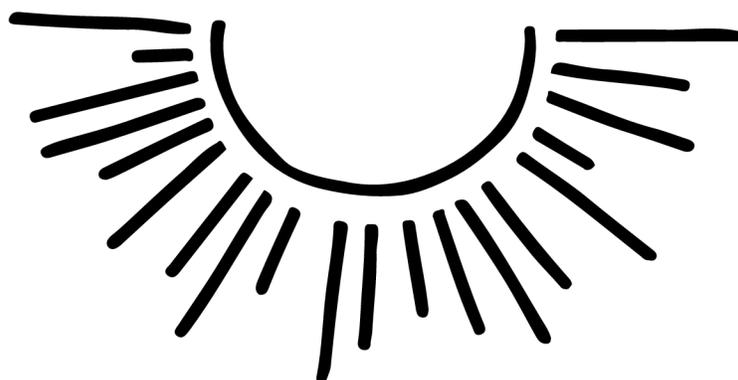


# Abundance

PLANNER - JOURNAL

*Natural Rhythm & Flow  
Energy Attunement*



## Abundance Planner-Journal Pages

1. Cover
2. Index
3. Personal Overview Page
4. Gratitude + Affirmations
5. Self-Care Rituals & Routines
6. Self-Care Rituals
7. Self-Care Recipes
8. Rising & Night Routine
9. Weekly & Moon Cycle Rituals
10. Season Overview
11. Season Overview 2
12. Seasonal Goal Planner
13. 13-New Moon Goals
14. Lunar Cycle Planner
15. Habit / Ritual Builder
16. Weekly Planner
17. Mineral (Meal) Plan / Sensory Input Tracker
18. "I feel..." Self Check-In
19. Meditation Notes
20. Blank Journal Page
21. Blank Journal Page
22. Alternate Cover
23. Alternate Cover

- ✓ Achieve flow-state by synchronizing your bio-rhythm & schedule with nature's cycles.
- ✓ Align your big-picture goals with your every-day to-do list.
- ✓ Clearly identify personal energetic input & output.
- ✓ Commit to self-care and consistent intentional action.

---

This planner works best by printing out the pages and organizing them according to your preference in a binder for easy daily use.

### Primary Pages

- Cover, Personal Overview, Gratitude + Affirmations, Self-Care Rituals & Routines, Self-Care Rituals, Self-Care Recipes, Rising & Night Routine, Seasonal Goal Planner, 13-New Moon Goals

### Seasonal

- Weekly & Moon Cycle Rituals, Season Overview, Season Overview 2

### New-Moon

- Lunar Cycle Planner, Habit / Ritual Builder

### Weekly

- Weekly Planner, Mineral Plan, Self Check-In, Meditation Notes

## Personal Life Intentions

goals / mission / purpose

---

---

---

---

---

---

---

---

## Personal Gifts

talent / skills / insight / passion /  
experience / extrasensory

---

---

---

---

---

---

---

---

## Personal Needs

mental / physical / emotional / spiritual / relational

---

---

---

---

---

---

---

---

## Personal Values

standards (of dignity & integrity)

---

---

---

---

---

---

---

---

## Personal Boundaries

physical / time / emotional / energetic, etc.

---

---

---

---

---

---

---

---

## Nonnegotiables

I don't... consume, engage with, go to, watch, etc.

---

---

---

---

---

---

---

---



## Self-Care Rituals & Routines

	Daily	Weekly	Monthly	Seasonal
Skin				
Hair				
Mouth / Teeth				
Gut / Womb				
Feet / Back				
Body Movement				
Energy Work				
Home Care				

# Self-Care Rituals

**Ritual:**

Intention:

Frequency:

Elements + Tools:

The Process:

Best when:

**Ritual:**

Intention:

Frequency:

Elements + Tools:

The Process:

Best when:

**Ritual:**

Intention:

Frequency:

Elements + Tools:

The Process:

Best when:

**Ritual:**

Intention:

Frequency:

Elements + Tools:

The Process:

Best when:

# Self-Care Recipes

**Recipe:**

Intention:

---

---

Application:

Ingredients + Tools:

---

---

---

---

---

The Process:

---

---

---

---

---

---

---

Best when:

---

---

**Recipe:**

Intention:

---

---

Application:

Ingredients + Tools:

---

---

---

---

---

The Process:

