

PERSONAL PLANNING TOOLKIT



LIFE GOAL PLANNER

RELATIONAL	
PHYSICAL	
FINANCIAL	
MENTAL	
SPIRITUAL	

MEAL PLANNER

MONTH OF:

MON	TUE	WED	THU	FRI	SAT	SUN

2024 PROJECT: IMPROVE ME!



GROCERY LIST

FRUITS ☐ ☐ ☐ ☐ ☐	MEAT / POULTRY ☐ ☐ ☐ ☐ ☐	BREAD / GRAINS ☐ ☐ ☐ ☐ ☐
VEGETABLES ☐ ☐ ☐ ☐ ☐	DAIRY ☐ ☐ ☐ ☐ ☐	DELI ☐ ☐ ☐ ☐ ☐
SNACKS ☐ ☐ ☐ ☐ ☐	BEVERAGES ☐ ☐ ☐ ☐ ☐	HOUSEHOLD ☐ ☐ ☐ ☐ ☐
OTHER ☐ ☐ ☐		

FINANCIAL GOAL PLANNER

INCOME	
SAVINGS	
DEBT REDUCTION	
BUDGET	
INVESTMENTS	

BILL TRACKER

[illegible]

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