

Hámori Melinda

The Shake up your Life

Almanach



Happy
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

The Shake up your Life

Almanach

Hámori Melinda

2016

Publio Kiadó

www.publio.hu

Minden jog fenntartva!

4in1 book

The Shake up Your Life Almanach includes 4 books in 1!

1. Productivity Planner: weekly (with menu planner too)
2. Personal Journal: daily
3. Creativity Development: weekly DIY / weekly coloring
4. Future Self Time Capsule: 12 topics

Created by:

Melinda Hámori

Weekly Sketching

Week of:

Tasks of the week

Make Succession/Sequence

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

Don't forget the FIX dates/tasks/meetings of the week!

Weekly Planning

Week of:

The 5 most important tasks of the week

Choose the day of completion / Thick when done

1. Day:

Target, planned duration time: / Actual duration time was: / Done:

2. Day:

Target, planned duration time: / Actual duration time was: / Done:

3. Day:

Target, planned duration time: / Actual duration time was: / Done:

4. Day:

Target, planned duration time: / Actual duration time was: / Done:

5. Day:

Target, planned duration time: / Actual duration time was: / Done:

Secondary tasks of importance

Choose the day of completion / Thick when done

1. Day:

Target, planned duration time: / Actual duration time was: / Done:

2. Day:

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Additional tasks of the week

Choose the day of completion / Thick when done

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5. Day:

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Don't forget the FIX dates/tasks/meetings of the week!

Weekly Menu

Week of:

MONDAY:

Breakfast	Lunch	Dinner

TUESDAY:

Breakfast	Lunch	Dinner

WEDNESDAY:

Breakfast	Lunch	Dinner

THURSDAY:

Breakfast	Lunch	Dinner

FRIDAY:

Breakfast	Lunch	Dinner

SATURDAY:

Breakfast	Lunch	Dinner

SUNDAY:

Breakfast	Lunch	Dinner

Daily Journal - Monday

Morning

Date:



DAILY CITATION/POSY:

WHAT WOULD MAKE TODAY GREAT?

1.

2.

3.

DAILY AFFIRMATIONS. „I AM...

”

DAILY WATER OR LIQUID CONSUMPTION

(2dl/bubble): ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○

Target, planned consumption: liter / Actual consumption: liter

Evening



DAILY AMAZING THINGS:

1.

2.

3.

DAILY THANKS-GIVING. „I AM GRATEFUL FOR...

1.”

2.”

3.”

HOW COULD I HAVE MADE TODAY BETTER?

1.

2.

3.

NOTES:

(Extra space for inspiration, ideas, future tasks, etc.)

Daily Journal - Tuesday

Morning

Date:



DAILY CITATION/POSY:

WHAT WOULD MAKE TODAY GREAT?

1.

2.

3.

DAILY AFFIRMATIONS. „I AM...

”

DAILY WATER OR LIQUID CONSUMPTION

(2dl/bubble): ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○

Target, planned consumption: liter / Actual consumption: liter

Evening



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HOW COULD I HAVE MADE TODAY BETTER?

1.

2.

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NOTES:

(Extra space for inspiration, ideas, future tasks, etc.)

Daily Journal - Wednesday

Morning

Date:



DAILY CITATION/POSY:

WHAT WOULD MAKE TODAY GREAT?

1.

2.

3.

DAILY AFFIRMATIONS. „I AM...

”

DAILY WATER OR LIQUID CONSUMPTION

(2dl/bubble): ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○

Target, planned consumption: liter / Actual consumption: liter

Evening



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DAILY THANKS-GIVING. „I AM GRATEFUL FOR...

1.”

2.”

3.”

HOW COULD I HAVE MADE TODAY BETTER?

1.

2.

3.

NOTES:

(Extra space for inspiration, ideas, future tasks, etc.)

Daily Journal - Thursday

Morning

Date:



DAILY CITATION/POSY:

WHAT WOULD MAKE TODAY GREAT?

1.

2.

3.

DAILY AFFIRMATIONS. „I AM...

”

DAILY WATER OR LIQUID CONSUMPTION

(2dl/bubble): ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○

Target, planned consumption: liter / Actual consumption: liter

Evening



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HOW COULD I HAVE MADE TODAY BETTER?

1.

2.

3.

NOTES:

(Extra space for inspiration, ideas, future tasks, etc.)

Daily Journal - Friday

Morning

Date:



DAILY CITATION/POSY:

WHAT WOULD MAKE TODAY GREAT?

1.

2.

3.

DAILY AFFIRMATIONS. „I AM...

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DAILY WATER OR LIQUID CONSUMPTION

(2dl/bubble): ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○

Target, planned consumption: liter / Actual consumption: liter

Evening



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HOW COULD I HAVE MADE TODAY BETTER?

1.

2.

3.

NOTES:

(Extra space for inspiration, ideas, future tasks, etc.)

Daily Journal - Saturday

Morning

Date:



DAILY CITATION/POSY:

WHAT WOULD MAKE TODAY GREAT?

1.

2.

3.

DAILY AFFIRMATIONS. „I AM...

”

DAILY WATER OR LIQUID CONSUMPTION

(2dl/bubble): ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○

Target, planned consumption: liter / Actual consumption: liter

Evening



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HOW COULD I HAVE MADE TODAY BETTER?

1.

2.

3.

NOTES:

(Extra space for inspiration, ideas, future tasks, etc.)

Daily Journal - Sunday

Morning

Date:



DAILY CITATION/POSY:

WHAT WOULD MAKE TODAY GREAT?

1.

2.

3.

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DAILY WATER OR LIQUID CONSUMPTION

(2dl/bubble): ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○ / ○ ○ ○ ○ ○

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NOTES:

(Extra space for inspiration, ideas, future tasks, etc.)

Weekly Review

Week of:

Weekly wins / Successes:

1.

2.

3.

Productivity Score:

How productive were you this week on a scale 1-10? 1 is the worst, 10 is the best.

Weekly water or liquid consumption:	1/2/3/4/5/6/7/8/9/10
5 Most important tasks completion:	1/2/3/4/5/6/7/8/9/10
Secondary tasks completion:	1/2/3/4/5/6/7/8/9/10
Additional tasks completion:	1/2/3/4/5/6/7/8/9/10
Fix dates/tasks/meetings completion:	1/2/3/4/5/6/7/8/9/10

What tasks were not completed on this week?

1.

2.

3.

What have you learned this week? Edifications?

1.

2.

3.

Next week notes

Extra space for inspiration, ideas, future tasks, etc.

Choose a „*Future Self Time Capsule*“ topic and write a letter!

Weekly Coloring

Source: www.coloring-pages-adults.com



Weekly Sketching

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