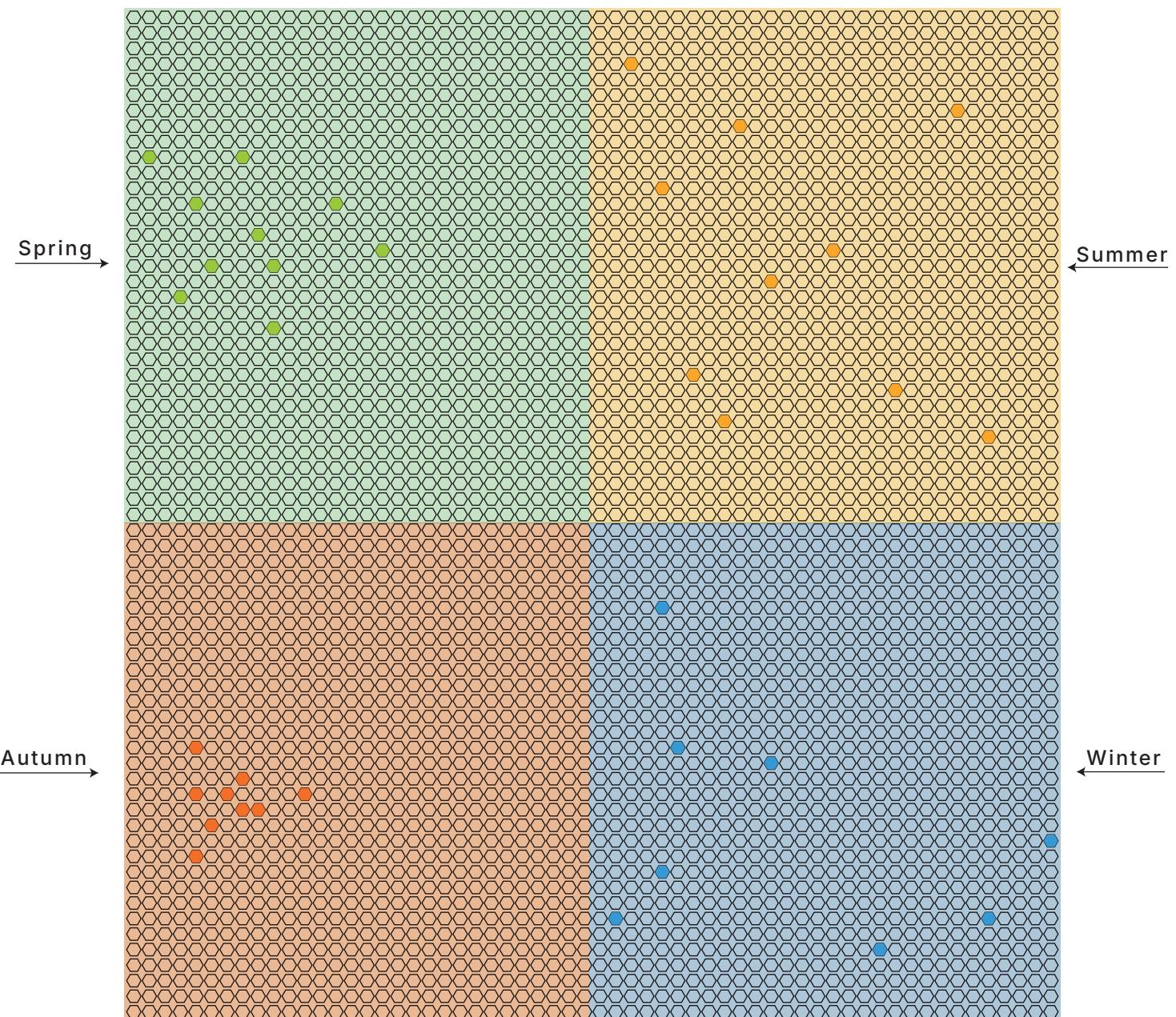




MAKE  
THIS YEAR  
COUNT.

