LOVE
- [ ] A BATH OVER FLOWING WITH BUBBLES, OR A LONG HOT STEAMY SHOWER

BLISS List

Create your own Bliss List using the space below.

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

MY VISION IS NOT MINE BY ACCIDENT, AND I TRUST IT

I AM SURROUNDED BY LOVE AND SUPPORT, I ASK FOR IT AND RECEIVE IT

I AM ABSOLUTELY CAPABLE OF CREATING THE LIFE I CAN'T STOP THINKING ABOUT

WHAT I SECRETLY WANT IS EXACTLY WHAT I DESERVE

I DESERVE MORE THAN JUST GOOD ENOUGH

REMINDERS

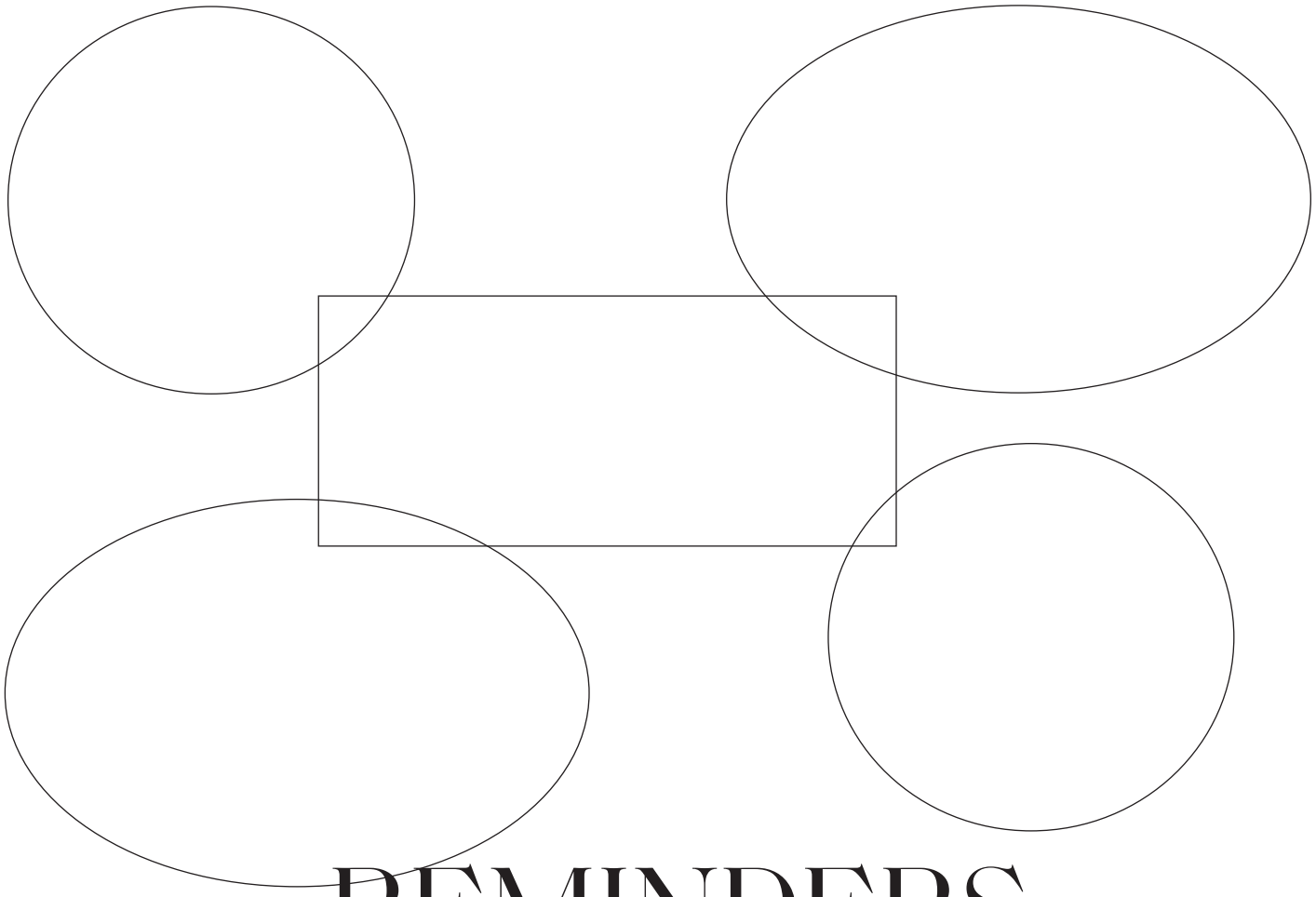
Personal reminders help to keep you inspired & anchored in your highest, truest, worthy, authentic self. These will of course be unique to you, but here's some examples to make your own.

EVERY LAYER OF HONESTY REVELS A NEW LEVEL OF LOVE

IT'S SAFE AND INSPIRING (AND IT DOESN'T MEAN I'M UNGRATEFUL) TO WANT MORE

THE MORE I DO THINGS I TRULY LOVE, THE MORE I ATTRACT

EVERYTHING I TRULY WANT IS ALREADY MINE



REMINDERS

Create a personal reminders chart using the spaces here

