

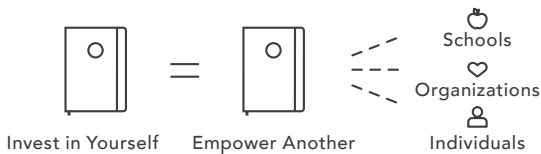
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## GET ONE | GIVE ONE





IF FOUND, PLEASE RETURN TO:

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EMAIL: \_\_\_\_\_

REWARD: \_\_\_\_\_

Your Paper Life Coach™

UNDATED SUNDAY

1-MONTH SAMPLE

# — HOW WILL YOU BENEFIT FROM PASSION PLANNER? —

## CHALLENGE YOURSELF.

Weekly challenges give you the opportunity to challenge yourself to positively influence your life.

### STAY POSITIVE.

Inspirational quotes and "Good Things that Happened" sections keep you motivated and focused on your progress.



### FOLLOW YOUR PASSIONS.

Short and long-term goal setting activities, weekly to-do lists, and monthly check-ins keep you focused on the bigger picture.

### CREATE A KEEPSAKE.

High quality materials ensure that you can enjoy your planner, ideas, memories, and reflections for years to come.



### GET FOCUSED.

Weekly and daily sections allow you to focus on what is most important.

### MANAGE YOUR TIME.

A daily appointment calendar allows you to visually keep track of how you spend your time.



### KEEP IT ALL TOGETHER.

One place to store everything. Tasks, appointments, schedules, notes, doodles, journal entries, goals. You name it, we've got a space for it.



### PUT YOURSELF FIRST.

Separated and prioritized to-do lists for personal and work tasks because all too often we put our personal needs on the back burner.

### LOOK AT THE BIG PICTURE.

Complete annual and monthly calendars allow you to get a bird's eye view of your year and months so you can plan ahead and stay organized.



### DECLUTTER.

A physical notebook allows you to empty your thoughts onto paper and declutter your mind, enabling you to visualize your goals and focus more on the present.

### CUSTOMIZE IT TO YOUR NEEDS.

Whether you are a recent grad who feels a little lost, or a professional looking to balance work, family, and your passions, this planner is structured to be tailored to your needs.

## A FRESH START

What is the biggest goal you would like to accomplish this year?

Who or what motivates you most?

Write some words of encouragement for yourself to read during hard times:

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## WELCOME!

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Welcome to Passion Planner—the one place for all your thoughts. Passion Planner is more than just a planner—it is a personal organizer that helps you identify your goals and build toward them every day. Think of it as a 24/7 life coach that fits in your backpack. It has been designed to encourage you to plan for the future, reflect on the past, but most importantly, act on the present.

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## OUR STORY

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We've all been there: uncertain about what to do in life and unsure about the next step. When Angelia Trinidad faced this anxiety after graduating from college in 2012, she decided to do something about it. She designed the Passion Planner, a personal organizer to help you simplify your life and focus on what really matters.

Since then, Passion Planner has grown into a worldwide community of dreamers, planners, and achievers. We're dedicated to helping everyone follow their passions. As a Get One, Give One company, every planner purchased lets us give one to someone in need. We partner with nonprofit organizations to support causes from education to preserving our planet.

Today, Passion Planner and our inspirational #PashFam work together to build a better tomorrow. With structure for plans, blank pages for creativity, and room for reflection, Passion Planner helps you identify your dreams and build toward them every day. When you have your Passion Planner by your side and the #PashFam all around you, there's nothing you can't do.

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## HOW THIS PLANNER IS SET UP

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This planner provides structure while still allowing plenty of room for customization to fit your lifestyle. Passion Planner takes lifelong goals and breaks them down into smaller monthly, weekly, and daily steps.

- **Passion Roadmap:** Create a step-by-step game plan to reach your goals. Once your Roadmap is set up and steps are created, they can be used as checkpoints and deadlines in the monthly and weekly layouts.
- **Monthly Layouts:** Create an overview of your month, define your GameChanger, break down your goals into actionable steps, and set deadlines.
- **Weekly Layouts:** Incorporate your goals and passions into the context of your daily responsibilities. Each weekly layout includes features to help you stay motivated, balanced, and focused.
- **Reflection Pages:** At the end of each month, reflect on the progress you've made.
- **Blank and Grid Pages:** At the very end of the planner, there are extra pages to use as creative space—the possibilities are endless!