# 3,900 WEEKS

A lifetime in weeks — and the moments that make them matter.



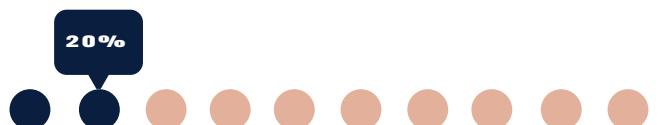
You have roughly 3,900 weeks in the average lifetime — about 75 years...

At first, it sounds like a lot. But most of those weeks pass quietly, blending into the rhythm of daily life. Eight hours of each day are spent sleeping. Eight more are spent working.

The rest go to commuting, cooking, eating, and getting ready to do it all again. When you strip it down, most people truly live freely during their Friday nights, Saturdays, and Sundays — the weekends, the few fragments of time we fully control. Out of 3,900 weeks, only a select few will define you.

The week you were born.  
The week you graduated/left school  
The week you fell in love.  
The week your child was born.  
The week you lost someone dear.  
The week you made a change that altered your life's course.

These are the moments that shine brighter than the rest — the ones that give meaning to all the others. But the point of this illustration isn't to remind you how little time you have — it's to inspire you to fill more of your weeks with light. To create significance, not wait for it. To be intentional, to plan, to make space for the experiences, relationships, and memories that truly matter. Don't leave your story to chance. Make as many memorable weeks as you can...



# THE SEASONS OF YOUR YEAR

Before you move forward, it can be grounding to gently look back at the year you've just lived.

This planner is designed to be a companion — a space to reflect, set intentions, and check in with yourself at a pace that feels natural.

To begin, you may want to revisit the past year season by season. Take a quiet moment to browse through your calendar, photos, or memories, and let the key moments rise to the surface — the highlights, the challenges, the shifts, and the lessons.

Use the space below to capture anything from each season that feels meaningful or memorable. There's no right or wrong way to do

## WINTER — DECEMBER, JANUARY, FEBRUARY

## SPRING — MARCH, APRIL, MAY

## SUMMER — JUNE, JULY, AUGUST

## AUTUMN — SEPTEMBER, OCTOBER, NOVEMBER

30%



# REFLECT ON THESE AREAS OF YOUR LIFE

You can use this space to explore how different areas of your life have felt over the past year. There's no need to fill every box — just write whatever feels true

**WHAT MOMENTS CHALLENGED YOUR MENTAL OR EMOTIONAL WELLBEING THIS YEAR?**

**HOW HAVE YOU BEEN FEELING IN YOUR BODY LATELY?**

**WHAT HAS WORK OR STUDY FELT LIKE FOR YOU OVERALL?**

**WHAT HOBBIES OR INTERESTS BROUGHT YOU JOY THIS YEAR?**

40%



# PRACTICE GRATITUDE

If you'd like, use this space to pause and acknowledge the people and moments you're grateful for this year.

