



# 2 0 2 6 PLANNER



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JANUARY

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FEBRUARY

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Dear Parent,

We're so glad you're here! Parenting is an incredible journey, but let's be honest—it can also be overwhelming at times. That's why we created this **Family Planner Pack** to help you bring more organization, peace, and purpose into your daily life.

Inside this planner, you'll find practical tools designed with busy families in mind:

- ✓ **Goal-Setting Pages** – Define what matters most for your family and set meaningful, achievable goals.
- ✓ **Daily & Weekly Schedules** – Keep track of appointments, school events, and family activities effortlessly.
- ✓ **Self-Care Checklist** – Prioritize your well-being with simple daily habits that help you recharge.
- ✓ **Gratitude & Reflection** – Stay encouraged by celebrating small wins and recognizing daily blessings.

### How to Use Your Planner

1. **Start Small** – Pick one or two sections to focus on first. No need to fill out everything at once!
2. **Make It a Family Habit** – Involve your kids! Let them add their own goals or schedule items to create buy-in.
3. **Check In Weekly** – Set aside a few minutes each week to review what's working and adjust as needed.
4. **Give Yourself Grace** – Life happens. Use this planner as a guide, not a rigid rulebook.

Our goal is to help you **move from feeling reactive to proactive** so you can spend more time enjoying the moments that matter.

If you have any questions or want to share how this planner is working for your family, connect with us on Instagram **@everydayusliving**—we'd love to hear from you!

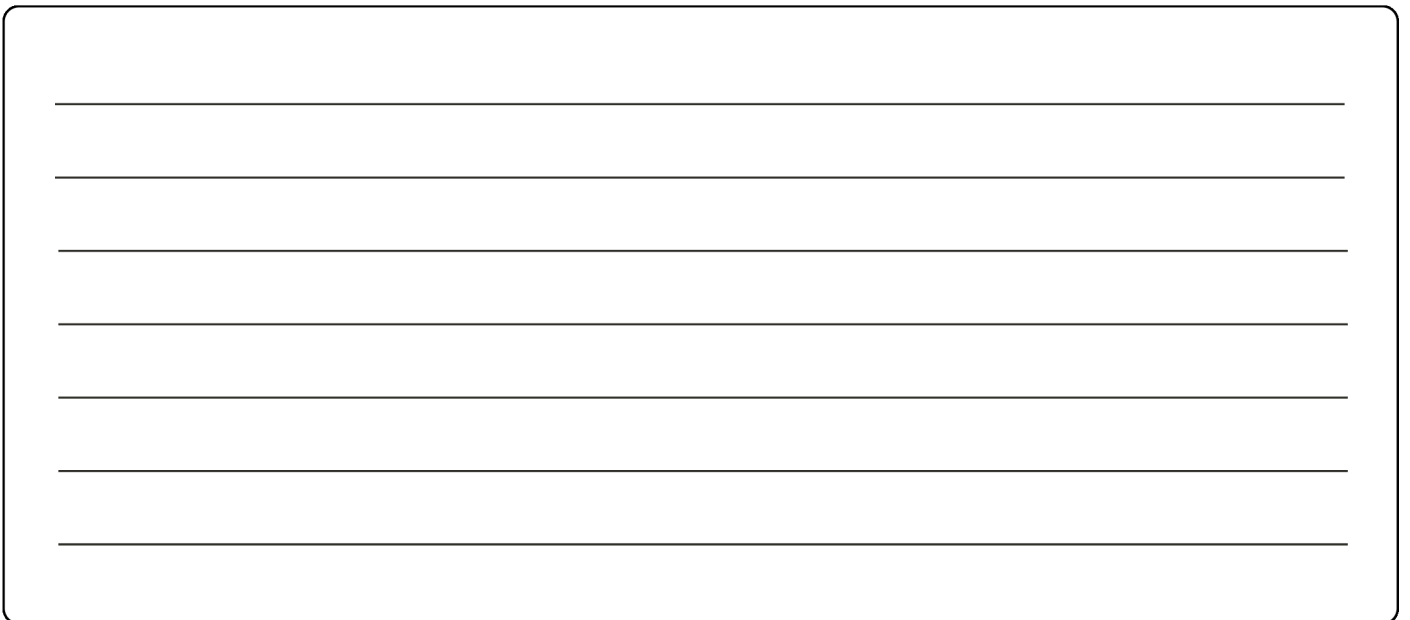
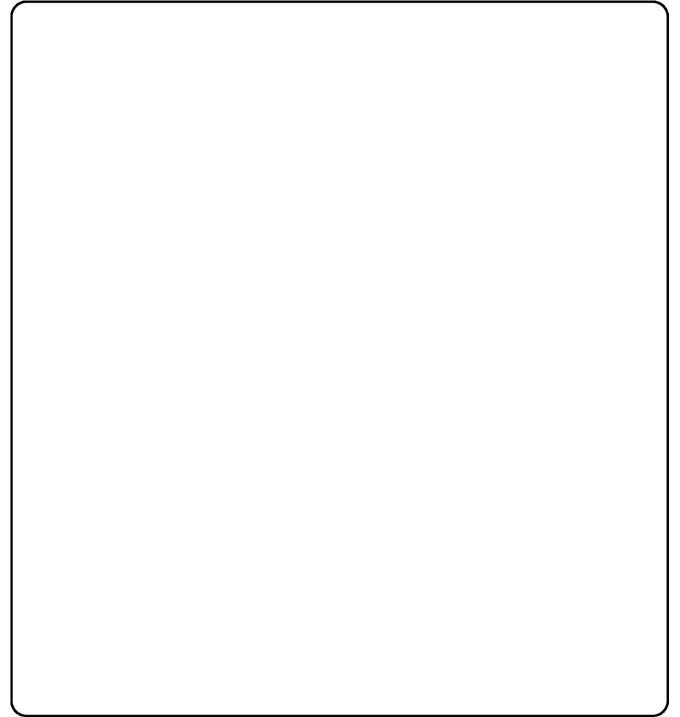
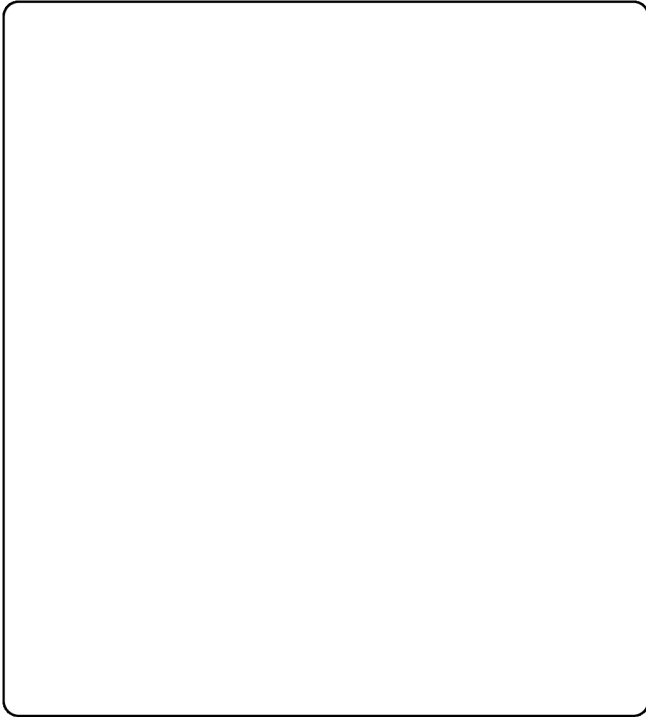
Wishing you more clarity, joy, and connection in your family life.

