

THE
Writer's
QUESTBOOK



2026

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THE *Writer's* QUESTBOOK



2026

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WELCOME

Seeker



The Questbook isn't just a planner.
It's an adventure!

Part planner, part journal,
part map, and part *game of self-mastery*,
the Questbook helps you build a body of work you love,
while living a life that loves you back.

Every day you play, you earn experience.
Every challenge reveals your strength.
Every reflection unlocks your inner sight.

This isn't about competition.
It's about *transformation through play*.

INFORMATION BEGIN HERE FOR WRITERS YOUR QUEST CALENDARS TASK CAPTURE PROJECTS QUARTERS

BUILD A BODY OF WORK YOU LOVE

While Living a Life that Loves You Back

The Questbook isn't just a planner or a productivity system—it's an adventure.

Over the next year, you'll step into the role of the Seeker—the hero of your real-life story. With the Sage, or Future Self, as your guide, you'll chart your path, face resistance, and grow stronger with every step.

This journey is a commitment to doing things differently. It isn't about becoming someone else's version of "successful." It's about becoming the person—and the writer—you already sense you can be.

It's imaginative and playful, yet deeply personal. Each day you'll write, reflect, and act with purpose, turning ordinary moments into milestones of growth.

Every Quest is another chapter in your becoming. Each year builds upon the last, carrying you closer to your Sage—your truest, wisest self.

The real reward isn't just checking boxes or meeting goals—it's becoming someone proud of both their work and their life. It's discovering that happiness comes from aligning your actions today with the life you want to live tomorrow.

You've been chosen to travel this path. No one else can bring your voice, your heart, or your impact into the world the way you can.

You are the hero this story needs. And your greatest superpower is *you*.

All you have to do is believe. ✨

Ali

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HOW TO USE (OR PLAY!)

the Questbook

Though the Questbook is gamified—designed with a built-in reward system to make growth feel like an adventure—it doesn't require you to "play along." You can use it purely as a planner or journal if you prefer. Everything here is built to support you in building a body of work you love while living a life you love to live, in whatever way fits you best. Check out the +YOUR QUEST+ tab to play*



Each Act (quarter) you enter invites you to choose your Quests—the meaningful adventures that matter most to you right now.



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Every Quest is made of Paths—the routes you'll travel to reach your goals.



Each Path is built from Steps—the daily steps that shape your story and move you forward.



Every time you act with intention, you earn Experience Points (XP) that reflect your growth, courage, and consistency.

And when you complete a Quest?

That's a triumph worthy of song.

Remember: "Playing" the Questbook is completely optional. It is a complete system without the game. If you do decide to play, there'll be online adventures and communities to support you as we go along. However you decide to "quest", I hope you have a most marvelous experience!

EARNING EXPERIENCE POINTS

in the Questbook

Complete a **Step** (daily action) +1 XP

Finish a **Path** milestone (weekly/monthly) +5 XP

Complete a **Quest** (goal) +25 XP + Achievement badge

Complete an Act (quarter) +50 XP + Title upgrade

For example:

Act 3: THE FORGE (Quarter 3)

Quest 1: Finish my novel

Path A: Write 1k words a day

Step 1: M/W/F - write during kids' karate

Step 2: T/Th - write during lunch

Step 3: S - write 10-12 while spouse watches kids

Path B: Revise Act 1 by end of month

Quest 2: Improve my health

Path A: Walk every morning, M-S

Step 1: Ask friend to walk with me

Step 2: First week: Walk to stop sign and back

Step 3: Second week: Walk to school and back

Step 4: Plan rest of month

Path B: Track meals

Step 1: Notes or MyFitnessPal or something?

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YOUR HERO'S JOURNEY

Begins

In the story of your life, what role do you play?

Are you the hero, acting with intention, direction, and hope? Or do you constantly doubt yourself until the failure to act becomes your default?

You are not here in this world to be a side character or NPC.

You were created to be the hero. To win at your own life's quest. You are meant to experience the joy that comes from publishing and living well.

Over the course of this year, you'll learn to recognize your inner voice as the writer of your story. They know that too often, we make choices that feel good in the moment, leaving our future self to deal with the consequences. We neglect the happiness we could have tomorrow for the sake of convenience or comfort today.

This journey is about changing that.

When you treat yourself and your life as a hero's transformational journey, you stop living by default and start living with intention. You begin to see the choices before you not as random obstacles, but as steps along a greater quest—a path to a life filled with meaning, growth, and lasting happiness.

DISCOVER

Your Theme

A good story is guided by a theme—a central truth that shapes the hero's journey. Usually it's something they need to learn, because it represents a lack in their life. For instance, when you see yourself as the hero of your own story, what do you see lacking in your life?

In my own life, I was constantly disappointed. No one ever did the thing I wanted them to do, or things never worked out for me. I needed to learn to take life and people as they were. To take responsibility for myself and let other people do the same. I did my work a long time ago, but Mel Robbin's book *Let Them* is a great resource if you're interested in this kind of work for yourself.

Your inner voice holds the key to your theme. Reflect on the past year--what could you have done to be happier and/or more successful in your personal and professional life?



What value or idea will guide you through this year?



How will this theme shape your decisions and growth?

THIS YEAR'S *Theme*

Five horizontal lines for writing the theme.

YOUR *North Star*

Condense your theme statement down to one powerful word.

This word becomes your north star—a reminder of why this year is different. Write it where you'll see it often: on your desk, your mirror, or in your journal. Let it remind you daily that you aren't wandering aimlessly.

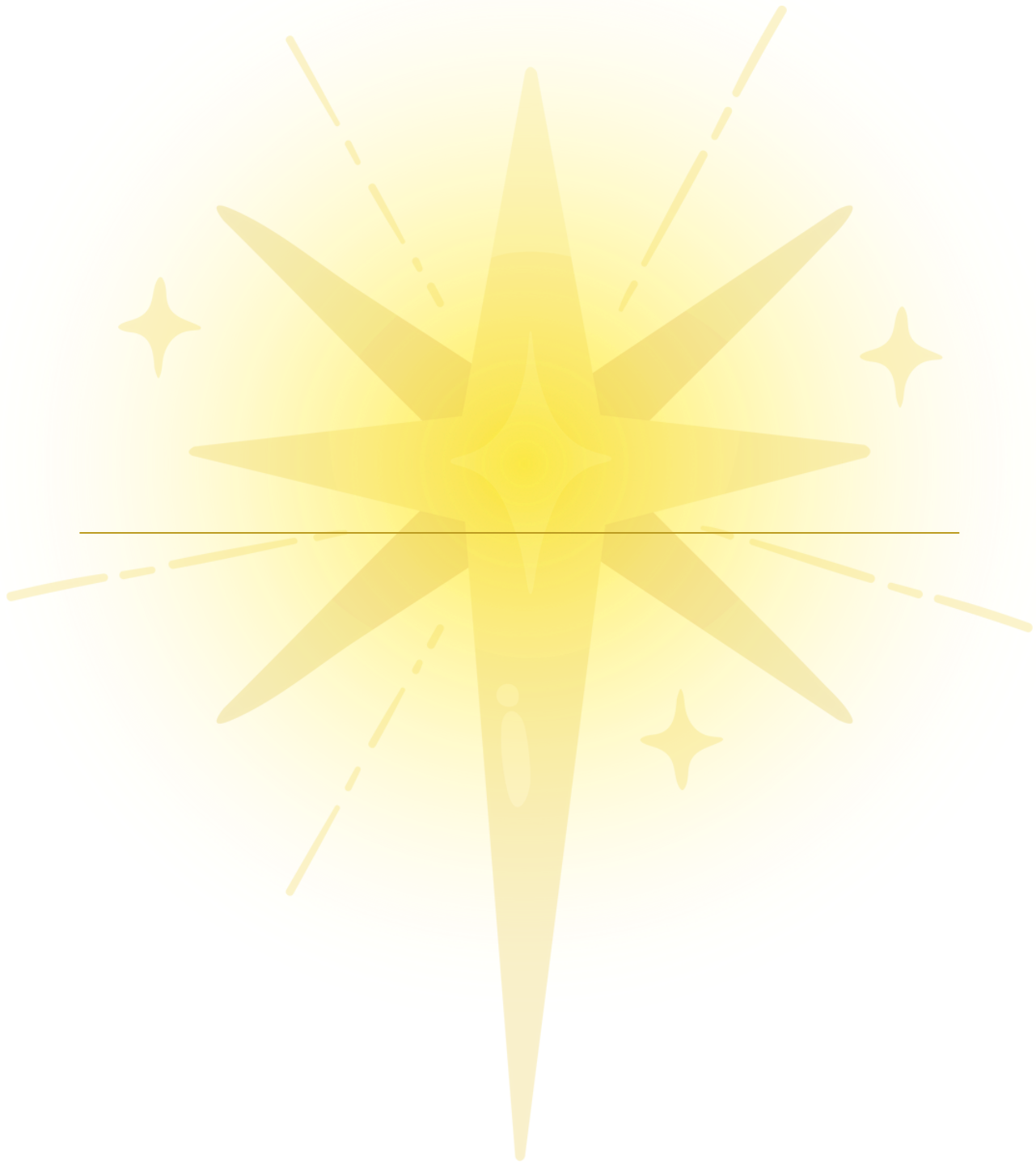
This year, you're doing more than just living. This time you're the hero, and you're on a quest to to be your best, truest self.

