



Prioritize Your Life 2019

WORKBOOK

PLAN A LIFE YOU WANT TO HAVE!

WWW.HOLISTICLIFEBYKATE.COM

Holistic Life by Kate

WHERE DOES MY TIME GO?

MY TIME WASTERS



ACTIVITIES THAT DESERVES MORE TIME:

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

ACTIVITIES THAT DESERVES LESS TIME:

| |
|-------|
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |

PRIORITIZED TASK LIST:

| |
|-------|
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |

PRIORITIZE YOUR LIFE HOLISTICALLY

FIGURE OUT YOUR TOP PRIORITIES:

MENTAL

PHYSICAL

SPIRITUAL

EMOTIONAL

SOCIAL

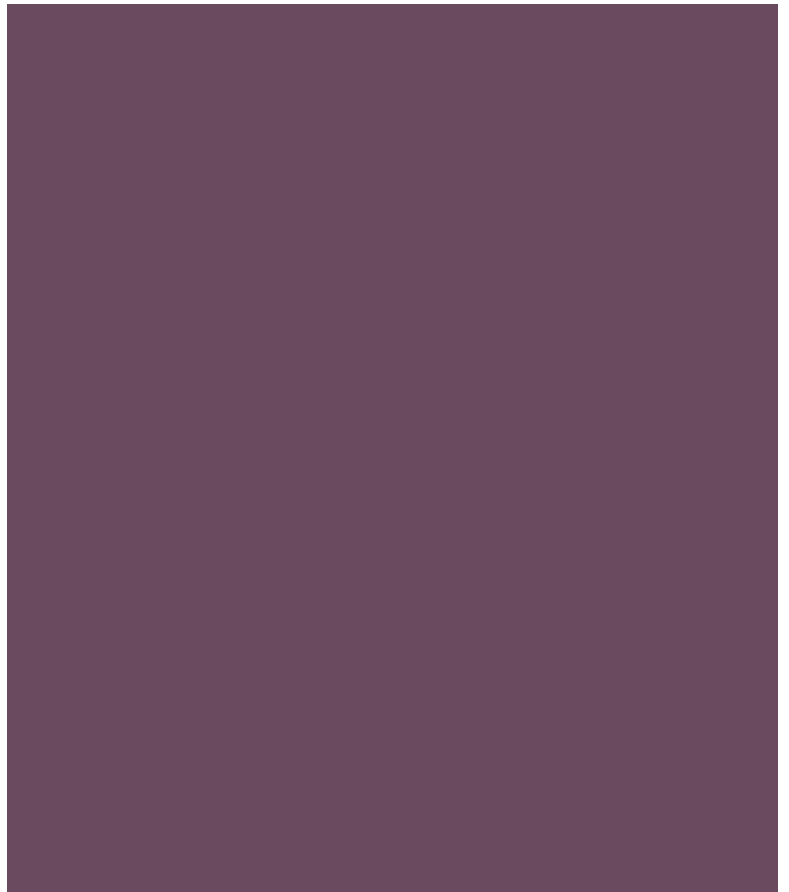
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WORK PLANNER

URGENT TASKS

A large, empty rectangular box with a solid purple background, intended for listing urgent tasks.

TEAM MEETINGS

A large, empty rectangular box with a solid purple background, intended for listing team meetings.

UPCOMING DEADLINES

A large, empty rectangular box with a solid purple background, intended for listing upcoming deadlines.

Work Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Priorities/ Urgent:

Appointments:

Notes:

