

F a s t i n g B o o s t

Power Planner

Goal-Oriented Health
Management Journal
with a lot of wisdom!



HOW TO USE THIS PLANNER

- Start on the Quarterly page. Define your life vision and mission under Your Dream Life. Spend some time on this. Then write down goals and habits relevant to your vision and mission.
- On the Monthly page, write down your monthly fasting goal, this should increase every few months. Then fill out the goals and habits section. These should be smaller monthly goals in comparison to what we wrote previously.
- Each week you will be writing a review on how your last week went and how you can improve. Fill out the goals and habits section accordingly, these should be refined from your monthly goals.
- The Daily section is where the magic happens. It is crafted in a way that will drastically increase your productivity and quality of life if used on a daily basis. Hitting your goals will be a breeze.
- Morning gratitude should be used to reflect and be grateful for what you have. This starts your day on the right foot. Nightly thoughts are a mini reflection of how your day went, so you can be better tomorrow.
- Your task management is essential. Write down a fasting goal, list priority tasks relevant to that goal, and write other tasks that can be knocked out if you have the time. Small steps lead to big accomplishments.
- Over time, your happiness, productivity, and quality of life will skyrocket. This planner should not be treated as optional. It is your companion in chaos.

QUARTER YOUR DREAM LIFE

A large grid area for planning a quarter, consisting of 20 columns and 40 rows of small squares.

MORNING ROUTINE	NIGHTLY ROUTINE
GOALS FOR 3-6 MONTHS	HABITS FOR 3-6 MONTHS

MONTH _____

S

M

T

W

T

F

S

FASTING GOALS

FOCUS GOALS

DEADLINE

DEADLINE

DEADLINE

FOCUS HABIT

WHAT I WILL DO TO ACHIEVE IT

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WEEK

MY
PREVIOUS
WEEK

HOW I WILL IMPROVE
FROM LAST WEEK

FOCUS GOALS

1

DEADLINE

2

DEADLINE

3

DEADLINE

MY PROJECTS

WEEKLY FOCUS HABIT

WHAT I WILL DO TO ACHIEVE IT