The quest is yours to undertake, and the *transformation* is yours to claim.

Brainstorm some ideas, then write your Word on the next page, and let it be your guiding light.

MY NORTH STAR

& guiding light



MAP OVERVIEW

How to Read the Questbook Map

Welcome to the Map!
This map is not a schedule.
It's not a checklist.
And it's definitely not a test you can fail.

This is a living map of a year-long journey—one designed to reflect how real change actually happens, not how planners wish it would.

You won't walk this path in a straight line. You'll pause. You'll wander. You may even double back.

That doesn't mean you're lost—it means you're learning about yourself and your journey.

The purpose of this map isn't to control your destination. It's to orient you when things feel foggy.

The Shape of the Journey

The year is divided into four Acts, each with its own terrain, challenges, and gifts.

🌟 Act I: The Spark (Q1)

This is where awareness begins.

You clarify who you are, what you want, and why this journey matters to you. You'll meet your Sage and begin to see yourself—not as a side character—but as the hero of your own story.

This phase may feel slow, and that's intentional. Clarity always comes before momentum.

⚡ Act III: The Forge (Q3)

This is where transformation happens.

Old patterns crack. Doubts surface. You're asked to face what no longer serves you—and to decide what kind of creator (and person) you're becoming.

This phase isn't comfortable, but it's powerful.

🔥 Act II: The Burn (Q2)

This is where momentum builds and you stock up on the joy that will fuel the journey.

You'll put systems in place, experiment with routines, and showing up more consistently. You may feel excitement and frustration here—both are signs that you're in motion.

This is where the work becomes real (and a whole lotta fun!)

🌟 Act IV: The Radiance (Q4)

This is where integration and confidence emerge.

You're no longer forcing momentum—you're sustaining it. You'll celebrate your progress, refine what works, and step forward with a deeper sense of ownership over your voice, your work, and your life.

This isn't the end.

It's the beginning of your next chapter.

You don't need to "finish" one Act to move into another.

You may recognize yourself in more than one phase at once. Progress is measured by awareness and alignment, not speed.

When you feel stuck, overwhelmed, or impatient, return to the map and ask:
Where am I really, right now?

The answer will tell you what you need next.

This map assumes something important about you:

You already have wisdom.

You already have resilience.

You already know more than you think.

The map doesn't *give* you those things. It simply helps you remember where you are—and where you're going.

If you feel restless...

If part of you wants to skip ahead—to get to the writing, the planning, the doing—take a breath. That urge isn't a problem. It's momentum waking up.

This opening phase isn't meant to slow you down. It's here to aim you.

Rushing into action without clarity often leads to false starts, burnout, or projects that lose their spark halfway through. A little patience now can save you months of restarting later.

But here's the important part:

You're allowed to write at any point in this journey.

The Questbook isn't here to stop your momentum—it's here to help you build momentum that lasts.

If you feel the pull to create, follow it. Just let these early pages give your energy direction, so when you run, you're running toward something that truly matters.

You can also go to the +YOUR WRITING+ tab if you'd like to include some more advanced author tactics in your daily practice.

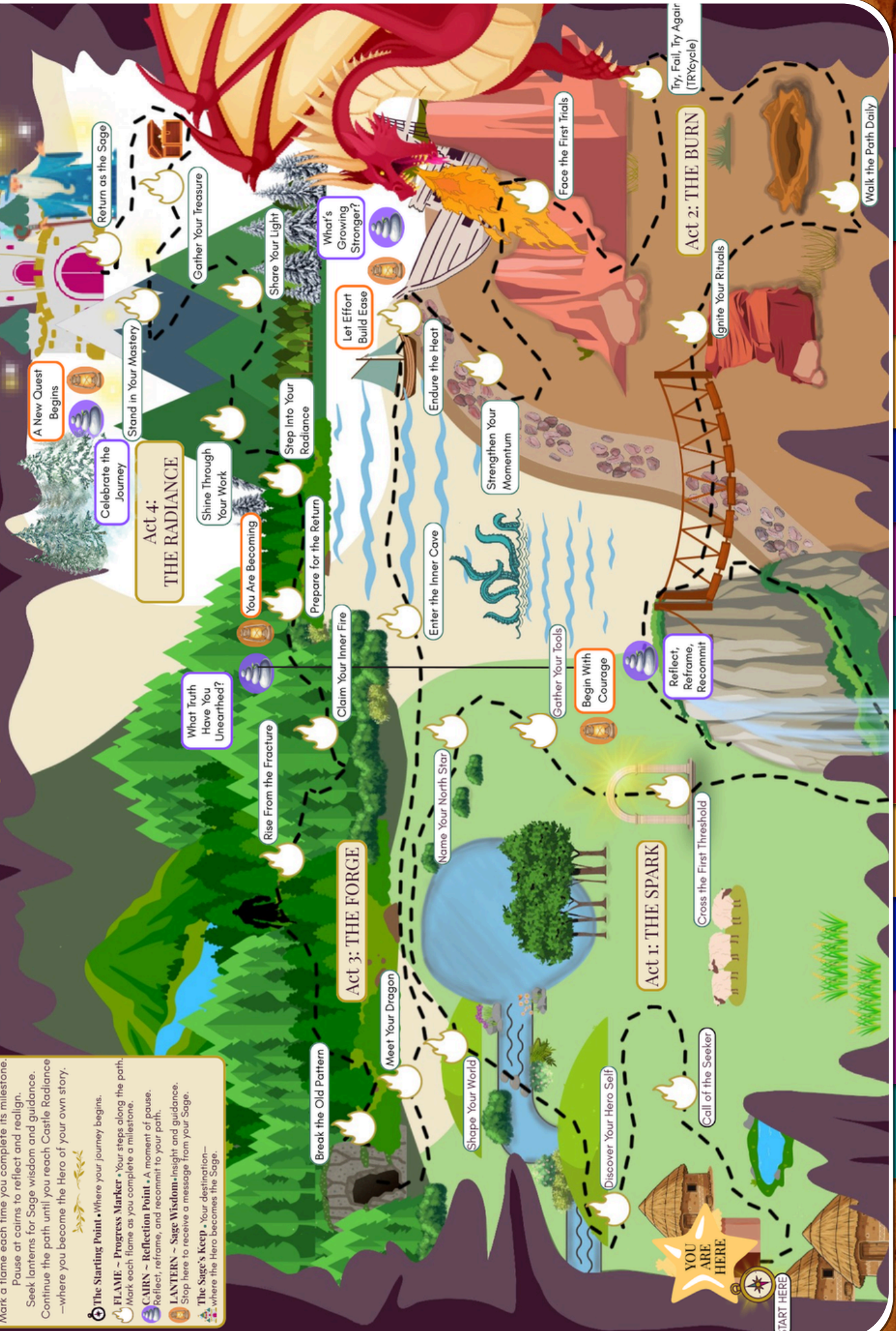
THE WRITER'S QUESTBOOK

A Year-long Journey to Become the Hero of Your Own Story

THE LEGEND OF THE QUEST

Mark a flame each time you complete its milestone. Pause at cairns to reflect and realign. Seek lanterns for Sage wisdom and guidance. Continue the path until you reach Castle Radiance—where you become the Hero of your own story.

- The Starting Point** • Where your journey begins.
- FLAME** ~ Progress Marker • Your steps along the path. Mark each flame as you complete a milestone.
- CAIRN** ~ Reflection Point • A moment of pause. Reflect, reframe, and recommit to your path.
- LANTERN** ~ Sage Wisdom • Insight and guidance. Stop here to receive a message from your Sage.
- The Sage's Keep** • Your destination—where the Hero becomes the Sage.



The First Gate

Before you step into the daily pages, pause here.

Every journey has a threshold—a moment where preparation ends and experience begins.

This gate marks the transition from thinking about change to beginning it.

You don't need everything figured out yet.

You don't need a perfect plan.

You only need to be willing.

THE NATURE of this Phase

Act I: The Spark is about awareness, identity, and intention.

