ADULTING IRL™

Becoming Her

2027 · Goals, habits, self-care and a journal for the year you become her.

This planner belongs to _____

Year _____

this year, I become her

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How to Use This Planner

Start with your commitment and vision, then use the daily and monthly pages all year.

Start each day on Today

Today is your home page. It shows a fresh affirmation, your Top 3 for the day, today's plans, your habits, a quick check-in (mood, water and sleep), a journal prompt and any bills or self-care that are due. If you only have five minutes, this page is all you need.

Pick your Top 3

Each morning, write the three things that matter most today and tick them off as you go. Everything else can wait.

Decide who you're becoming

On Vision & goals, describe the woman you're becoming first, then set the goals that get you there. Come back to it each month to check in.

Build her habits

Becoming her splits life into six parts and gives you habits for each one. Rewrite, add or delete any of them so they fit your life. Habits then shows a square for every day, so you can see your streaks.

Plan your days

Calendar shows your month, week or day. Add plans with a color so you can tell work, family and me-time apart at a glance. You can also bring in a calendar file (.ics) from another app.

Stay on top of bills

Add each bill once with its due date. Check it off when it's paid. Bills also appear on your calendar and on Today when they're due.

Keep up with self-care

Self-care is your maintenance list: hair wash day, face masks, fresh sheets and more. Tap Done and it tells you when each one is due again.

Write it down

Journal gives you a prompt for every day plus space for three good things. Notes is for ideas, lists and quotes, and you can pin and search them.

On paper: copy the Daily Page and Weekly Plan as many times as you need. Monthly calendars for all of 2027 are inside.

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Calendar Key

Your whole life in one place, so you can tell whose plans are whose at a glance.

Give each person a color and use that color pen or highlighter for their plans. Add their first letter too, so it's clear even in black and white.

Color	Letter	Name	Their calendars (school, team, work)
Gold			
Blue			
Raspberry			
Green			
Purple			
Orange			

In the free app

The Calendar holds your whole life, not just this planner. It already shows the dates you add in the app. You can also add calendar links from school, sports, work, or Google, iPhone and Outlook calendars, import .ics or .csv files, or paste a schedule like "Mon & Wed 3:30-5pm Soccer" or "4th Wed 6pm PTA."

Calendar to bring in	Whose	Where to find the link

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Week at a Glance

One column per person (or one for you, one for work, one for home). Copy this page each week.

Week of

Day	Name: _____	Name: _____	Name: _____	Name: _____
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				

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Repeating Plans & Key Dates

Write it once here, then add it to your calendar.

Write anything that happens on a pattern, like every Tuesday, every 2 weeks, the 1st of the month, or the 4th Wednesday or 2nd Saturday of the month.

What	Whose	How it repeats	Time	Until

Dates worth adding

- ☐ Goal check-ins
- ☐ Birthdays
- ☐ Classes or church
- ☐ Self-care days
- ☐ Appointments
- ☐ Trips

Key dates this year

Date	What	Reminder set?

Notes

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My Commitment

This year, I promise myself:

I will take care of my mind and body

I will choose progress over perfection

I will keep showing up for myself

I will create a life I love this year

And I also promise

Signed

Date

Notes

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Vision: Who I'm Becoming

Picture her first. Then set the goals that get you there.

She is...

Describe the woman you're becoming: how she feels, what she does each day, how she treats herself.

My word for 2027

What I want more of / less of

Notes

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My 2027 Goals

One goal for each part of your life. Come back each month to check in.

Personal growth · Mindset, confidence, new skills

Goal _____ By when _____

First step _____

Health & wellness · Body, energy, rest

Goal _____ By when _____

First step _____

Money · Saving, spending, debt, income

Goal _____ By when _____

First step _____

Home & family · Your space, routines, the people at home

Goal _____ By when _____

First step _____

Relationships · Friends, partner, community

Goal _____ By when _____

First step _____

Career & purpose · Work, calling, side projects

Goal _____ By when _____

First step _____

Keep going: Goals can change as you grow. Adjust them anytime, without guilt.

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Year at a Glance

2027

January

S	M	T	W	T	F	S
					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	29	30
31						

February

S	M	T	W	T	F	S
	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						

March

S	M	T	W	T	F	S
	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	29	30	31			

April

S	M	T	W	T	F	S
				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	29	30	

May

S	M	T	W	T	F	S
						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	29
30	31					

June

S	M	T	W	T	F	S
		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	29	30			

July

S	M	T	W	T	F	S
				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	29	30	31

August

S	M	T	W	T	F	S
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
29	30	31				

September

S	M	T	W	T	F	S
			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	29	30		

October

S	M	T	W	T	F	S
					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	29	30
31						

November

S	M	T	W	T	F	S
	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	29	30				

December

S	M	T	W	T	F	S
			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
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Notes

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Becoming Her

Six parts of life, with habits for each. Check the ones you'll work on, and cross out what doesn't fit.

