

2026 Yearly  
**PLANNER**



# YEARLY PLANNER

January

February

March

April

May

June

July

August

September

Total Archery Challenge

Hunting trip

October

November

December



# '26 YEAR LIST

to do

- Update laundry room
- Put up pictures in living room and office
- Paint living room
- Get Suzy's driver seat fixed
- Change Blinds
- Get dents fixed on Suzy
- Redo garden beds
- Work on trimming the bushes in the plant bed
- Get curtains for kitchen window
- Cleans outside of windows
- Work on getting lettuce grower going
- 
-

# 6 27 YEAR to do

# MORNING

## Checklist

do a full-body stretch



meditate for 10-20 minutes



Make a hot cup of tea



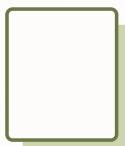
Make your bed



Go outside For a few moments



Eat a wholesome Breakfast



Exercise or go to the gym



make a to do list



# SELF CARE Checklist ✓ ✓



# BEDTIME

## Routine

- Brush your teeth and floss
- Wash your face and remove makeup
- Change into comfortable sleepwear
- Dim the lights and turn off electronics
- Stretch or do some light exercise
- Set a relaxing atmosphere
- Read a book or listen to calming music
- Get into bed





# DAILY, WEEKLY & MONTHLY *Planner*

01

2025

# January

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

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8

9

10

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12

13

14

15

Work out

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17

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19

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31

to do

priorities

# DAILY PLANNER

January 2

## My Routine

6:00	
7:00	Morning tea, journal, cuddle kiddos eat breakfast
8:00	workout or do yoga or meditate
9:00	take Nero for a walk
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	

## to do list

## notes

# WEEKLY Schedule

January 5



Monday

Tuesday

Wednesday

Thursday

Appointments:

Friday

Saturday

Sunday



DON'T FORGET:

Look into getting hair done

- 
- 
- 
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- 
- 
- 



Daily Reflections for Inner Peace

2026 edition

# Mindfulness Moments

Find Serenity in Every Day with Mindful Practices and Thoughtful Prompts

# Day 1

What does "healing" mean to you?



January 1st

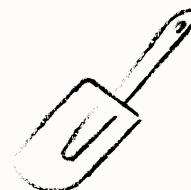
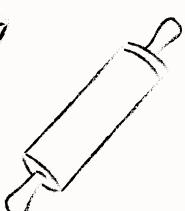
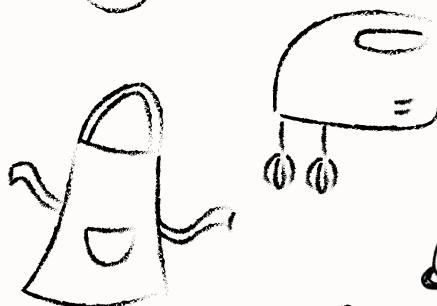
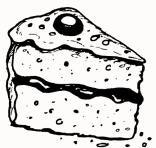
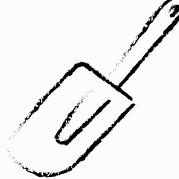
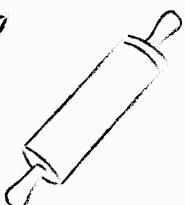


Healing means...

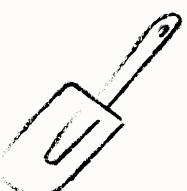
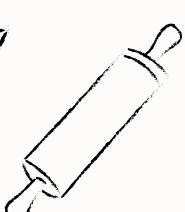
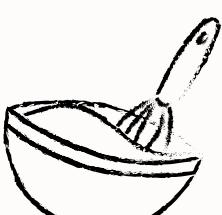
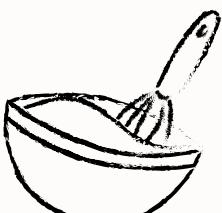


# WEEKLY MEAL PLANNER

	Breakfast	Lunch	Dinner	Snacks
Monday				
	Breakfast	Lunch	Dinner	Snacks
Tuesday				
	Breakfast	Lunch	Dinner	Snacks
Wednesday				
	Breakfast	Lunch	Dinner	Snacks
Thursday				
	Breakfast	Lunch	Dinner	Snacks
Friday				
	Breakfast	Lunch	Dinner	Snacks
Saturday				
	Breakfast	Lunch	Dinner	Snacks
Sunday				
	Breakfast	Lunch	Dinner	Snacks