This is where you:

- 🧭 Clarify what matters most right now
- 🧭 Begin listening to your inner wisdom
- 🧭 Choose a direction without demanding certainty
- 🧭 Lay foundations that can support real momentum later
- 🧭 and meet your personal mentor, the Sage.

This phase may feel quiet, or emotional, or slower than you expect. That doesn't mean nothing's happening—it means the fire is being lit.

What This Phase Asks of You

During this quarter, your only real job is to:
Pay attention | Be honest | Stay curious

You're not here to optimize yet. You're not here to hustle.
You're here to orient yourself to the truth
of your life and your creative work.

Your Writing

Keep at your writing practice during this Act.
By learning to listen to your inner voice and to trust yourself,
you'll become a better writer. In the meantime,
trust the process and do what feels good.

What You'll Set in Place Here

- 🧭 Your Word of the Year is a compass, not a rule.
- 🛠️ Your Tools & Allies are support systems you already have (or can build.)

Nothing here is permanent. Everything can evolve.

You don't need to become someone new to begin this journey.
You only need to stop ignoring who you already are.

*Every great adventure begins with a single step,
and you have taken a bold and courageous one.*

Your journey has begun.

Let's see where it takes you!

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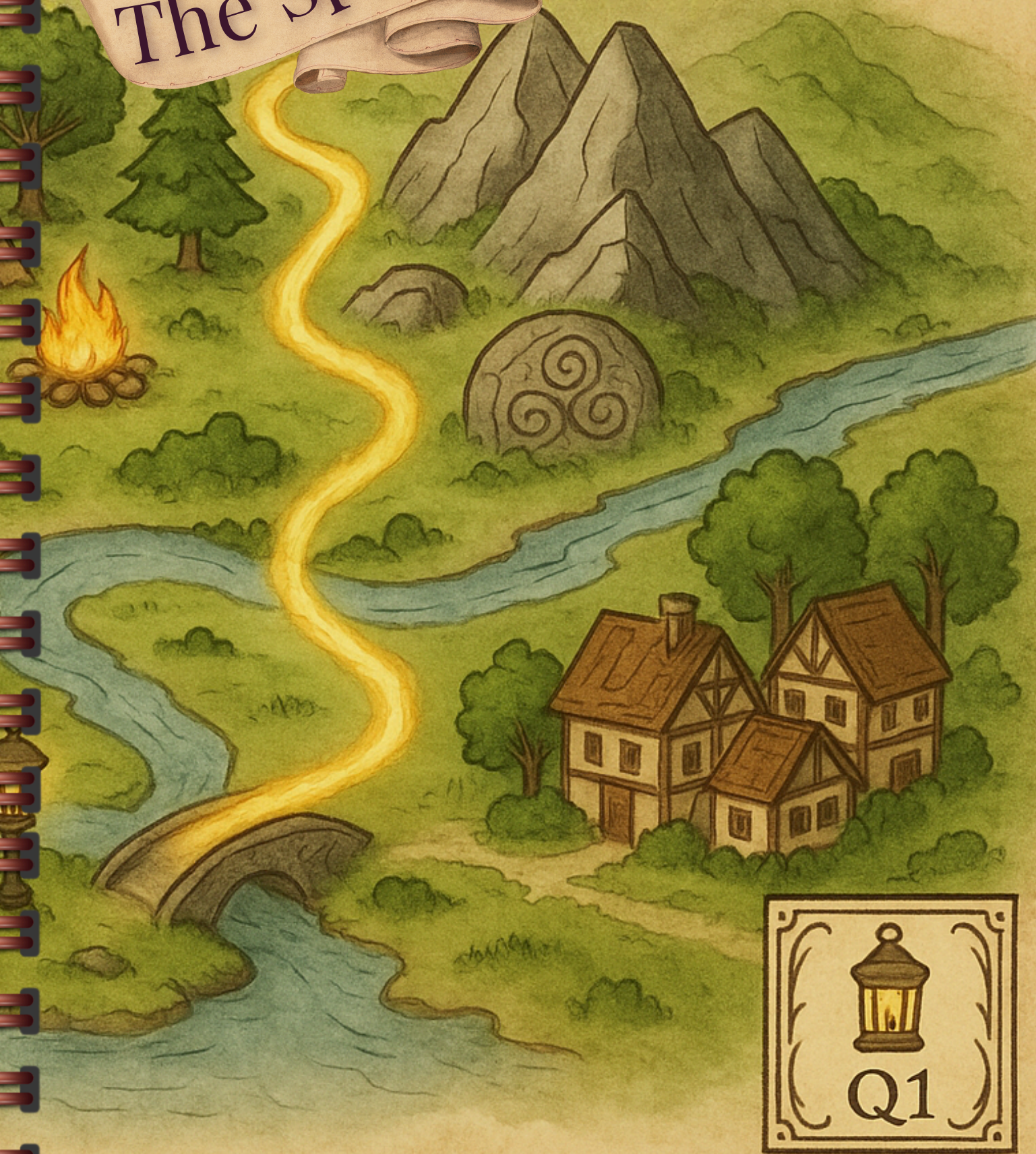
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The Spark



ACT 1: THE SPARK

Setting Your Bearings

You've chosen your direction.

Now it's time to see the shape of the road ahead.

The next few pages are here to help you orient, not overwhelm.

They give you a bird's-eye view of your year, a place to hold your intentions, and simple systems to support your focus.

You're not expected to fill everything in perfectly.

You're not locking yourself into rigid plans.

You're simply creating a gentle framework—one that can flex as you learn more about yourself along the way.

As you move through these pages:

- Keep things simple
- Choose what feels supportive
- Leave space for change

Clarity will come through movement.

This is just where you begin.

When you're ready, turn the page and take your first look at the year ahead.

YOUR YEAR *at a Glance*



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THE WITEL'S QUESTBOOK

A Year-long Journey to Become the Hero of Your Own Story

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January

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25	26	27	28	29	30	31

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

February

sun	mon	tue	wed	thu	fri	sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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NOTES _____

JAN

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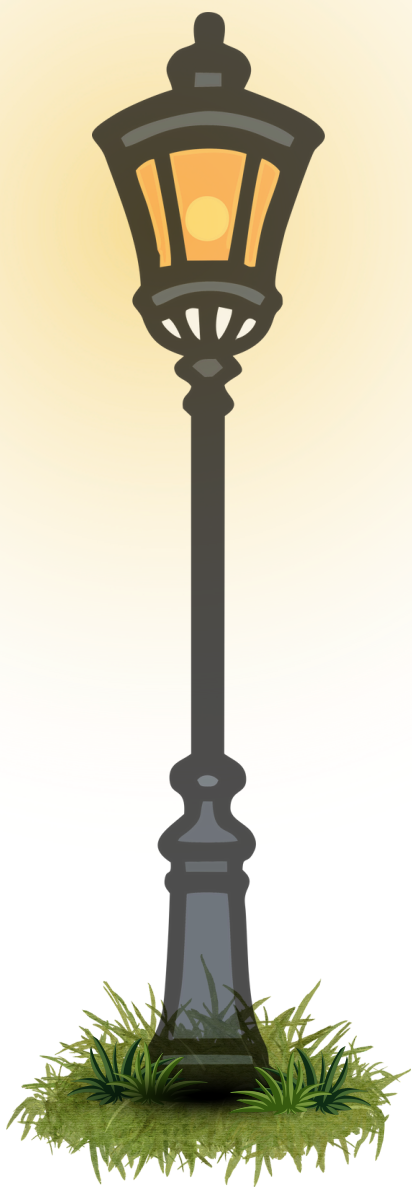
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NOV

DEC

March

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22	23	24	25	26	27	28
29	30	31				



*You've lit your lantern
and stepped onto the path.*

There's nothing to prove
and no need to rush.

This journey unfolds one step at a time.

Let it begin.

January

JAN

FEB

MAR

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SEP

OCT

NOV

DEC

January

sun	mon	tue	wed	thu	fri	sat
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JAN

FEB

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JUN

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AUG

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OCT

NOV

DEC

The Coming Week

This Week's Practice ~

This week is about noticing your current reality without judgement. You're not trying to fix or optimize anything yet—only to see clearly where you are, how you feel, and what you bring with you. Honest awareness creates a solid starting point for everything that follows.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?

(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no “wrong” answers here. This is information, not a verdict.

What do I need more of this week?

(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

When you're ready, turn the page and plan your week
—guided by what you've just named.

DEC 29 - JAN 04

Notice reality without judgment.

MONDAY

Empty rounded rectangular box for Monday.

TUESDAY

Empty rounded rectangular box for Tuesday.

WEDNESDAY

Empty rounded rectangular box for Wednesday.