Mind

Focus on your inner world. Everything else will follow.

- [ ] Read every day
- [ ] Journal my thoughts
- [ ] Say my affirmations
- [ ] Learn something new
- [ ] Pray or meditate
- [ ] Talk back to negative self-talk
- [ ] Review my goals each week
- [ ] Be present, not perfect

Body

A strong body builds a strong life.

- [ ] Move my body in a way that feels good
- [ ] Walk a little more each day
- [ ] Stretch every day
- [ ] Drink enough water
- [ ] Eat more whole foods
- [ ] Get a full night's sleep
- [ ] Keep a steady bedtime
- [ ] Book my yearly checkups

Money

Money gives you choices. Choose on purpose.

- [ ] Track what comes in and goes out
- [ ] Make a budget and stick to it
- [ ] Build an emergency fund
- [ ] Pay down debt
- [ ] Learn the basics of investing
- [ ] Save for one big goal
- [ ] Cancel subscriptions I don't use
- [ ] Learn a skill that pays

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Becoming Her (continued)

Lifestyle

Life is made of the little things.

- [ ] Wake up a little earlier
- [ ] Plan my week on Sundays
- [ ] Declutter one area a month
- [ ] Take a screen-free day
- [ ] Keep my space tidy
- [ ] Cook at home more
- [ ] Spend time outside
- [ ] Build a morning and night routine

Relationships

The right people raise you up.

- [ ] Plan quality time with the people I love
- [ ] Say how I really feel
- [ ] Celebrate other people's wins
- [ ] Phones away at dinner
- [ ] Check in on a friend each week
- [ ] Set kind, clear boundaries
- [ ] Make one new friend
- [ ] Forgive and let go

Purpose

You were made for more than getting through the day.

- [ ] Name what matters most this season
- [ ] Start the project I keep putting off
- [ ] Show up consistently
- [ ] Try one thing that scares me
- [ ] Find a hobby that's just mine
- [ ] Volunteer or give back
- [ ] Share my story to help someone
- [ ] Picture where I want to be in five years

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

This month's focus

Bills due

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January Habits & Check-In

Habit	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	29	30	31
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Move my body																															
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Monthly check-in

My wins this month

What I learned

Goal progress

Next month I want to

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February 2027

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	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						

This month's focus

Bills due

Notes

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February Habits & Check-In

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Monthly check-in

My wins this month

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Goal progress

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March 2027

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This month's focus

Bills due

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March Habits & Check-In

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Monthly check-in

My wins this month

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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	29	30	

This month's focus

Bills due

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April Habits & Check-In

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Monthly check-in

My wins this month

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May 2027

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

This month's focus

Bills due

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May Habits & Check-In

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Monthly check-in

My wins this month

What I learned

Goal progress

Next month I want to

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June 2027

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		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	29	30			

This month's focus

Bills due

Notes

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June Habits & Check-In

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Monthly check-in

My wins this month

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July 2027

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4	5	6	7	8	9	10
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18	19	20	21	22	23	24
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This month's focus

Bills due

Notes

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July Habits & Check-In

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Monthly check-in

My wins this month

What I learned

Goal progress

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August 2027

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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
29	30	31				

This month's focus

Bills due

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August Habits & Check-In

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Monthly check-in

My wins this month

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September 2027

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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	29	30		

This month's focus

Bills due

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September Habits & Check-In

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Monthly check-in

My wins this month

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October 2027

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					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
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31						

This month's focus

Bills due

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October Habits & Check-In

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Monthly check-in

My wins this month

What I learned

Goal progress

Next month I want to

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November 2027

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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	29	30				

This month's focus

Bills due

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November Habits & Check-In

Habit	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	29	30
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Monthly check-in

My wins this month

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December 2027

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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	29	30	31	

This month's focus

Bills due

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December Habits & Check-In

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Monthly check-in

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Daily Page

Copy this page for every day you want it. If you only have five minutes, this is all you need.

Date _____ **Day** _____

Today's affirmation

_____

My Top 3

- [ ] _____
- [ ] _____
- [ ] _____

Today's plans

Time	Plan

Habits

- [ ] Drink my water
- [ ] Read 10 pages
- [ ] Skincare morning and night
- [ ] Journal or pray
- [ ] Move my body
- [ ] No phone for the first 30 minutes
- [ ] In bed by 10:30

Check-in

Mood ○ Drained ○ Low ○ Steady ○ Good ○ Radiant

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ **Sleep** _____ hours

Three good things

_____

_____

_____

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Weekly Plan

Week of

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Meals this week

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Top priorities

> **Keep going:** Some weeks won't go to plan. Start fresh next week.