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## WELCOME TO THE #PASHFAM!

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Whether you are one of our first Kickstarter supporters or someone who is holding a Passion Planner for the very first time, we thank you for helping us empower more individuals around the world. By being a member of the #PashFam, you have the support of a community that encourages one another to land their dream job, graduate college, plan their wedding, battle depression, overcome anxiety, and achieve their dreams.

- We want to welcome you to enjoy the extra resources that come with your new planner:
- Free downloadables on our website specially made to be used with your Passion Planner.
  - Planner tips on our social media pages and YouTube channel.
  - The support of our loving and motivational #PashFam community!

Check out the [#passionplanner](#) hashtag and connect with us below!

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## STAY CONNECTED

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Questions? Comments? Email us at [support@passionplanner.com](mailto:support@passionplanner.com).



[PASSIONPLANNER.COM](http://PASSIONPLANNER.COM)



[@PASSIONPLANNER](https://www.instagram.com/passionplanner)



[@THEPASSIONPLANNER](https://www.facebook.com/thepassionplanner)



[@PASSION\\_PLANNER](https://twitter.com/passion_planner)

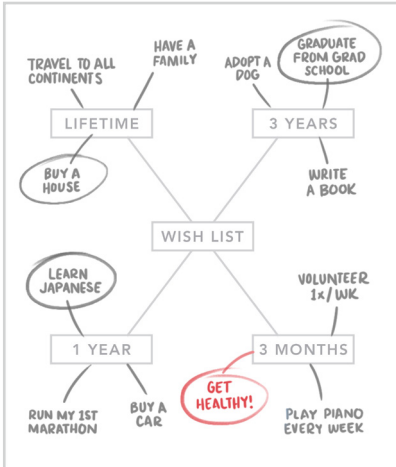


[PASSIONPLANNERVERIDEO](https://www.youtube.com/channel/UC...)

# HOW PASSION

## A SIMPLE 4-STEP GUIDE

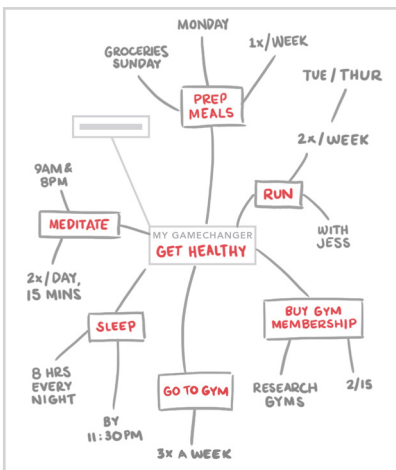
### 1 DREAM BIG



### PASSION ROADMAP

- A one page overview of your short and long term goals.
- Once you're done, circle one goal in each section that you would like to prioritize.
- The first step to achieving your goals is to write them down, so don't hold back. Let yourself dream big on this page.

### 2 BREAK IT DOWN



### GAMECHANGER

- Pick one of the goals you circled that will have the most positive impact on your life. This is your GameChanger. Write it in the center square.
- Start writing all the steps that will help you achieve this goal.
- Go back and get specific. Add due dates, details, or times of day.
- Now transfer these steps to your monthly and weekly layouts to ensure you are making progress towards that goal and your true passions, every day.

# PLANNER WORKS

TO ACHIEVING YOUR GOALS

## 3 WORK AT IT

	ARM DAY	
<b>DINK 6oz OF WATER EVERYDAY</b>  - DAN 3 MILES! - DID 25 PUSHUPS - COFFEE W/ MY SIS	<b>MEDITATE WORK</b>  <b>MEETING W/ SAGE</b>  <b>BUY GROCERIES</b>  <b>MEAL PREP</b>	<b>RUN W/ JESS</b>  <b>MEDITATE WORK</b>  <b>TURN IN REPORTS</b>  <b>DOG SIT BANDIT!</b>
<b>CALCULATE FOOD &amp; GROCERY EXPENSES</b>  <b>BUY A GYM MEMBERSHIP</b>  <b>PAY OFF CREDIT CARD</b>	<b>FINISH POWERPOINT &amp; REVIEW DECISIONS</b>  <b>ORGANIZE NOTES FROM MEETING W/ SAGE</b>	