THURSDAY

Empty rounded rectangular box for Thursday.

FRIDAY

Empty rounded rectangular box for Friday.

SATURDAY

Empty rounded rectangular box for Saturday.

SUNDAY

Empty rounded rectangular box for Sunday.

DECEMBER

MON

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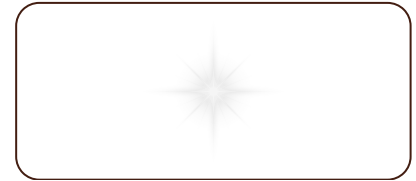
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NOTES

NORTH STAR



TOP 3 PRIORITIES

1 _____

2 _____

3 _____

How am I arriving today—physically, emotionally, mentally?

What do I notice without trying to change it?

DECEMBER

TUE | 30

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What feels most present or pressing in my life right now?

If I could name one honest focus, what would it be?

NOTES

DECEMBER

WED 31

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

What feels genuinely doable this week—and what feels like too much?

What would respecting my limits look like?

NOTES

JANUARY

THU | **01**

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

When I think "this is just how I am," what belief am I revealing?

Where did I learn that?

[Reflection writing area with horizontal lines]

NOTES

[Notes writing area with horizontal lines]

JANUARY

FRI

02

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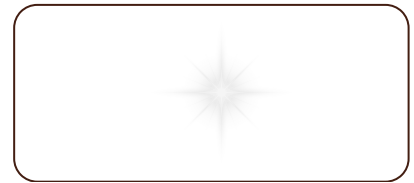


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NORTH STAR



TOP 3 PRIORITIES

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What's one thing I handled recently better than I might have in the past?

NOTES

JANUARY

SAT

03

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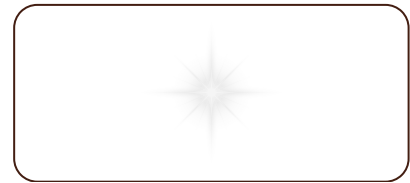


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NOTES

Notes section with multiple horizontal lines for writing.

NORTH STAR



TOP 3 PRIORITIES

1

2

3

What would rest look like today if it didn't need to be earned?

Rest reflection section with multiple horizontal lines for writing.

JANUARY

SUN

04

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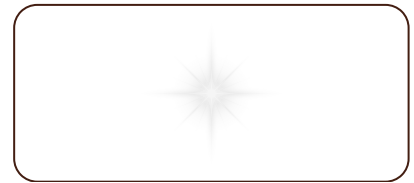


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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

Looking at the week as a whole: what did I learn about where I'm starting from?

NOTES

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

This week's practice was:

(Write the theme in your own words.)

One way I showed up this week:
(Big or small.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:

It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because

Let that be true.

You don't need to fix anything before beginning again.

Let this be part of your path.

The Coming Week

This Week's Practice ~

Instead of treating challenges as personal failures, this week invites you to look for patterns. Repeating experiences often reveal systems, habits, or unmet needs—not flaws. Seeing patterns helps you respond with curiosity rather than self-blame.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?
(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no “wrong” answers here. This is information, not a verdict.

What do I need more of this week?
(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

When you're ready, turn the page and plan your week
—guided by what you've just named.

JAN 05 - JAN 11

See systems instead of self-blame.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

JANUARY

MON

05

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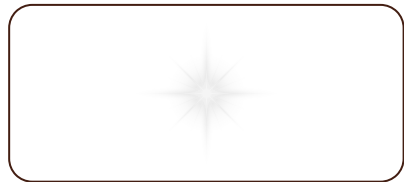


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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

What patterns do I notice in my energy, mood, or motivation lately?

Handwritten notes in purple ink: "I feel better when I exercise and eat healthy food. I also feel better when I spend time with friends and family." Below this are several blank lines for further writing.

NOTES

Large rectangular area with multiple horizontal lines for taking notes.

JAN

FEB

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APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

JANUARY

TUE

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

When something doesn't work, do I tend to blame myself—or the system I'm in?

What's another explanation?

NOTES

JANUARY

WED | 07

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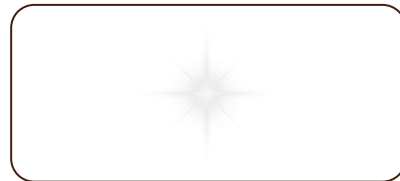


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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

Which patterns feel draining?

Which ones quietly support me?

NOTES

JANUARY

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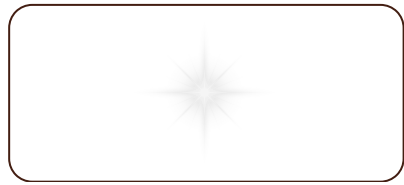
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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

What does one repeating pattern say about what I value—or what I'm protecting myself from?

[Reflection writing area with horizontal lines]

NOTES

[Notes writing area with horizontal lines]

JANUARY

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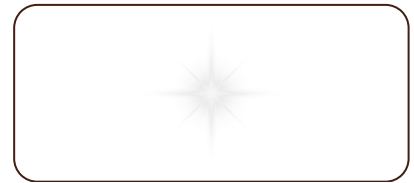


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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What pattern have I already learned to manage, even imperfectly?

NOTES

JANUARY

SAT

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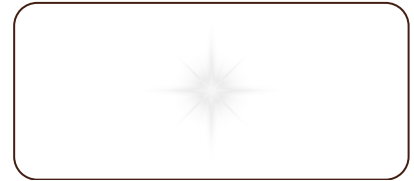


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NORTH STAR



TOP 3 PRIORITIES

- 1
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- 3

What pattern can I stop wrestling with today and simply let be?

NOTES

JANUARY

SUN

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

If patterns are information, what information did this week give me?

NOTES

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

This week's practice was:

(Write the theme in your own words.)

One way I showed up this week:
(Big or small.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:
It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because _____

Let that be true.
You don't need to fix anything before beginning again.

Let this be part of your path.

The Coming Week

This Week's Practice ~

This week focuses on honest self-assessment. You'll explore what comes easily, what creates friction, and where your current limits truly are. Understanding how you function in real life—not ideal circumstances—helps you make kinder, wiser plans.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?

(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no “wrong” answers here. This is information, not a verdict.

What do I need more of this week?

(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

When you're ready, turn the page and plan your week
—guided by what you've just named.

JAN 12 - JAN 18

Honest self-assessment.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

JANUARY

MON | 12

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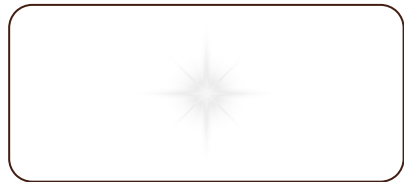


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NORTH STAR



TOP 3 PRIORITIES

- 1
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- 3

What comes easily to me right now?

What consistently takes more effort?

NOTES

Notes section with multiple horizontal lines for writing.

JANUARY

TUE | 13

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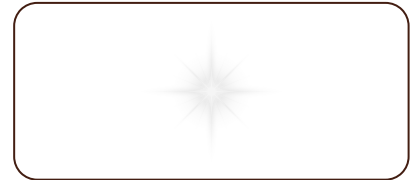


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NORTH STAR



TOP 3 PRIORITIES

1 _____

2 _____

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Where would it help to work with my strengths instead of correcting my weaknesses?

NOTES

JANUARY

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

What limit am I currently bumping up against—time, energy, health, attention?

NOTES

JANUARY

THU | 15

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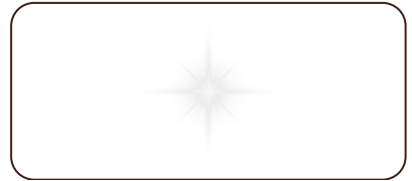


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NORTH STAR



TOP 3 PRIORITIES

- 1
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- 3

What story do I tell myself about my limits? Is it kind? Is it true?

NOTES

JANUARY

FRI

16

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NORTH STAR



TOP 3 PRIORITIES

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Where have my strengths helped me navigate something difficult before?

NOTES

JANUARY

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NOTES

Notes section with multiple horizontal lines for writing.

NORTH STAR



TOP 3 PRIORITIES

1

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What would honoring my limits look like today?

Reflection section with multiple horizontal lines for writing.

JANUARY

SUN

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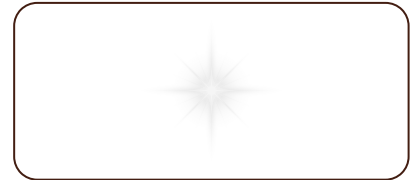
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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What feels clearer to me now about how I actually function?

NOTES

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

This week's practice was:

(Write the theme in your own words.)

One way I showed up this week:
(Big or small.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:
It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because _____

Let that be true.
You don't need to fix anything before beginning again.