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Bills

Add each bill once. Tick the month when it's paid.

Bill	Due day	Amount	Autopay?	J	F	M	A	M	J	J	A	S	O	N	D

Notes

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Self-Care

Your maintenance list. Cross out what you don't need and write in your own.

Daily

- [ ] Morning and night skincare
- [ ] Water and vitamins
- [ ] Move my body
- [ ] Moisturize skin and hands
- [ ] Brush and floss
- [ ] Make my bed

Weekly

- [ ] Hair wash day
- [ ] Everything shower
- [ ] Groceries and meal prep
- [ ] Clean makeup brushes
- [ ] Face mask
- [ ] Fresh sheets and towels
- [ ] Weekly check-in with myself

Every 2 weeks

- [ ] Nails (at home or salon)
- [ ] Declutter one drawer
- [ ] Brows
- [ ] Try a new workout

Monthly

- [ ] Look over my budget
- [ ] Deep clean my space
- [ ] A real day off
- [ ] Restock essentials
- [ ] A new book
- [ ] Hair trim or refresh

Twice a year

- [ ] Dentist cleaning
- [ ] Goal review
- [ ] Wardrobe refresh
- [ ] A little trip or staycation

Once a year

- [ ] Yearly physical
- [ ] Vision board
- [ ] Replace makeup and tools
- [ ] Eye exam
- [ ] Money review
- [ ] Learn a new skill

> **Keep going:** Taking care of yourself isn't selfish. It's how you keep going.

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Self-Care Log

Write the date each time, and when it's due again.

Self-care	How often	Last done	Next due

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Reset Menu & Affirmations

Pick one when the day gets heavy.

When I need a reset

- [ ] Take a walk
- [ ] Stretch
- [ ] Step outside
- [ ] Dance to one song
- [ ] Drink a glass of water
- [ ] Write it out
- [ ] Make a warm drink
- [ ] Deep breaths for 2 minutes
- [ ] Shower or bath
- [ ] Call someone I love
- [ ] Tidy one surface
- [ ] Put my phone down for an hour
- [ ] Nap or lie down
- [ ] Say no to one thing

Affirmations

✦ I am becoming the woman I prayed I would be.
✦ I keep the promises I make to myself.
✦ I am allowed to take up space.
✦ I choose progress over perfection today.
✦ My future self is thanking me for today.
✦ Discipline is how I love myself on the days I don't feel like it.
✦ I am calm, capable and clear.
✦ Good things are growing in me, even when I can't see them yet.
✦ My home, my body and my mind are worth caring for.
✦ Consistency over intensity.
✦ I speak to myself like someone I love.
✦ Today I'll do one thing my future self will thank me for.
✦ I am soft and strong at the same time.
✦ I protect my peace without apologizing.
✦ I am the main character in my own story.
✦ This year, I become her.
✦ Small steps still move me forward.
✦ Rest is part of the plan, not a reward for finishing it.
✦ My pace is not a problem.
✦ I can do hard things, and I can do them gently.
✦ I am not behind. I am right on time for my life.
✦ I deserve the same kindness I give everyone else.
✦ Every day I choose who I am becoming.
✦ I let go of what I can't control.
✦ I don't need to be perfect to be proud of myself.
✦ I am building a life I don't need a vacation from.
✦ I am worthy of the life I'm working toward.
✦ I trust the timing of my life.
✦ What's meant for me will not miss me.
✦ I show up, even when it's messy.
✦ I celebrate how far I've already come.

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Journal Prompts

One for every day of the month. Write as much or as little as you like.

1. What would the woman I'm becoming do today?
2. Three things that made me smile this week:
3. What am I ready to let go of?
4. Where did I show up for myself lately?
5. What does a perfect ordinary day look like for me?
6. What drains my energy, and what refills it?
7. One fear I want to stop listening to:
8. What am I most proud of this month?
9. Describe the version of me one year from now.
10. What boundary do I need to set, and with whom?
11. When do I feel most like myself?
12. What is one habit I want to build, and why does it matter?
13. Write a thank-you note to my body.
14. What would I try if I knew I couldn't fail?
15. Who inspires me right now, and what about them?
16. What has this season been teaching me?
17. What does 'enough' look like for me?
18. A compliment I need to hear today is...
19. What would make tomorrow 1% better?
20. What am I carrying that isn't mine to carry?
21. List ten things I love about my life right now.
22. What did I do today that my younger self would be proud of?
23. Where am I being too hard on myself?
24. What does rest look like for me, honestly?
25. What am I looking forward to?
26. What do I want more of this year? Less of?
27. A hard moment I handled better than I would have before:
28. How do I want people to feel after time with me?
29. What is my body asking for today?
30. Write a letter from my future self.
31. The best part of today was...

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Journal

Date **Prompt #**

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