# Recipes



# GREEK YOGURT BANANA BREAD

simple Recipe

## Ingredients

### Base

- 2 ripe bananas
- 2/3 cup Greek yogurt
- 1 large egg
- 1/3 cch maple syrup, or honey
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/6 teaspoon salt
- 1 1/2 cup oat flour, or preferred flour
- 1/2 cup almond flour, or more oat flour
- 2 teaspoon baking powder
- 1/4 cu chocolate chips (optional)

### High Protein Option

1/2 cup protein powder, as a replacement for 1/2 cup flour



### Directions

1. Heat oven to 350 degrees and oil a 20 cm (7.9 inches) loaf pan with parchment paper or grease with oil
2. In a large bowl, mash the bananas then combine with Greek yogurt, egg, maple syrup, ground cinnamon, vanilla extract and a pinch of salt. Stir well until you get a smooth mixture.
3. Add into the wet mixture oat flour, almond flour (or more oat flour) and baking powder. Stir the ingredients together, adding chocolate chips if desired.
4. You may need to adjust with little extra flour if the batter is too liquid, or with a splash of milk if it is too dry. This depends on the size of the bananas used.
5. Transfer your Greek yogurt banana bread batter to the prepared pan, then bake in hot oven for about 30-35 minutes. The loaf is ready when a toothpick inserted into its center comes out clean.

### Nutrition

SERVING: 1 SLICE | CALORIES: 142.6KCAL | CARBOHYDRATES: 20.2G | PROTEIN: 6.8G | FAT: 4.4G | SATURATED FAT: 1.1G | POLYUNSATURATED FAT: 0.4G | MONOUNSATURATED FAT: 0.4G | TRANS FAT: 0.003G | CHOLESTEROL: 16.3MG | SODIUM: 116.1MG | POTASSIUM: 153.6MG | FIBER: 2.5G | SUGAR: 8.3G | VITAMIN A: 34.3IU | VITAMIN C: 1.5MG | CALCIUM: 85.9MG | IRON: 1.1MG

# RECIPES TO REMAKE



## ULTIMATE STUFFED ROASTED ACORN SQUASH

### Ingredients

- 3 acorn squash small/med\*
- 2 tsp organic coconut oil or ghee, plus sea salt, for roasting
- 1 Tbsp organic coconut oil or ghee, plus more, if needed
- 1 lb pork sausage casings removed if necessary, sugar-free for Whole30
- 4 oz mushrooms any kind, chopped
- 1 small onion diced
- 2 celery stalks diced
- 2 cloves garlic minced
- 1 apple diced (pink lady is my favorite for cooking)
- 1 Tbsp fresh sage leaves minced\*\*
- 1 Tbsp fresh rosemary leaves minced\*\*
- 1 Tbsp fresh thyme leaves minced\*\*
- 1/3 cup raisins organic, or dried cranberries (fruit-sweetened for Whole30)
- sea salt and pepper to taste
- fresh parsley for garnish, if desired
- 

### Method



1. First, roast the squash. Preheat your oven to 425 degrees F and line a large baking sheet with parchment paper.



2. Cut each squash open, lengthwise, the scoop out the seeds/strings with a spoon, leaving a “bowl” in the center.

# RECIPES TO REMAKE



## ULTIMATE STUFFED ROASTED ACORN SQUASH



### Method



4. While the squash roasts, prepare the stuffing. Heat a large skillet over med-hi heat and add a Tbsp coconut oil or ghee to melt. Add your sausage, breaking up lumps with a wooden spoon to evenly brown. Once browned and toasty, remove from heat and transfer to a plate, leaving fat in the skillet.



5. Return skillet to medium heat and add the onions, celery, and mushrooms. Sprinkle lightly with salt. Stir while cooking to soften, about 3 minutes. Add the garlic and cook another minute, stirring to avoid burning.



6. Add the apples, fresh herbs, and salt and pepper to taste, stir to combine. Cook for another 1-2 minutes to allow apples to soften.



7. Now add the raisins or cranberries and browned sausage back to the skillet, lower heat to med/low and continue to cook another 2 minutes to blend flavors.



8. Once ready to stuff the squash, preheat your broiler and arrange the 4 squash halves face-up on the baking sheet. Scoop the stuffing mixture into each one, filling them evenly.



9. Once filled, set your broiler to hi and broil until tops of stuffing and squash are nicely browned, 5 minutes or so. Garnish with fresh minced parsley, serve and enjoy!

### Recipe Notes

- \*You can also use butternut or delicata squash if you prefer.
- \*\*Use 1 tsp each if using dried herbs.
- \*\*\*You can make the stuffing and roast the squash ahead of time, then simply fill and broil at the last minute for a quick meal.