Let this be part of your path.

The Coming Week

This Week's Practice ~

Before adding anything new, this week helps you recognize what you already have. Skills, habits, supports, and coping strategies often go unnoticed until we name them. Reclaiming these tools builds confidence and reduces the urge to start from scratch.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?

(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no "wrong" answers here. This is information, not a verdict.

What do I need more of this week?
(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

When you're ready, turn the page and plan your week
—guided by what you've just named.

JAN 19 - JAN 25

Reclaime existing resources.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

JANUARY

MON | 19

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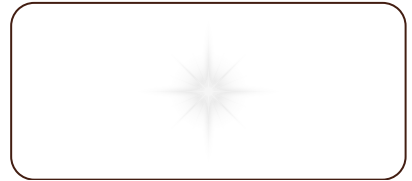
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NORTH STAR



TOP 3 PRIORITIES

- 1
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What tools, habits, or supports do I already rely on—consciously or not?

[Lined area for notes]

NOTES

[Large lined area for notes]

JANUARY

WED

21

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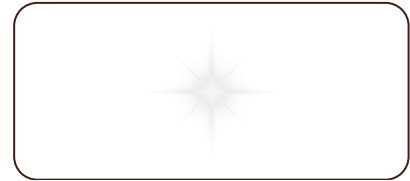


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NOTES

Notes section with multiple horizontal lines for writing.

NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

Which tools require more energy than they give right now?

Reflection section with multiple horizontal lines for writing.

JANUARY

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NORTH STAR



TOP 3 PRIORITIES

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- 3

What does my choice of tools say about how I see myself?

NOTES

JANUARY

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NORTH STAR



TOP 3 PRIORITIES

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What's one tool that's helped me through a hard season before?

Lined writing area for reflection

NOTES

Lined writing area for notes

JANUARY

SAT

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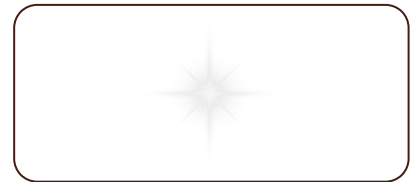


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NOTES

Notes section with multiple horizontal lines for writing.

NORTH STAR



TOP 3 PRIORITIES

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What tool can I set down for today without guilt?

Reflection section with multiple horizontal lines for writing.

JANUARY

SUN | 25

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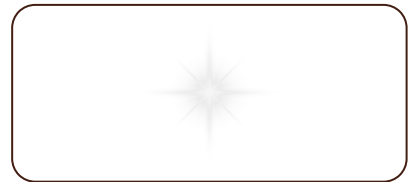


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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

What do I already have that I tend to overlook?

NOTES

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

This week's practice was:

(Write the theme in your own words.)

One way I showed up this week:
(Big or small.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:

It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because

Let that be true.

You don't need to fix anything before beginning again.

Let this be part of your path.

The Coming Week

This Week's Practice ~

What old stories about yourself have come up over the past month? Recognize that it's our thoughts that give meaning to many of those stories that bring us pain or sow doubt. You have the power to reframe those thoughts and change your own story.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?
(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no "wrong" answers here. This is information, not a verdict.

What do I need more of this week?
(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

When you're ready, turn the page and plan your week
—guided by what you've just named.

JAN 26 - FEB 01

Reflect, Reframe & Retell.

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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JAN

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JANUARY

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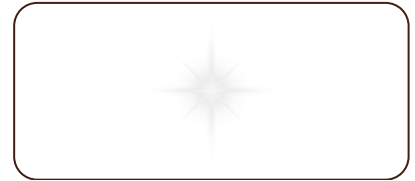
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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What story do you tell yourself that doesn't serve you?

Rewrite it so it does.

NOTES

JANUARY

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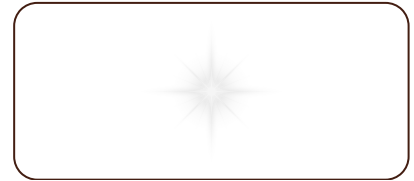
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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What story do you tell yourself that doesn't serve you?

Rewrite it so it does.

NOTES

JANUARY

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NORTH STAR



TOP 3 PRIORITIES

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What story do you tell yourself that doesn't serve you?

Rewrite it so it does.

NOTES

JANUARY

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What story do you tell yourself that doesn't serve you?

Rewrite it so it does.

NOTES

JANUARY

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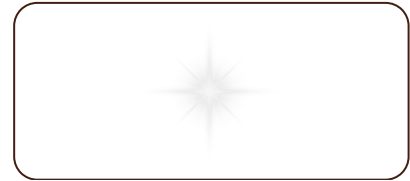


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NOTES

Notes section with multiple horizontal lines for writing.

NORTH STAR



TOP 3 PRIORITIES

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What story do you tell yourself that doesn't serve you?

Rewrite it so it does.

Reflection section with multiple horizontal lines for writing.

JANUARY

SAT | 31

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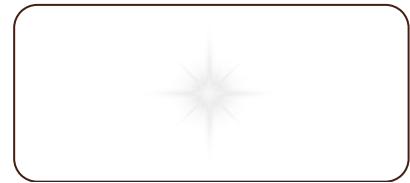


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NOTES

Notes section with multiple horizontal lines for writing.

NORTH STAR



TOP 3 PRIORITIES

1 _____
 2 _____
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Let your mind drift today. Just observe the thoughts and feelings that come up.

Reflection section with multiple horizontal lines for writing.

F E B R U A R Y

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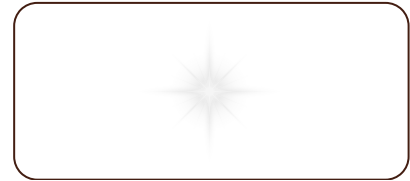


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NOTES

Notes section with multiple horizontal lines for writing.

NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

You've already done the work, and earned your rest.

Rest section with multiple horizontal lines for writing.

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

This week's practice was:

(Write the theme in your own words.)

One way I showed up this week:
(Big or small.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:
It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because _____

Let that be true.
You don't need to fix anything before beginning again.

Let this be part of your path.

Dear Seeker:

Over the past weeks, you've noticed patterns in how you think, feel, and act. You've named what matters. You've paused instead of pushed. You've made small choices with intention instead of urgency.

All done by design.

Because there's a part of you that already knows how this journey unfolds—not in detail, not perfectly, but intuitively true. A part of you that sees the long arc instead of just today's pressure. A part of you that isn't panicking, rushing, or comparing.

We call this wisdom the Sage.

The Sage isn't mystical or external. It isn't a voice that shouts. And it doesn't demand perfection.

The Sage is the part of you that can see beyond the moment you're in.

In psychology, this is often described as future-oriented thinking or self-distancing—the ability to step back from immediate emotion and view your life with perspective. Research shows that when people imagine advice coming from a wiser version of themselves, they make calmer, more values-aligned decisions and experience less emotional reactivity.

You've accessed this state before: During reflection, in moments of clarity, or when you suddenly knew what mattered—even if it was inconvenient.

The Sage isn't intuition pulled from thin air. It's your brain integrating experience, memory, and meaning—and offering guidance when you're quiet enough to hear it.

Giving it a name doesn't make it more powerful. It just makes it easier to recognize.

You don't have to trust the Sage completely yet. You only need to be willing to notice when it speaks.

As you move forward, you'll be invited to check in with your Sage—to clarify your thinking, access your inner wisdom, and to make decisions in alignment with your values.

You're still the hero of this story.

The Sage doesn't walk the path for you.

They simply hold the lantern.

End of Month Reflection

JAN

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What's one thing that worked—even a little?



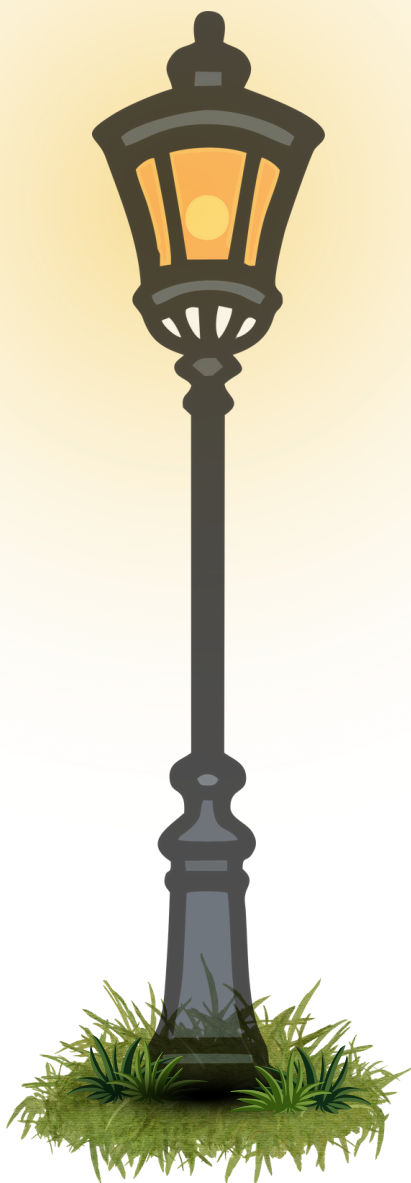
What did I notice about myself as I began?