---

---

---

---

---

---

---

Best when:

---

---

**Recipe:**

Intention:

---

---

Application:

Ingredients + Tools:

---

---

---

---

---

The Process:

---

---

---

---

---

---

---

Best when:

---

---

**Recipe:**

Intention:

---

---

Application:

Ingredients + Tools:

---

---

---

---

---

The Process:

---

---

---

---

---

---

---

Best when:

---

---



# Weekly + Moon Cycle Intentions & Rituals

	MoonDay	MarsDay	MercuryDay	JupiterDay	VenusDay	SaturnDay	SunDay
Principles & Intentions	1	2	3	4	5	6	7
Daily Rituals							

## Lunar - Principles & Intentions

New Moon: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1st Quarter (Waxing): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Full Moon: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3rd Quarter (Waning): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Lunar - Rituals

New Moon

\_\_\_\_\_

\_\_\_\_\_

Waxing Moon

\_\_\_\_\_

\_\_\_\_\_

Full Moon

\_\_\_\_\_

\_\_\_\_\_

Waning Moon

\_\_\_\_\_

\_\_\_\_\_

**Season:** \_\_\_\_\_

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

New Moon Dates: \_\_\_\_\_

**Seasonal Themes + Principles**

---

---

---

---

---

---

**Reflection of Last Season**  
breakthroughs / challenges / pivotal moments

**Intentions + Goals**

---

---

---

---

---

---

---

---

---

---

**Important Dates**

**Routines & Rituals**

---

---

---

---

---

---

---

---

---

---

**How personal internal energy**  
season mirrors / is affected by season  
+ Seasonal Needs

**Transitioning into Season**  
+ Transitioning out of Season

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Season:** \_\_\_\_\_

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

New Moon Dates: \_\_\_\_\_

**Average Temperatures**

---

---

---

**Average Rainfall**

---

---

---

**Seasonal Herbs & Produce  
for Grow-Zone**

---

---

---

---

---

**Solar & Lunar  
Patterns**

---

---

---

---

---

**Seasonal Weather  
Patterns & Advisories +  
How to Identify Shifts**

---

---

---

---

---

**Seasonal Changes in Terrain &  
Local Bodies of Water**

---

---

---

---

---

**Tidal Patterns of Nearest Ocean**

---

---

---

---

**Bird Patterns**

---

---

---

---

**Natural Indicators of  
N / E / S / W Directions + Amount of Daylight**

---

---

---

**Notes / Observations**

---

---

---

Year: \_\_\_\_\_

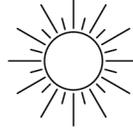
Universal Year (1-9): \_\_\_\_\_

# Seasonal Planner + Goals

**SPRING** Spring Equinox: \_\_\_\_\_



**SUMMER** Summer Solstice: \_\_\_\_\_



**FALL** Fall Equinox: \_\_\_\_\_



**WINTER** Winter Solstice: \_\_\_\_\_





# New Moon Planner + Goals



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



# Monthly Calendar

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

Season: \_\_\_\_\_

Sign: \_\_\_\_\_

New Moon: \_\_\_\_\_ 1st Quarter: \_\_\_\_\_  
(day 1) (waxing)

Intentions + Goals: \_\_\_\_\_

Full Moon: \_\_\_\_\_ 3rd Quarter: \_\_\_\_\_  
(waning)

\_\_\_\_\_

\_\_\_\_\_

	MoonDay	MarsDay	MercuryDay	JupiterDay	VenusDay	SaturnDay	SunDay
calendar day							
calendar date	1 ___ / ___	2 ___ / ___	3 ___ / ___	4 ___ / ___	5 ___ / ___	6 ___ / ___	7 ___ / ___
	8 ___ / ___	9 ___ / ___	10 ___ / ___	11 ___ / ___	12 ___ / ___	13 ___ / ___	14 ___ / ___
	15 ___ / ___	16 ___ / ___	17 ___ / ___	18 ___ / ___	19 ___ / ___	20 ___ / ___	21 ___ / ___
	22 ___ / ___	23 ___ / ___	24 ___ / ___	25 ___ / ___	26 ___ / ___	27 ___ / ___	28 ___ / ___

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Habit / Ritual Builder

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

Intentions + Goals: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Habit:** \_\_\_\_\_

Intention: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	✓	✓	✓	😊

**Habit:** \_\_\_\_\_

Intention: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	✓	✓	✓	😊

**Habit:** \_\_\_\_\_

Intention: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	✓	✓	✓	😊

**Habit:** \_\_\_\_\_

Intention: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	✓	✓	✓	😊

## Reflections

successes, challenges, patterns, etc.