**WHAT ARE YOU MOST GRATEFUL FOR THIS YEAR ?**

**“WHEN EATING FRUIT,  
REMEMBER THE ONE WHO  
PLANTED THE TREE ”.**

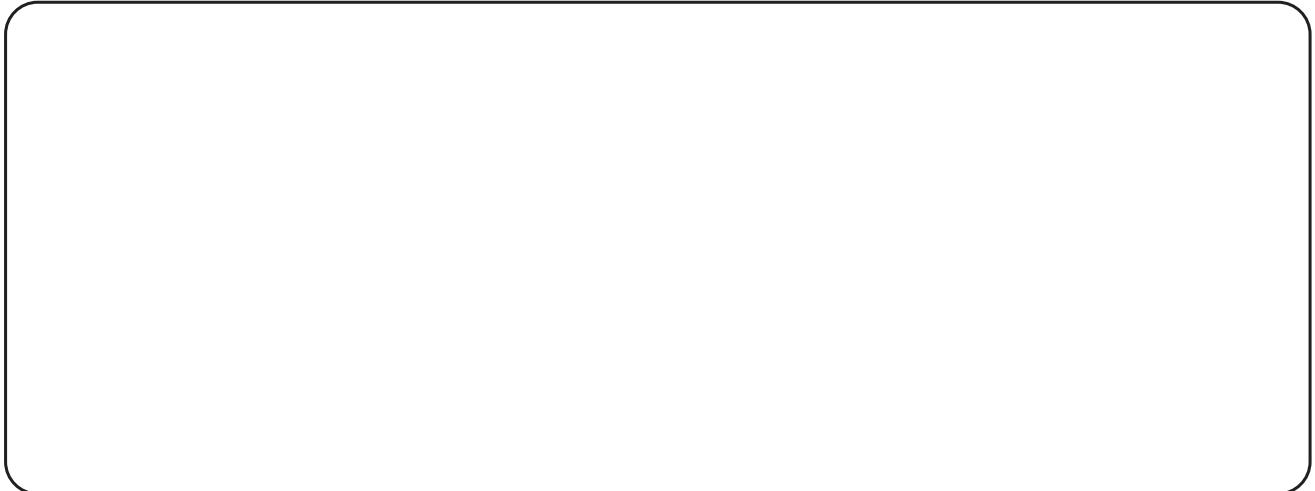
**NAME THE PEOPLE WHO HELPED YOU MOST?**

**NOTE ANY KIND WORDS OR GESTURES OTHERS  
DONE FOR YOU?**



# BRINGING 2025 TO A CLOSE

**LOOKING BACK, WHAT CHALLENGES SHAPED YOU THIS YEAR?**



**WHAT LESSONS STAYED WITH YOU?**



# STEPPING INTO 2026

Sometimes planning feels scary, because it opens the door to possible disappointment. But desire is part of being human — and intention is how we give those desires direction. When you're clear about what matters to you, crossroads become easier to navigate.

**IF THERE ARE ANY IMPORTANT MOMENTS ALREADY ON THE HORIZON FOR 2026 – TRIPS, MILESTONES, NEW BEGINNINGS – YOU CAN NOTE THEM BELOW.**



# THIS YEAR, WHAT DO YOU WANT ?

These are your **core goals** for the year — the ones with specific steps you want to take.

As you look ahead, you might find it helpful to set goals with simple steps you can follow. They don't need to be perfect — you can always refine them as the year unfolds.

**MHA:** Mental Health and Awareness  **HI:** Hobbies and Interests

**PHF:** Physical Health and Fitness  **CBS:** Career / Business / Studies

**GOAL:**  
\_\_\_\_\_  
\_\_\_\_\_

**NEXT STEPS:**

1: \_\_\_\_\_  
2: \_\_\_\_\_  
3: \_\_\_\_\_

1 2 3

**MHA:** Mental Health and Awareness  **HI:** Hobbies and Interests

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**GOAL:**  
\_\_\_\_\_  
\_\_\_\_\_

**NEXT STEPS:**

1: \_\_\_\_\_  
2: \_\_\_\_\_  
3: \_\_\_\_\_

1 2 3

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**GOAL:**  
\_\_\_\_\_  
\_\_\_\_\_

**NEXT STEPS:**

1: \_\_\_\_\_  
2: \_\_\_\_\_  
3: \_\_\_\_\_

1 2 3

80 %



# FINISH THESE STATEMENTS FOR THIS YEAR

These statements capture how you want to feel, grow, and live this year. They act as softer goals — guiding your choices and helping you stay aligned with what matters.