What's one thing I want to carry forward into February?



You're not behind. This is how beginnings work.



You've crossed your first threshold.

Not because everything is clear—
but because you stayed present.
You don't need a new plan this month.

You just need steadiness.

Let what you've already learned
guide your next steps.

You're beginning to trust your footing.

February

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February

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NOTES _____

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The Coming Week

This Week's Practice ~

This week is about evidence. You'll reflect on challenges you've already faced and survived, not to relive them—but to remember your capacity. Confidence grows when it's rooted in lived experience rather than positive thinking alone.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?

(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no "wrong" answers here. This is information, not a verdict.

What do I need more of this week?

(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

When you're ready, turn the page and plan your week
—guided by what you've just named.

FEB 02 - FEB 08

Evidence over doubt.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

F E B R U A R Y

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What's one challenge I've already survived or solved in my life?

NOTES

F E B R U A R Y

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
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What skills or qualities helped me get through the challenge I thought of yesterday?

NOTES

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NORTH STAR



TOP 3 PRIORITIES

- 1
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What does that experience say about who I am under pressure?

[Reflection writing area with horizontal lines]

NOTES

[Notes writing area with horizontal lines]

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
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What evidence do I have that I can learn as I go?

NOTES

F E B R U A R Y

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NORTH STAR



TOP 3 PRIORITIES

- 1
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What would it feel like to rest in the truth that I've handled hard things before?

[Handwriting lines for reflection]

NOTES

[Large area with horizontal lines for notes]

JAN

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F E B R U A R Y

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NOTES

[Large lined rectangular area for notes]

NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

How does remembering this change how I view myself now?

[Lined rectangular area for reflection]

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

One way I showed up this week:
(Big or small.)

This week's practice was:

(Write the theme in your own words.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:

It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because _____

Let that be true.

You don't need to fix anything before beginning again.

Let this be part of your path.

The Coming Week

This Week's Practice ~

Here, you'll gently revisit past experiences that shaped you. The goal isn't to reopen wounds, but to extract wisdom. When lessons are acknowledged, the past becomes a resource instead of a weight.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?

(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no "wrong" answers here. This is information, not a verdict.

What do I need more of this week?

(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

When you're ready, turn the page and plan your week
—guided by what you've just named.

FEB 09 - FEB 15

Wisdom extraction.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

F E B R U A R Y

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What past experience still carries emotional weight for me?

NOTES

F E B R U A R Y

TUE | **10**

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What did I believe about myself because of that experience?

NOTES

F E B R U A R Y

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What did it actually teach me—
about people, limits, or needs?

NOTES

F E B R U A R Y

THU | **12**

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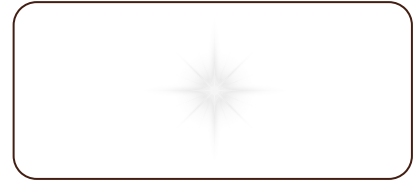
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NORTH STAR



TOP 3 PRIORITIES

1 _____

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How has that lesson shaped who I am today?

NOTES

F E B R U A R Y

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What part of that story can I let soften or rest?

NOTES

F E B R U A R Y

SUN | 15

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What lesson am I ready to keep—and which can I release?

NOTES

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

One way I showed up this week:
(Big or small.)

This week's practice was:

(Write the theme in your own words.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:

It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because _____

Let that be true.

You don't need to fix anything before beginning again.

Let this be part of your path.

Midway Reflection

We're halfway through Act 1 of your story...
but that doesn't mean anything is supposed to be finished.
It means you've *begun*.

You're not halfway behind.
You're halfway in.

Before moving forward, pause here.

This isn't a place to evaluate or correct yourself.
It's a place to notice what's already shifting—even if subtly.

LOOK BACK *(Without Judgment)*

Take a breath.
Then answer what feels true—not what feels impressive.

What feels different than it did at the beginning?

- This might be:
- how you approach your days
 - how you talk to yourself
 - how much pressure you carry
 - how you recover when things don't go as planned

Write whatever comes.

What have you learned about how you move through change?
Not how you wish you did, but how you actually do.

Lined writing area for the reflection question.

“Knowing yourself is the beginning of all wisdom.”
—Aristotle

GATHER EVIDENCE

Growth often shows up quietly.

Name a few small but real signs that something is working.

- One way I've shown up more honestly: _____
- One pattern I'm beginning to recognize: _____
- One strength that's becoming more visible: _____

These count—even if no one else saw them.

REORIENT

Right now, what do I need more of?

Circle one (or add your own):

Rest · Clarity · Consistency · Space
· Courage · Support · Patience

You don't need to earn this.
Naming it helps you plan realistically.

You don't need a new plan.

You're learning how to
walk the path you chose.

What can I soften or release as I move forward?

This might be:

- a timeline
- a standard
- an expectation
- a way of speaking to yourself

Name just one.

AT THIS MOMENT

Finish this sentence honestly:

At this midpoint, I trust myself to

There is no perfect answer.

Only a *true* one.

**When you're ready, continue on—not as someone starting over,
but as someone who has already begun.**

The Coming Week

This Week's Practice ~

This week zooms out to look at your life as a whole system. You'll notice how your time, energy, and attention are currently distributed—and how that feels. Awareness here helps you work with your life, not against it.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?

(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no "wrong" answers here. This is information, not a verdict.

What do I need more of this week?

(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

When you're ready, turn the page and plan your week
—guided by what you've just named.

FEB 16 - FEB 22

See the whole system.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

F E B R U A R Y

JAN

FEB

MAR

APR

MAY

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AUG

SEP

OCT

NOV

DEC

MON

16

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

How does my life actually feel across a normal week?

NOTES

F E B R U A R Y

TUE | 17

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

Where does most of my time and energy currently go?

NOTES

F E B R U A R Y

THU | 19

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NOTES

Notes section with multiple horizontal lines for writing.

NORTH STAR



TOP 3 PRIORITIES

1

2

3

What roles do I occupy most often? Which ones feel most like me?

F E B R U A R Y

SAT

21

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

What part of my life needs more gentleness?

[Handwriting area with horizontal lines for reflection]

NOTES

[Large handwriting area with horizontal lines for notes]

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

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DEC

F E B R U A R Y

SUN

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What do I understand now about how my life is structured?

NOTES

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

One way I showed up this week:
(Big or small.)

This week's practice was:

(Write the theme in your own words.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:

It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because _____

Let that be true.

You don't need to fix anything before beginning again.

Let this be part of your path.

The Coming Week

This Week's Practice ~

This week clarifies your emotional stakes. You'll explore why this desire for change matters now, in this specific season of your life. Motivation rooted in meaning—not pressure—has staying power.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?

(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no "wrong" answers here. This is information, not a verdict.

What do I need more of this week?

(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

When you're ready, turn the page and plan your week
—guided by what you've just named.

FEB 23 - MAR 01

Emotional stakes

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

F E B R U A R Y

MON

23

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What discomfort or longing has been quietly asking for my attention?

NOTES

F E B R U A R Y

TUE

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

Why does this matter now, in this season of my life?

NOTES

F E B R U A R Y

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

FRI

27

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

What evidence do I have that I'm ready to begin—even imperfectly?

[Large empty rectangular box for writing evidence]

NOTES

[Large empty rectangular box for notes]

F E B R U A R Y

SAT

28

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

What would compassion for myself look like around this desire?

[Lined writing area for reflection]

NOTES

[Large lined writing area for notes]

MARCH

SUN

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What feels truer now about why I'm here?

NOTES

JAN

FEB

MAR

APR

MAY

JUN

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AUG

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NOV

DEC

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

One way I showed up this week:
(Big or small.)

This week's practice was:

(Write the theme in your own words.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:

It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because _____

Let that be true.

You don't need to fix anything before beginning again.

Let this be part of your path.

End of Month Reflection

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



What's one thing that worked this month—even if it surprised me?



What's one piece of evidence that I can handle change or uncertainty?



What do I want to carry forward into March?



You're not behind. This is how beginnings work.



