

# Weekly Personal Growth Planner

For Focus, Habits & Self-Improvement

## How to use this planner

1. Set your weekly theme, priorities, and habits before the week starts.
2. Use the habit tracker to stay consistent with what matters most.
3. Fill in one daily page each morning or the night before.
4. End the week with a review, a lesson, and a next-step plan.

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

Theme for the week: \_\_\_\_\_

**This week I want to grow in...**

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# Weekly Overview

Section	Write here
Main focus for the week	_____ _____
Top 3 outcomes to achieve	_____ _____ _____
Most important habit to protect	_____ _____ _____
Key obstacle to watch	_____ _____
Support I need from others	_____ _____ _____
Reward for completing the week well	_____ _____
Weekly affirmation	_____ _____

**Weekly focus check:** What would make this week feel meaningful?

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# Habit Tracker

Track the habits that matter most. Keep the list realistic so it stays doable.

Habit / Action	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Habit list:**

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*This week I am focusing on consistency, not perfection.*

# Monday

Daily focus: \_\_\_\_\_

Top 3 priorities	_____ _____
One must-do task	_____ _____
Most important habit	_____ _____

## Focus map

Morning	_____ _____
Midday	_____ _____
Afternoon	_____ _____
Evening	_____ _____

What will make today a good day?

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End-of-day reflection: What worked? What did I learn? What will I do tomorrow?

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# Tuesday

Daily focus: \_\_\_\_\_

Top 3 priorities	_____ _____
One must-do task	_____ _____
Most important habit	_____ _____

## Focus map

Morning	_____ _____
Midday	_____ _____
Afternoon	_____ _____
Evening	_____ _____

What will make today a good day?

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End-of-day reflection: What worked? What did I learn? What will I do tomorrow?

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# Wednesday

Daily focus: \_\_\_\_\_

Top 3 priorities	_____ _____
One must-do task	_____ _____
Most important habit	_____ _____

## Focus map

Morning	_____ _____
Midday	_____ _____
Afternoon	_____ _____
Evening	_____ _____

What will make today a good day?

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End-of-day reflection: What worked? What did I learn? What will I do tomorrow?

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# Thursday

Daily focus: \_\_\_\_\_

Top 3 priorities	_____ _____
One must-do task	_____ _____
Most important habit	_____ _____

## Focus map

Morning	_____ _____
Midday	_____ _____
Afternoon	_____ _____
Evening	_____ _____

What will make today a good day?

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End-of-day reflection: What worked? What did I learn? What will I do tomorrow?

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# Friday

Daily focus: \_\_\_\_\_

Top 3 priorities	_____ _____
One must-do task	_____ _____
Most important habit	_____ _____

## Focus map

Morning	_____ _____
Midday	_____ _____
Afternoon	_____ _____
Evening	_____ _____

What will make today a good day?

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

End-of-day reflection: What worked? What did I learn? What will I do tomorrow?

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

# Saturday

Daily focus: \_\_\_\_\_

Top 3 priorities	_____ _____
One must-do task	_____ _____
Most important habit	_____ _____

## Focus map

Morning	_____ _____
Midday	_____ _____
Afternoon	_____ _____
Evening	_____ _____

What will make today a good day?

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End-of-day reflection: What worked? What did I learn? What will I do tomorrow?

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# Sunday

Daily focus: \_\_\_\_\_

Top 3 priorities	_____ _____
One must-do task	_____ _____
Most important habit	_____ _____

## Focus map

Morning	_____ _____
Midday	_____ _____
Afternoon	_____ _____
Evening	_____ _____

What will make today a good day?

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End-of-day reflection: What worked? What did I learn? What will I do tomorrow?

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# Weekly Review & Reset

Use this page to notice progress, capture lessons, and plan the next week with more clarity.

<b>My biggest win this week</b>	_____ _____
<b>What I completed well</b>	_____ _____
<b>What distracted me most</b>	_____ _____
<b>Lesson learned</b>	_____ _____
<b>What I will start next week</b>	_____ _____
<b>What I will stop or reduce</b>	_____ _____
<b>Next week's main focus</b>	_____ _____

## Next week checklist

- Clear workspace and planner
- Choose 3 key priorities
- Set daily focus blocks
- Prepare habits and reminders
- Review the planner every evening