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MY WORKOUT ROUTINE

MORNING EXERCISE

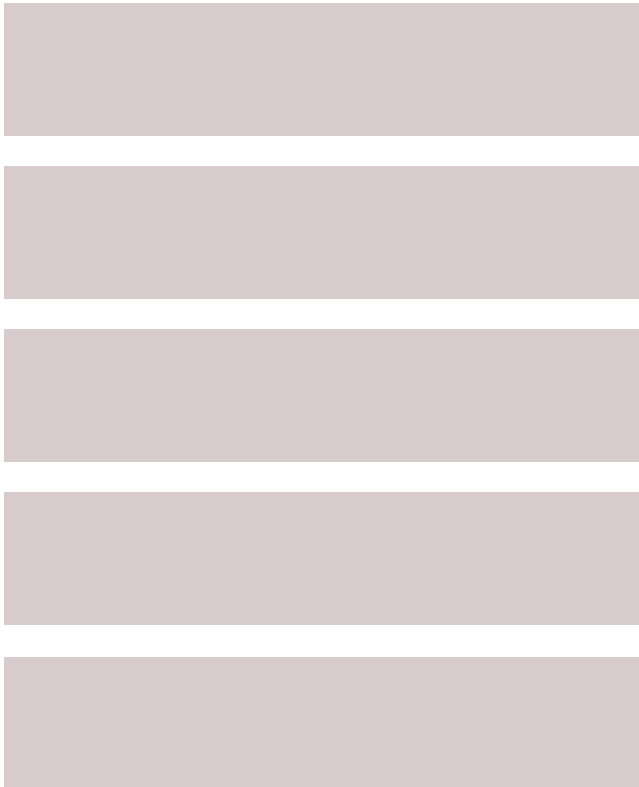
DAILY GYM SESSION

EVENING COOL DOWN

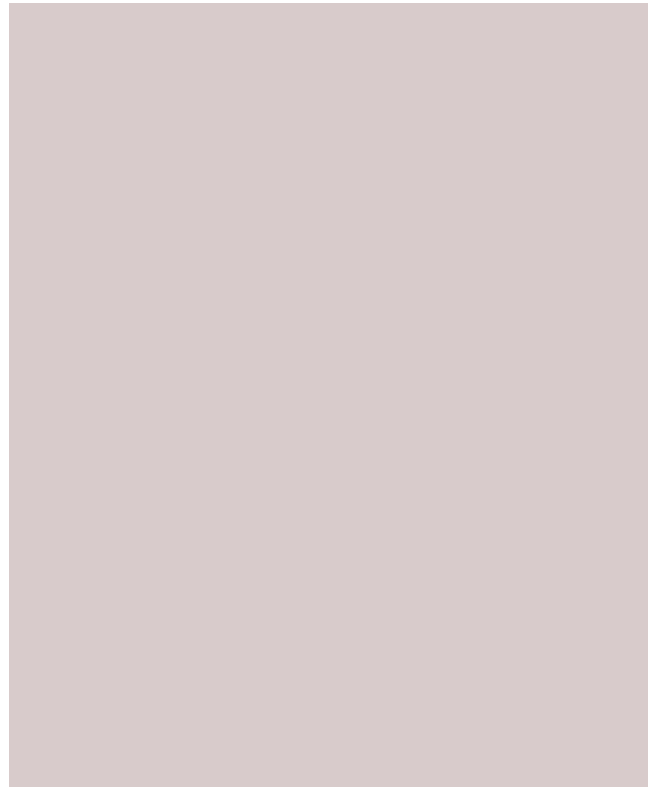
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Agenda For Today

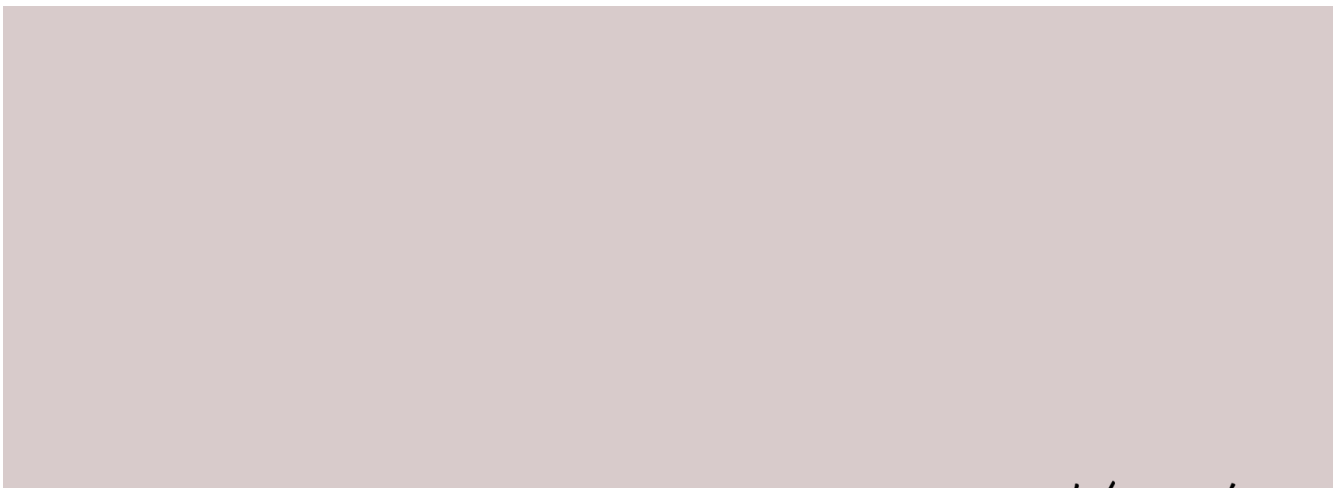
To-do List

This section contains five horizontal rectangular boxes, stacked vertically, intended for writing a to-do list. Each box is a light beige color and is empty.

Priorities

This section contains a single large vertical rectangular box, intended for writing priorities. The box is a light beige color and is empty.