LEG DAY	PRESENTATION	CARDIO	
<b>MEDITATE WORK</b>  <b>PRESENTATION ON HR</b>  <b>GYM DAY! MEDITATE</b>	<b>RUN W/ JESS</b>  <b>MEDITATE WORK</b>  <b>DOCTOR'S APPOINTMENT</b>	<b>MEDITATE WORK</b>  <b>CHECK IN W/ CAROL</b>  <b>GYM DAY! MEDITATE</b>	<b>MEDITATE MEETING W/ ANJELIA GYM!</b>  <b>COFFEE DATE W/ SIS</b>  <b>MEDITATE</b>
<b>GROCERIES</b> <input type="checkbox"/> CHICKEN <input type="checkbox"/> CORNISH <input type="checkbox"/> HUSHBOBOMB <input type="checkbox"/> SPINACH <input type="checkbox"/> EGGS <input type="checkbox"/> QUINON	<b>YOUR MIND IS LIKE A MOUNTAIN</b> 	<b>ESSENTIALING IS KEY</b>  <b>LET GO OF THOUGHTS</b>	

## WEEKLY LAYOUTS

- Pick one day to schedule an appointment with yourself to prepare for the week ahead.
- Use this time to develop a habit to create intentions for the week.
- Start by inputting all your daily responsibilities (work, class, appointments, etc.).
- Add any tasks you must get done this week in order of importance into the to-do sections.
- Add your weekly and daily focuses by asking yourself, "If I could only do one thing today/this week, and still feel like my day/week was successful, what would it be?"

## 4 REFLECT

<b>QUESTION 1</b>  <b>I'M PROUD OF MYSELF FOR RUNNING EVERY WEEK THIS MONTH. I DIDN'T RUN TWICE EVERY WEEK, BUT THIS IS STILL A GREAT START.</b>	<b>QUESTION 4</b> 
<b>QUESTION 2</b>  <b>I'M LEARNING TO PRIORITIZE MY TIME BETTER SO I CAN EAT HEALTHIER, EXERCISE &amp; MEDITATE. I HAD TO RECOGNIZE WHEN I WAS BEING LAZY AND THAT HELPED ME BE MORE PRODUCTIVE.</b>	<b>QUESTION 5</b>  <b>I'M GRATEFUL FOR MY SIS — SHE TAUGHT ME THE BASICS OF MEAL PREPPING &amp; PUSHED ME TO KEEP GOING ON DAYS I REALLY STRUGGLED.</b>
<b>QUESTION 3</b>  <b>I'M PRETTY HAPPY WITH HOW I SPENT MY TIME. IT'S NOT PERFECT, BUT I'M GLAD I COMMITTED TO DOING MEAL PREPS AND BUYING A GYM MEMBERSHIP.</b>	<b>QUESTION 6</b>  <b>I WANT TO IMPROVE HOW OFTEN I EXERCISE BY:</b> <b>1. WAKING UP EARLIER</b> <b>2. COUNTING MY STEPS</b> <b>3. JOINING A YOGA CLASS</b>

## MONTHLY REFLECTION

- At the end of each month, schedule an appointment with yourself to reflect on the past month and the progress you've made.
- Tip: At the end of each week, fill out your reflection. That way, you don't have to wait until the very end of the month to do it!
- Go back to your Passion Roadmap and see if you can check off any goals.
- Now start a new GameChanger or continue working on the previous GameChanger for the upcoming month.
- There is no "right" or "wrong" way to use your Passion Planner. Fill it out using whatever method is easiest and makes the most sense to you.