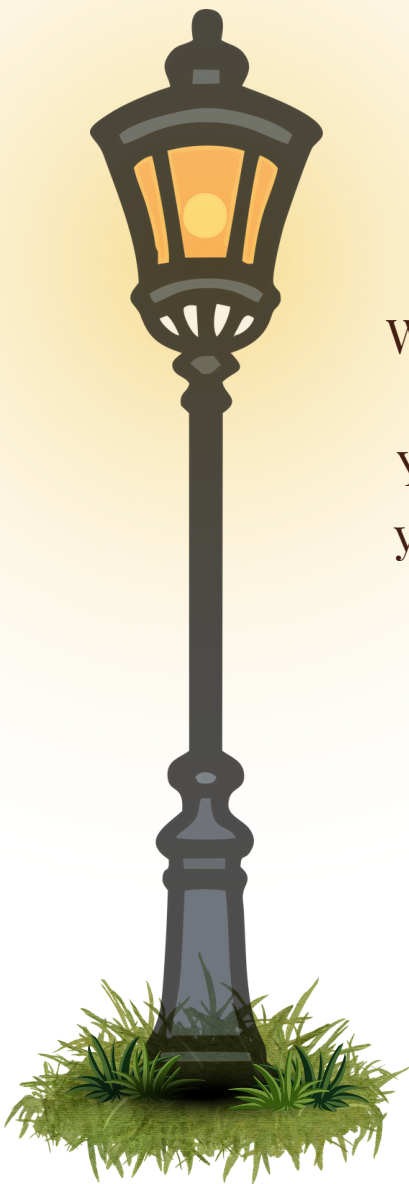
What's one thing that worked in February—even a little?



What's one thing I want to carry forward into March?



You're not behind. You're on the path



You don't need to hurry.
You're not behind.

What matters now isn't speed—it's readiness.

You've been gathering information, learning
your patterns, and building trust in yourself.

This month, you'll learn how to
move forward with intention.

*The lantern doesn't show the whole road—
only the next right step.*

March

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

March

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JAN

FEB

MAR

APR

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DEC

The Coming Week

This Week's Practice ~

Change becomes clearer when we honestly name the cost of not changing. This week invites you to look gently at what continuing on the same path might require you to give up. The aim is clarity, not fear.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?

(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no "wrong" answers here. This is information, not a verdict.

What do I need more of this week?

(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

**When you're ready, turn the page and plan your week
—guided by what you've just named.**

MAR 02 - MAR 08

Clarity through honesty.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MARCH

MON

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

If nothing changed, what would likely stay the same?

NOTES

MARCH

TUE

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NORTH STAR



TOP 3 PRIORITIES

- 1
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What quiet costs am I already paying?

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NOTES

MARCH

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
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- 3 _____

How does staying the same affect my energy or joy?

NOTES

MARCH

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NORTH STAR



TOP 3 PRIORITIES

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What does this path ask me to give up?

NOTES

MARCH

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NORTH STAR



TOP 3 PRIORITIES

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What truth feels uncomfortable—but important—to name?

NOTES

MARCH

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NORTH STAR



TOP 3 PRIORITIES

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How can I hold this awareness gently?

NOTES

MARCH

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

What clarity emerged from being honest this week?

[Lined writing area for reflection]

NOTES

[Large lined writing area for notes]

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

This week's practice was:

(Write the theme in your own words.)

One way I showed up this week:
(Big or small.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:
It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because _____

Let that be true.
You don't need to fix anything before beginning again.

Let this be part of your path.

The Coming Week

This Week's Practice ~

This week opens the door to possibility. You're invited to imagine what "better" could feel like, even if the details aren't clear yet. Small, realistic hopes are often more powerful than grand visions.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?

(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no "wrong" answers here. This is information, not a verdict.

What do I need more of this week?

(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

**When you're ready, turn the page and plan your week
—guided by what you've just named.**

MAR 09 - MAR 15

Possibility without pressure.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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MARCH

MON

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NORTH STAR



TOP 3 PRIORITIES

- 1
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What would "better" feel like, even if I can't define it fully?

NOTES

MARCH

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NORTH STAR



TOP 3 PRIORITIES

- 1
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What small change would make a meaningful difference?

NOTES

MARCH

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NORTH STAR



TOP 3 PRIORITIES

- 1
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What kind of support would help this feel possible?

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NOTES

[Handwriting area for notes]

MARCH

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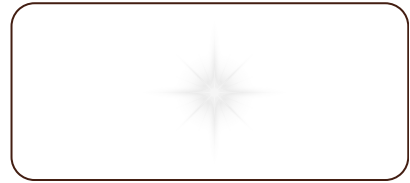
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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

Who do I imagine myself becoming through this change?

NOTES

MARCH

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NORTH STAR



TOP 3 PRIORITIES

- 1
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What evidence do I have that change doesn't require perfection?

NOTES

MARCH

SAT

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
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What permission do I need to give myself today?

NOTES

MARCH

SUN | 15

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
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What feels more open or hopeful now?

[Handwriting area with horizontal lines and a decorative red starburst at the top]

NOTES

[Large handwriting area with horizontal lines]

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

This week's practice was:

(Write the theme in your own words.)

One way I showed up this week:
(Big or small.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:
It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because _____

Let that be true.
You don't need to fix anything before beginning again.

Let this be part of your path.

The Coming Week

This Week's Practice ~

As the journey begins to feel real, this week focuses on readiness. You'll consider what you want to carry forward—and what may be better left behind. Intentional choices now make future challenges easier to navigate.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?

(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no “wrong” answers here. This is information, not a verdict.

What do I need more of this week?

(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

When you're ready, turn the page and plan your week
—guided by what you've just named.

MAR 16 - MAR 22

Readiness

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MARCH

MON

16

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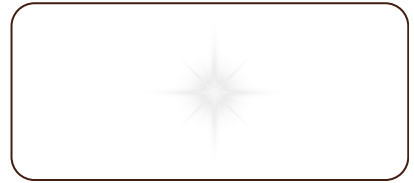


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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What am I willing to bring with me as I move forward?

NOTES

MARCH

TUE | **17**

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

What habits or beliefs might slow me down?

NOTES

MARCH

WED | 18

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- 7 _____
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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What do I need to carry—and what is optional?

NOTES

MARCH

THU | 19

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- 7 _____
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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What does choosing intentionally say about who I'm becoming?

NOTES

MARCH

FRI

20

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What strength or value do I trust myself to bring?

NOTES

MARCH

SAT

21

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- 1 _____
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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What can I gently set down today?

NOTES

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

MARCH

SUN

22

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NORTH STAR



TOP 3 PRIORITIES

- 1
- 2
- 3

What feels lighter—or clearer—after this week?

NOTES

JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

This week's practice was:

(Write the theme in your own words.)

One way I showed up this week:
(Big or small.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:
It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because _____

Let that be true.
You don't need to fix anything before beginning again.

Let this be part of your path.

The Coming Week

This Week's Practice ~

This final week of Act 1 introduces a way of guiding yourself forward. You'll practice pausing to reflect, reframing situations with clarity and compassion, and choosing your response intentionally. This method becomes a steady companion for the rest of the journey.

Before you plan, pause.

You're not starting this week from scratch.

You're bringing a real body, a real schedule, and a real emotional state with you.

Take a few quiet minutes and answer honestly.

How am I arriving this week?

(Check all that apply.)

tired hopeful scattered calm uncertain steady other: _____

There are no "wrong" answers here. This is information, not a verdict.

What do I need more of this week?

(Circle one.)

Rest · Clarity · Courage · Simplicity · Support · Space

You don't have to earn this, but knowing what you need helps you plan realistically.

Finish this sentence:

This week, I want to practice _____

The goal here is practice, not achievement.

Practice allows room for learning, adjustment, and being human.

**When you're ready, turn the page and plan your week
—guided by what you've just named.**

MAR 23 - MAR 29

Self-guidance.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MARCH

MON

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

Where have I already been listening to myself—whether I realized it or not?

NOTES

MARCH

TUE

24

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NORTH STAR



TOP 3 PRIORITIES

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When I pause before acting, what kinds of choices do I tend to make?

NOTES

MARCH

WED | **25**

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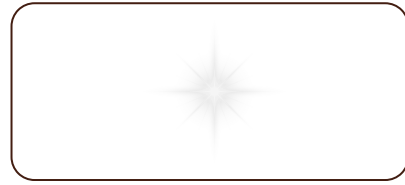
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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What helps me think more clearly when I feel overwhelmed or unsure?

NOTES

MARCH

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NORTH STAR



TOP 3 PRIORITIES

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What kind of person do I become when I trust myself, even a little?

NOTES

MARCH

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What evidence do I have that I can make wise decisions without having everything figured out?