# CLEANING CHECKLIST

 <p><i>Kitchen</i></p> <p>Done by time</p> <p>Team work January</p>	<input checked="" type="checkbox"/> Wipe down stovetop	Notes
	<input type="checkbox"/> Clean microwave interior	Wipe surfaces after use, clean appliances regularly, use baking soda and vinegar for the sink, organize the pantry, and take out trash often.
	<input type="checkbox"/> Empty and load dishwasher	
	<input type="checkbox"/> Sweep floor again if necessary	
	<input type="checkbox"/> Take out trash	

 <p><i>Living Room</i></p> <p>Done by time</p> <p>Team work Spring Clean</p>	<input type="checkbox"/> Tidy up any clutter from the day	Notes
	<input type="checkbox"/> Wipe remote controls & light switches	Regularly dust surfaces, vacuum carpets and upholstery, wipe down electronics.
	<input type="checkbox"/> Arrange books/magazines	

 <p><i>Bathroom</i></p> <p>Done by time</p> <p>Team work Spring Clean</p>	<input type="checkbox"/> Wipe down shower walls	Notes
	<input type="checkbox"/> Clean mirror	Clean surfaces & fixtures, scrub the toilet and shower, wipe mirrors, and ensure good ventilation to keep your bathroom fresh and hygienic.
	<input type="checkbox"/> Check and replenish toilet paper	
	<input type="checkbox"/> Sweep floor	

 <p><i>Bedroom</i></p> <p>Done by time</p> <p>Team work Spring Clean</p>	<input type="checkbox"/> Fold and put away laundry	Notes
	<input type="checkbox"/> Tidy up bedside tables	Dust surfaces, vacuum or sweep floors, change bed linens weekly, and organize clutter to keep your bedroom clean & tidy.
	<input type="checkbox"/> Organize any clutter	
	<input type="checkbox"/> Set out clothes for the next day	

 <p><i>General Tasks</i></p> <p>Done by time</p> <p>Team work Spring Clean</p>	<input type="checkbox"/> Turn off lights not in use	Notes
	<input type="checkbox"/> Close windows and lock doors	Tackle one room at a time, declutter first, dust surfaces, clean floors, and regularly maintain high-touch areas for a consistently clean home.
	<input type="checkbox"/> Set out trash for collection if needed	
	<input type="checkbox"/> Relax and unwind before bed	

# CLEANING

## *checklist*

### DAILY

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<input type="checkbox"/> MAKE BEDS	<input type="checkbox"/> PICK UP CLUTTER
<input type="checkbox"/> LOAD DISHWASHER	<input type="checkbox"/> SWEEP FLOORS
<input type="checkbox"/> PICK UP LAUNDRY	<input type="checkbox"/> TAKE OUT TRASH
<input type="checkbox"/> WIPE DOWN COUNTERS	<input type="checkbox"/> PUT AWAY TOYS
<input type="checkbox"/> CLEAN SINK	<input type="checkbox"/> SORT MAIL

### WEEKLY

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<input type="checkbox"/> CHANGE BED SHEETS	<input type="checkbox"/> CLEAN OVEN / MICROWAVE
<input type="checkbox"/> VACUUM CARPETS & RUGS	<input type="checkbox"/> WIPE DOWN APPLIANCES
<input type="checkbox"/> MOP FLOORS	<input type="checkbox"/> CLEAN TOILETS
<input type="checkbox"/> DUST FURNITURE	<input type="checkbox"/> CLEAN SHOWERS & BATHTUBS
<input type="checkbox"/> DEEP CLEAN KITCHEN	<input type="checkbox"/> CLEAN MIRRORS

### MONTHLY

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<input type="checkbox"/> CLEAN FRIDGE	<input type="checkbox"/> WASH OUT TRASH CANS
<input type="checkbox"/> WIPE KITCHEN CABINETS	<input type="checkbox"/> WASH PILLOWS & BLANKETS
<input type="checkbox"/> CLEAN WINDOWS & DOORS	<input type="checkbox"/> CLEAN BATHROOM CABINETS
<input type="checkbox"/> DECLUTTER CABINETS	<input type="checkbox"/> WASH BATH RUGS

### YEARLY

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<input type="checkbox"/> DEEP CLEAN UPHOLSTERY	<input type="checkbox"/> WASH WINDOW BLINDS
<input type="checkbox"/> DEEP CLEAN CARPETS	<input type="checkbox"/> EMPTY AND DECLUTTER SHELVES
<input type="checkbox"/> CLEAN STORAGE AREAS	<input type="checkbox"/> CLEAN AIR CONDITIONERS
<input type="checkbox"/> SCRUB FRIDGE & FREEZER	<input type="checkbox"/> WASH DUVETS & BLANKETS