With gratitude,

Everyday Us Team

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# MONTHLY GOALS



# MONTHLY PLANNER

MONTH \_\_\_\_\_



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TO DO

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GOALS

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NOTES

DATE \_\_\_\_\_

MY WEEKLY

# PLANNER

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MY WEEKLY

# PLANNER

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# WEEKLY MEAL PLANNER

DATE \_\_\_\_\_

## GROCERY LIST

SUNDAY	SATURDAY	FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY

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# SELF CARE CHECKLIST

DATE \_\_\_\_\_

BASIC	M	T	W	T	F	S	S
Adequate Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mindfulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EMOTIONAL	M	T	W	T	F	S	S
Journaling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mindfulness Practices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social Connection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SELF IMPROVEMENT	M	T	W	T	F	S	S
Achieving Goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skill Development	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reflection/ Feedback	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Managing My Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# WEEKLY GRATITUDE JOURNAL

WHAT INSPIRED ME THIS WEEK?

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A MOMENT THAT MADE ME SMILE:

SOMETHING I DID WELL:

WHAT AM I LOOKING FORWARD TO NEXT WEEK?

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10 THINGS I AM GRATEFUL FOR THIS WEEK:

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# DAILY GRATITUDE JOURNAL

Date : \_\_\_\_\_



Today, I'm Grateful For

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- \_\_\_\_\_
- \_\_\_\_\_

Today Affirmations

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What Went Well Today

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Achievements of the Day

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Valuable Lessons

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People I Am Thankful For

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# DAILY GRATITUDE JOURNAL

Date : \_\_\_\_\_



Today, I'm Grateful For

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- \_\_\_\_\_
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Today Affirmations

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What Went Well Today

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Achievements of the Day

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Valuable Lessons

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People I Am Thankful For

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