NOTES

MARCH

SAT

28

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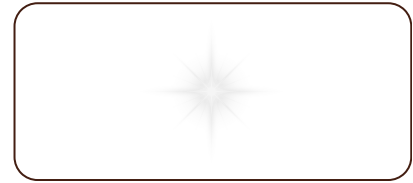


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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What would it look like to rest in the knowledge that I don't have to rush clarity?

NOTES

MARCH

SUN

29

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NORTH STAR



TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

What do I trust about myself now that I didn't at the start of this Act?

NOTES

Closing the Week

Before you move on, pause.

You don't need to evaluate yourself.
You're simply noticing what happened.

This week's practice was:

(Write the theme in your own words.)

One way I showed up this week:
(Big or small.)

One thing I learned about myself:

Learning counts—even if things don't go as planned.

One moment that mattered:
It might have looked ordinary from the outside.

~ Integration ~

Finish this sentence honestly:

This week counts because _____

Let that be true.
You don't need to fix anything before beginning again.

Let this be part of your path.

As March Comes to a Close

Take a moment to look back on this month—not to judge it, but to notice what's clearer now than it was before.



What feels more settled or understood than it did at the beginning of March?



What did I learn about how I make decisions or guide myself forward?



What feels worth carrying into the next phase of this journey?

You don't need to feel ready for everything.
You only need to know how to choose your next step.

Take a moment to glance at the map.
Notice where you are—and how far you've come.



Let this be part of your path.

Closing Act 1: The Spark

You began this journey by slowing down.

You noticed where you were actually starting.

You gathered evidence instead of assumptions.

You learned how to pause, reflect,
and choose your next step with intention.

That matters more than it might feel right now.

Act 1 wasn't about doing more.

It was about learning how to stand where you are
—without flinching.

Take a moment to look at the map, and notice where you are
—and how far you've come.

This part of the journey was about orientation.
What comes next will be about exploration.

You don't need to be certain.
You don't need to be confident.

You only need to be willing to try.



Let this be part of your path.

THE WITEL'S QUESTBOOK

A Year-long Journey to Become the Hero of Your Own Story

THE LEGEND OF THE QUEST

Mark a flame each time you complete its milestone. Pause at cairns to reflect and realign. Seek lanterns for Sage wisdom and guidance. Continue the path until you reach Castle Radiance—where you become the Hero of your own story.

- The Starting Point** • Where your journey begins.
- FLAME** ~ Progress Marker • Your steps along the path. Mark each flame as you complete a milestone.
- CAIRN** ~ Reflection Point • A moment of pause. Reflect, review and recommit to your path.
- LANTERN** ~ Sage Wisdom • Insight and guidance. Stop here to receive a message from your Sage.
- The Sage's Keep** • Your destination—where the Hero becomes the Sage.



YOUR PUBLISHING CALENDAR

~ Chronic Illness ~

Many people live with chronic illness.

In the Questbook, we define chronic illness—or as I like to call it, ch/ill— as anything that limits your ability to live the way you wish. Whether you personally wrestle with illness, or care for someone who depends on you, the result is the same: what you want to do isn't always what you can do.

Because this experience is so common, we need to pause—to get honest about the time, energy, and bandwidth we actually have for the things we desire most.

For years, I promised myself I'd write three or four books a year. I knew I could—I'd done it before. But then came the years when my health faltered, and I managed only one. I'd spiral into shame and disappointment, convinced I'd failed, even though I was still doing my best. I stayed trapped in that loop because I believed I should be able to do more.

Until I learned a better way.
A kinder way.
An *honest* way.

There's no point in scheduling a mountain of deadlines you'll never meet. It feels thrilling when you first write them down—that rush of possibility, that dopamine spark—but it fades fast. What's left is guilt and burnout.

That's not the game we're playing this year.

This year, we're changing the rules.

We'll build from truth, not pressure.

From capacity, not comparison.

From honor, not hustle.

YOUR PUBLISHING CALENDAR

Past Evidence

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Before we dive into planning the year ahead, let's take a clear-eyed look at the year behind us.

Making plans without acknowledging the reality of your life is like throwing darts while blindfolded—you might hit something, but it won't be what you were aiming for.

Let's take off the blindfold and look honestly at the time and energy we actually have to work with.

Look back over the past year and take note:

- How many days did you take off for holidays?
- How many for vacations or long weekends?
- How many days were dedicated to your children's school events or family obligations?
- How many days were spent at conferences, conventions, or retreats?
- How many days did you lose to sickness, fatigue, or just plain burnout?
-

If you're ch/ill, be even more specific:

- How many days did you flare or crash?
- How many doctor appointments did you have—and how many of those wiped out your day with travel and recovery?
- How often did seasonal changes or weather shifts slow you down?
- How many days did you need to recover from holidays, family events, or social commitments?

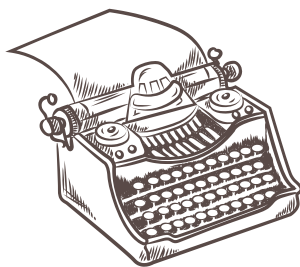
Finally, take note of anything that reliably drains your energy and leaves you needing rest.

This isn't about judgment—it's data. Honest, compassionate data.

Because the more clearly you see your reality, the more powerfully you can plan within it.

We'll come back to this information in the next section.

YOUR *Writing*



JAN

FEB

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APR

MAY

JUN

JUL

AUG

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OCT

NOV

DEC

Your Ideal (& Possible) *Writing Schedule*

Using the information you've discovered about yourself (and being really real), create a writing schedule that's both challenging *and* possible.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Your Ideal (& Possible) *Publishing Quests*

Books Published or Queried

List the title and the date you plan to publish or begin querying.

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Fan Communities

What platforms will you use to bring your fans and supporters together? (Newsletter, Facebook Group, Discord, etc.) How many members would you like to add this year? How often will you post or email?

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Social Media

What platforms will you use? Only choose those you already enjoy. How often will you post? How many followers would you like to add this year?

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2026 WORD COUNT

Whether you write every day or once a week or even once a month, it all counts.

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
1												
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GRAND TOTAL

JAN
FEB
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AUG
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NOV
DEC

BOOK GOALS

You are not a book-making machine. You are human.
Say it with me, now: *I am human.*

However, writing, querying, and publishing are awesome! And fun! So here's a space for you track—and celebrate—your wins.

BOOK TITLE
GENRE
TARGET COMPLETION DATE



This novel is important to me because _____

I plan to publish
(Circle the one that applies)

Independently Traditionally Other _____

because _____

Color in the star when you've accomplished your goal.

BOOK TITLE
GENRE
TARGET COMPLETION DATE



This novel is important to me because _____

I plan to publish
(Circle the one that applies)

Independently Traditionally Other _____

because _____

Color in the star when you've accomplished your goal.

BOOK GOALS

JAN

FEB

MAR

APR

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DEC

This novel is important to me because _____

BOOK TITLE

GENRE

TARGET COMPLETION DATE

I DID IT!

I plan to publish
(Circle the one that applies)

Independently Traditionally Other _____

because _____

Color in the star when you've accomplished your goal.

This novel is important to me because _____

BOOK TITLE

GENRE

TARGET COMPLETION DATE

I DID IT!

I plan to publish
(Circle the one that applies)

Independently Traditionally Other _____

because _____

Color in the star when you've accomplished your goal.

BOOK DATA

BOOK TITLE

GENRE

PUBLICATION DATE

Tagline (or pitch or logline):

Book description:

FORMAT

eBook

Print

DISTRIBUTION

KU

Wide

Wordcount

Comparable Titles

Categories

Keywords

ISBN

ASIN

eBook Price

Print Wholesale Cost

Print Sale Price

Cover Designer

Website

Contact

Publisher

Website

Contact

JAN

FEB

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Querying

BOOK TITLE
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Color in the star when you've chosen an agent..

AGENT	HOUSE	eMAIL
Query Date	Response Date	Pages Requested?
Sent Date	Response Date	Full Requested?
Sent Date	Result	
Notes		

WINNER!

AGENT	HOUSE	eMAIL
Query Date	Response Date	Pages Requested?
Sent Date	Response Date	Full Requested?
Sent Date	Result	
Notes		

WINNER!

AGENT	HOUSE	eMAIL
Query Date	Response Date	Pages Requested?
Sent Date	Response Date	Full Requested?
Sent Date	Result	
Notes		

WINNER!

FAN COMMUNITIES

NAME
CURRENT STAT
GOAL STAT

Why is this goal important to me?

How will I engage in this group this year?

NOTES _____

JANUARY

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SOCIAL MEDIA

PLATFORM _____

CURRENT STAT _____

GOAL STAT _____

Why is this goal important to me?

How will I engage this year?

NOTES _____

JANUARY

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FEBRUARY

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JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

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