# TASK CHECKLIST

NAME \_\_\_\_\_

DATE \_\_\_\_\_

January 23

Notes \_\_\_\_\_

No	What to Do	Importance	Due By	Current Status	Additional Notes
1	Finish reading book	High	2025-07-15	In Progress	350 pages left to read
2	Book yoga class	Medium	2025-07-18	Not Started	Check availability at the studio
3	Call mom	High	2025-07-12	Not Started	Catch up on family updates
4	Plan weekend trip	Low	2025-07-20	Not Started	Research local hiking trails
5	Organize photo album	Medium	2025-07-25	In Progress	Sort photos from last vacation
6	Bake cookies for the neighbors	Low	2025-07-14	Not Started	Try new chocolate chip recipe
7	Water & replant the plants	High	2025-07-11	Not Started	Don't forget the succulents
8	Update personal budget spreadsheet	Medium	2025-07-17	Not Started	Include recent expenses
9	Write a letter to a friend	Medium	2025-07-13	Not Started	Use the new stationery
10	Clean out the shed	Low	2025-07-19	Not Started	Sort items into keep, donate, and throw away

# TASK CHECKLIST

NAME \_\_\_\_\_

DATE \_\_\_\_\_

Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

No	What to Do	Importance	Due By	Current Status	Additional Notes
1	Finish reading book	High	2024-07-15	In Progress	100 pages left to read
2	Book yoga class	Medium	2024-07-18	Not Started	Check availability at the studio
3	Call mom	High	2024-07-12	Not Started	Catch up on family updates
4	Plan weekend trip	Low	2024-07-20	Not Started	Research local hiking trails
5	Organize photo album	Medium	2024-07-25	In Progress	Sort photos from last vacation
6	Bake cookies for the neighbors	Low	2024-07-14	Not Started	Try new chocolate chip recipe
7	Water the plants	High	2024-07-11	Not Started	Don't forget the succulents
8	Update personal budget spreadsheet	Medium	2024-07-17	Not Started	Include recent expenses
9	Write a letter to a friend	Medium	2024-07-13	Not Started	Use the new stationery
10	Clean out the garage	Low	2024-07-19	Not Started	Sort items into keep, donate, and throw away



# BUDGET PLANNER 2026

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# MONTHLY BUDGET

Based off 12/25

current month

January 2026

## Checking

## Joseph contribution

\$

## Margret contribution

\$

## Saving

### starting balance

ending balance

due date	paid	description	proacted amount	actual amount
1st	<input type="checkbox"/>	Mortgage/rent	\$	\$
	<input type="checkbox"/>	XCEL/solar/gas	\$	\$
	<input type="checkbox"/>	Water/garbage	\$	\$
	<input type="checkbox"/>	Vehicle Payment	\$	\$
	<input type="checkbox"/>	Vehicle Insurance	\$	\$
	<input type="checkbox"/>	Sewage (quarterly-paid in Dec)	\$	\$
	<input type="checkbox"/>	Groceries + Amazon + Whole Foods	\$	\$
	<input type="checkbox"/>	Netflix	\$	\$
	<input type="checkbox"/>	Telephone	\$	\$
	<input type="checkbox"/>	Xfinity Cable/Internet	\$	\$
	<input type="checkbox"/>	Trash (quarterly-paid in Nov)	\$	\$
	<input type="checkbox"/>	Apple	\$	\$
	<input type="checkbox"/>	Restaurants	\$	\$
	<input type="checkbox"/>	Pet Insurance - Figo	\$	\$
	<input type="checkbox"/>		\$	\$
	<input type="checkbox"/>		\$	\$
	<input type="checkbox"/>		\$	\$
TOTAL			\$	\$

Goal Date	description	goal to save monthly	goal total
		\$	

### ACTUAL SAVED THIS MONTH : \$

GOAL BALANCE : \$

Goal Date	description	goal to save monthly	goal total

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**ACTUAL SAVED THIS MONTH : \$**

**GOAL BALANCE : \$**

Goal Date	description	goal to save monthly	goal total

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ACTUAL SAVED THIS MONTH · \$

GOAL BALANCE · \$

income \$

+ checking deposits

- actual bills

- actual saving deposits

ending balance

LIFE IS FULL OF  
SURPRISES, SO LET'S  
EMBRACE THE UNKNOWN  
WITH FAITH AND  
SEE WHERE IT TAKES  
US.