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# YOUR PASSION ROADMAP

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A STEP-BY-STEP GUIDE TO MAPPING OUT YOUR GOALS

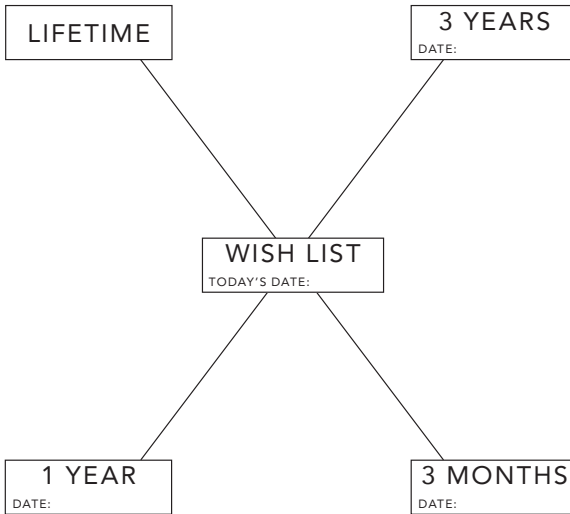
## 1. MAKE A WISHLIST

Set a timer for five minutes. Imagine that whatever you write on this piece of paper will come true within the designated time frame. Think of it as a wishlist describing your ideal life. Ask yourself,

**"IF I COULD BE ANYTHING, DO ANYTHING, OR HAVE ANYTHING, WHAT WOULD IT BE?"**

Write every single thing that comes to mind and be as specific as possible. Lastly, do not feel the need to be realistic or justify your dreams. Just write.

**READY. SET. GO.**



## 2. PRIORITIZE

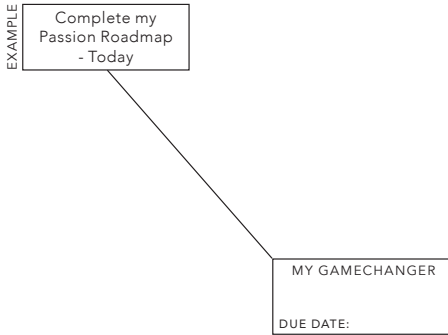
Time's up! Now set the timer for 1 minute. Go back to each of the four sections and circle one goal that would have the MOST positive impact on your life.

**READY. SET. GO.**

These are the four goals that you are going to prioritize. Now we are going to create a Passion Plan to map out how to get there. A Passion Plan is a mind map that visually breaks down your goals into steps that are specific, actionable, measurable, and time sensitive.

### 3. CREATE YOUR FIRST PASSION PLAN

Your GameChanger is the goal that would have the most positive impact on your life right now. Write this in the blank box below. Set your timer for five minutes. Write down all the necessary steps needed to achieve your goal; the more detailed, the better. Connect each step to the middle box with a line (see example).



### 4. ADD SPECIFICS

Assign due dates for each of these tasks. Be specific and be sure to indicate how much, how many, or by when.

### 5. CREATE A TIMELINE

Number all the tasks in the order in which they must be completed.

### 6. MAKE A DATE

Write all these tasks in the corresponding due dates in your weekly layout. Throughout the year, use these as checkpoints to keep you on track.

### 7. WORK AT IT!

For this goal, strive to do at least one productive thing at the beginning of your day to get you closer to your goal. Consistency is key. If you skip a day, be sure to make up for it the next day.

### 8. REPEAT

Repeat this process for as many goals as you'd like.

### EXTRA CREDIT

Find a follow-up buddy to check-in with you and help you stay accountable for your goals. Cross out "Lifetime", "3 Years", "1 Year" and "3 Months" and replace them with "5 YEARS", "1 YEAR", "3 MONTHS" and "1 MONTH" respectively. Now challenge yourself to meet those deadlines.







# MONTH OF

## THIS MONTH'S FOCUS

PERSONAL	
WORK	

## PEOPLE TO SEE


## PLACES TO GO


## NOT TO-DO LIST


SUNDAY	MONDAY	TUESDAY

## PERSONAL PROJECTS

TOP PRIORITY PROJECT:

DUE DATES


## WORK PROJECTS

TOP PRIORITY PROJECT:

DUE DATES


PROJECT:

DUE DATES


PROJECT:

DUE DATES


WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

**BREAK IT DOWN: CREATE A MIND MAP OF THIS MONTH'S GAMECHANGER**



## MONTHLY REFLECTION

How are you different between this past month and the month before it?