**THIS YEAR, I WANT TO SPEND MORE TIME...**

**THIS YEAR, I WANT TO STRENGTHEN...**

**THIS YEAR, I WANT TO CREATE...**

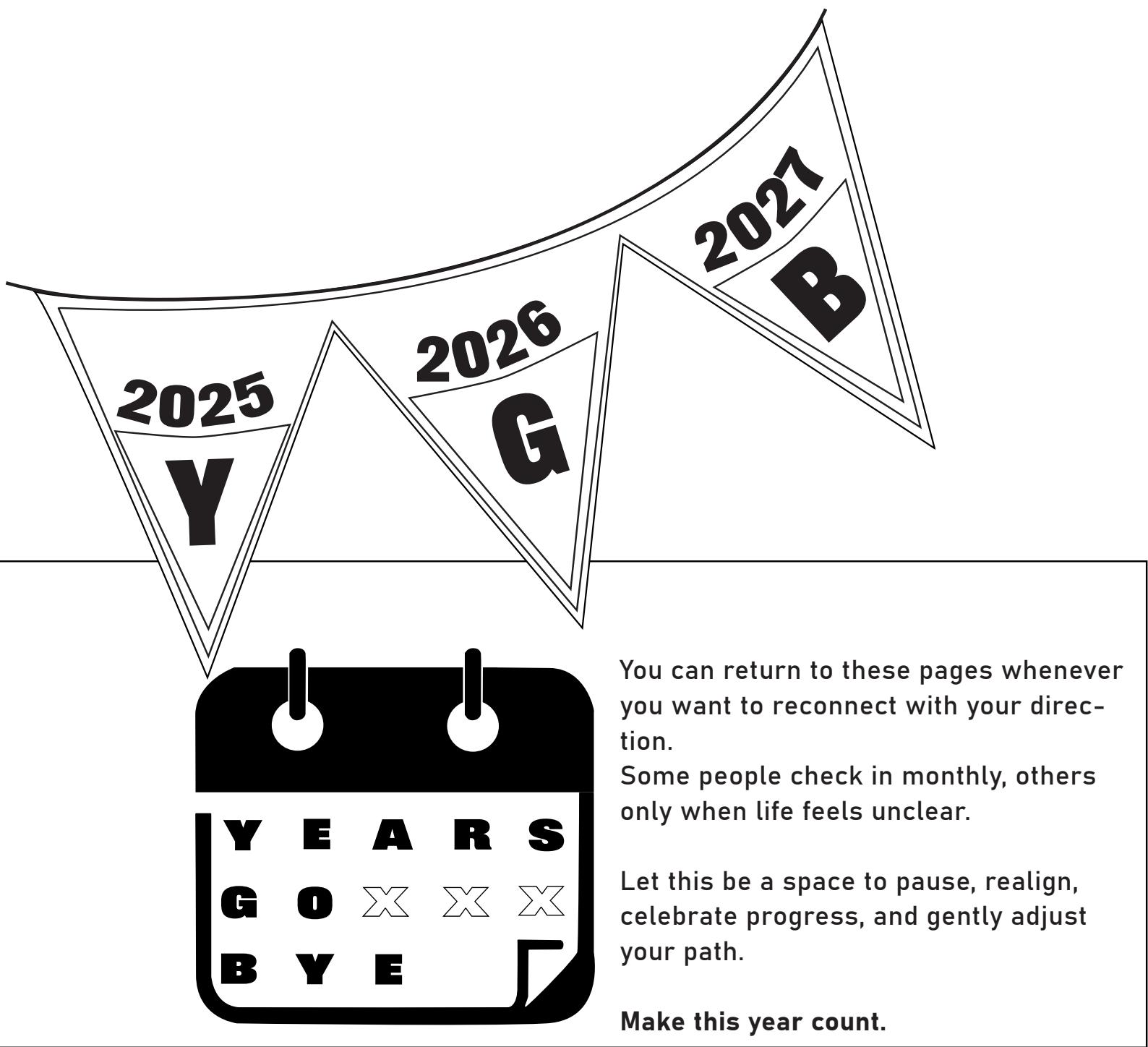
**THIS YEAR, I WANT TO STOP REPEATING...**

**THIS YEAR, I WANT TO LET GO OF...**

**THIS YEAR, I ALSO WANT TO...**

90%





You can return to these pages whenever you want to reconnect with your direction.

Some people check in monthly, others only when life feels unclear.

Let this be a space to pause, realign, celebrate progress, and gently adjust your path.

Make this year count.