Week 1 (1-7) : \_\_\_\_\_  
 \_\_\_\_\_

Week 2 (8-14) : \_\_\_\_\_  
 \_\_\_\_\_

Week 3 (9-21) : \_\_\_\_\_  
 \_\_\_\_\_

Week 4 (22-28) : \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_ /4

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

## Focus + Intentions

---



---



---

## Priorities

 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Affirmations

---



---



---



---



---



---

## Gratitude

---



---



---



---



---

	day + date							
☑ rising routine	___/___/	<input type="radio"/> MoonDay	<input type="radio"/> MarsDay	<input type="radio"/> MercuryDay	<input type="radio"/> JupiterDay	<input type="radio"/> VenusDay	<input type="radio"/> SaturnDay	<input type="radio"/> SunDay
☑ night routine		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Self-Care Rituals:

---



---



---



---



---

### Shopping / Supply List:

---



---



---



---



---

# Mineral (Meal) Plan

## + Nervous System Input Tracker

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

Areas / Energy of Focus: \_\_\_\_\_

Intentions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

	Rising - Noon	Noon - Sunset	Sunset - Night
day date	MoonDay		
	MarsDay		
	MercuryDay		
	JupiterDay		
	VenusDay		
	SaturnDay		
	SunDay		

Notes: \_\_\_\_\_

Reflections: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Self Check-In

*I feel...*

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

MoonDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

VenusDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

MarsDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SaturnDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

MercuryDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SunDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

JupiterDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Meditation

*Insights & Reflections*

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

MoonDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

VenusDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

MarsDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SaturnDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

MercuryDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SunDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

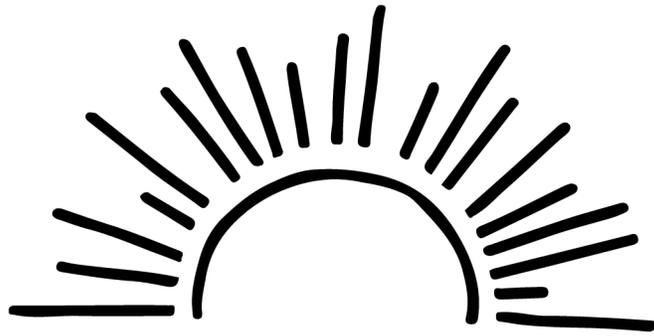
JupiterDay Date: /

Rising \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Evening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

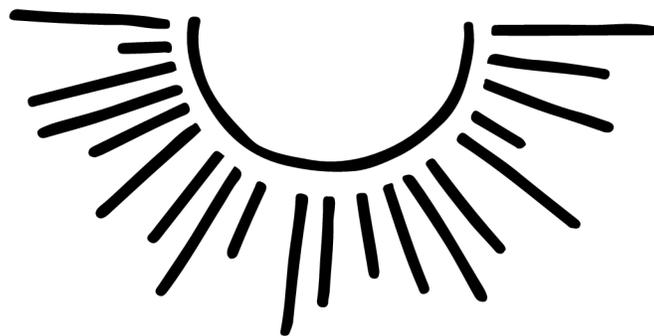


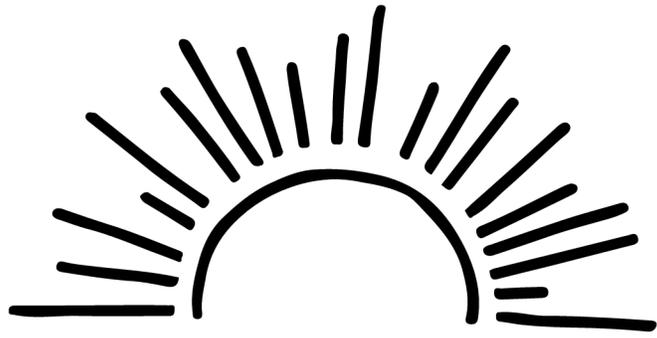




# Abundance

*Natural Rhythm & Flow  
Energy Attunement*





# Abundance