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What or who are you especially grateful for this past month?

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Name three things you can improve on this upcoming month.

What concrete actions can you take to work towards these improvements?

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From 1-10, how do you feel overall about this past month?

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## END OF THE MONTH CHECKLIST

- HIGHLIGHT YOUR ACCOMPLISHMENTS:** Go back to your Passion Roadmap and highlight any goals you reached or steps you completed.
- REFORM:** Choose this month's GameChanger from your Roadmap. Use the space on the bottom right of your monthly layout to break the goal down into smaller steps and assign deadlines for each step.
- SET CHECKPOINTS:** Move these steps into their respective weekly layouts as checkpoints to track progress.

WEEK OF

**THIS WEEK'S FOCUS**

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**GOOD THINGS THAT HAPPENED**

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**THE SECRET OF GETTING AHEAD IS GETTING STARTED.**

- MARK TWAIN -

Start off the year strong by reviewing your victories and writing down the key lessons you've learned from the past year. How will you apply what you've learned to reach your goals this year? Write down three concrete tasks you can do this week to help you achieve your biggest goal for the year.

**SUNDAY**

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**PERSONAL TO-DO LIST**


**PRIORITY**


**ERRANDS**


**WORK TO-DO LIST**


**PRIORITY**


**ERRANDS**


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**SPACE OF INFINITE POSSIBILITY™**



WEEK OF

**THIS WEEK'S FOCUS**

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**GOOD THINGS THAT HAPPENED**

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**THE PAST, THE PRESENT AND THE FUTURE ARE REALLY ONE: THEY ARE TODAY.**

- HARRIET BEECHER STOWE -

Live in the now. Too often, we worry about the future or regret something that we have done in the past. This week, focus your time and energy on things you can control in the present moment.

**SUNDAY**

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**PERSONAL TO-DO LIST**

TOP PRIORITY	

**PRIORITY**


**ERRANDS**


**WORK TO-DO LIST**


**PRIORITY**


**ERRANDS**


WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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SPACE OF INFINITE POSSIBILITY™

WEEK OF

**THIS WEEK'S FOCUS**

--

**GOOD THINGS THAT HAPPENED**

--

**IF YOU WISH TO  
MOVE MOUNTAINS  
TOMORROW, YOU  
MUST START BY LIFTING  
STONES TODAY.**

- AFRICAN PROVERB -

Stay on course with your biggest goal this week by breaking it down into steps, assigning time frames, and writing them into your weekly schedule.

**SUNDAY**

**TODAY'S FOCUS**

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**PERSONAL TO-DO LIST**

TOP PRIORITY	

PRIORITY	

ERRANDS	

**WORK TO-DO LIST**




WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
6:00	6:00	6:00	6:00
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**SPACE OF INFINITE POSSIBILITY™**

WEEK OF

**THIS WEEK'S FOCUS**

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**GOOD THINGS THAT HAPPENED**

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**SUNDAY**

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TODAY'S FOCUS

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**TUESDAY**

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**BEFORE ANYTHING ELSE, PREPARATION IS THE KEY TO SUCCESS.**

- ALEXANDER GRAHAM BELL -

Practice spending ten minutes of every morning to mentally prepare yourself for the day. Visualize how you want your day to go to help you stay focused and productive.

**PERSONAL TO-DO LIST**

TOP PRIORITY	

PRIORITY	

ERRANDS	

**WORK TO-DO LIST**




WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
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**SPACE OF INFINITE POSSIBILITY™**

WEEK OF

**THIS WEEK'S FOCUS**

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**GOOD THINGS THAT HAPPENED**

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**WE CANNOT SOLVE OUR PROBLEMS WITH THE SAME THINKING WE USED WHEN WE CREATED THEM.**

- ALBERT EINSTEIN -

Challenge yourself to think outside the box. Try approaching a situation from another person's perspective to understand that there is more than one solution to a problem.

**SUNDAY**

TODAY'S FOCUS

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**PERSONAL TO-DO LIST**




**WORK TO-DO LIST**




TOP PRIORITY

PRIORITY

ERRANDS

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS	TODAY'S FOCUS
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**SPACE OF INFINITE POSSIBILITY™**