Quote of the Day

This section contains a single large horizontal rectangular box, intended for writing a quote of the day. The box is a light beige color and is empty.

My Travel Plans

SUMMER VACATION 2019

WHAT TO BRING:

WHERE TO GO:

WHAT TO DO:

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MY WORK SCHEDULE

Work Hours

Things to Do

Notes & Reminders

Personal Planner

Today's Schedule

To-do List

Notes & Reminders

THE ULTIMATE CHECKLIST FOR WEEKLY TASKS



NOTES

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MY WORK PLANNER

MONTH...

APPOINTMENTS

PROJECT
DEADLINES

ADDITIONAL NOTES

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PRIORITIZED PROJECT SCHEDULE

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

Weekly Meal Plan

| | BREAKFAST | LUNCH | SNACKS | DINNER |
|-----------|-----------|-------|--------|--------|
| MONDAY | | | | |
| TUESDAY | | | | |
| WEDNESDAY | | | | |
| THURSDAY | | | | |
| FRIDAY | | | | |
| SATURDAY | | | | |
| SUNDAY | | | | |

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SET YOUR ANNUAL GOALS 2019

GOAL PROJECT SCHEDULE

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

PLAN A LIFE YOU WANT TO HAVE

DATE

ARRIVAL

MACRO GOALS

MICRO GOALS

INTENTIONS

SPECIFIC ACTION

MY WEEKLY PLANNER

MON

TUE

WED

THU

FRI

SAT

SUN

MY DAILY PLANNER

DATE TODAY

TO-DO-LIST

QUOTE OF THE DAY

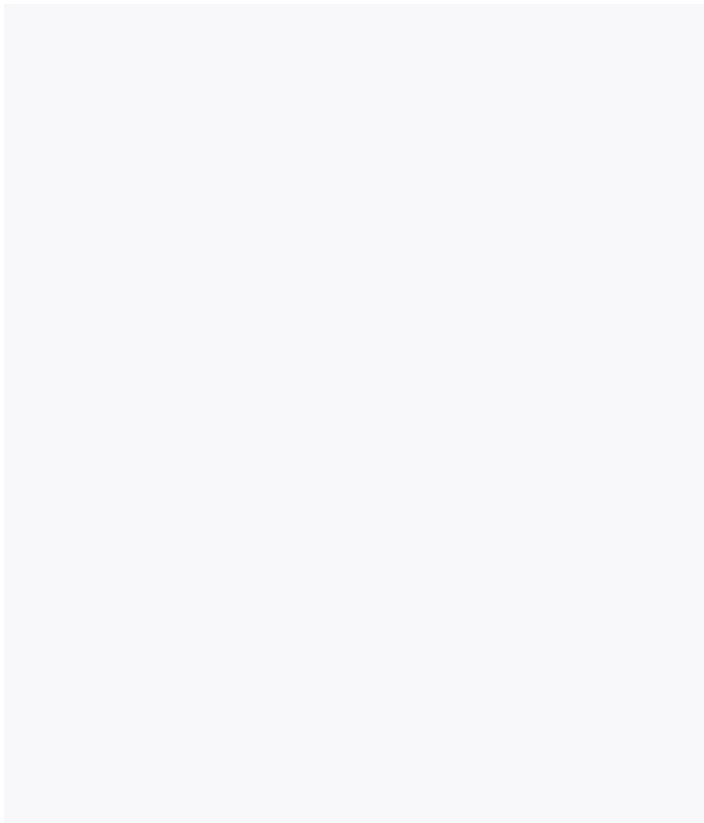
GOALS

APPOINTMENTS

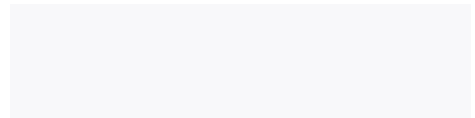
MEALS OF THE DAY

TODAY'S INTENTIONS

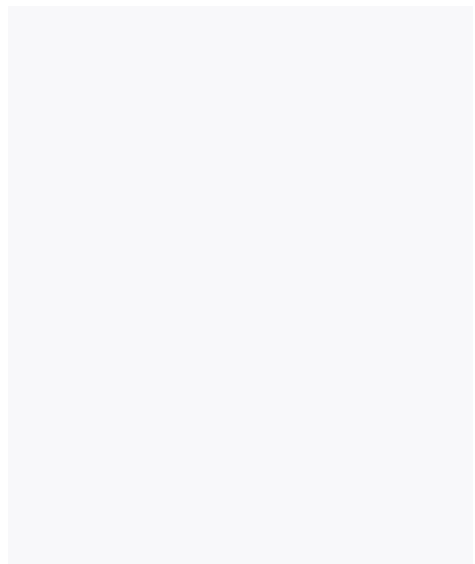
INTENTIONS



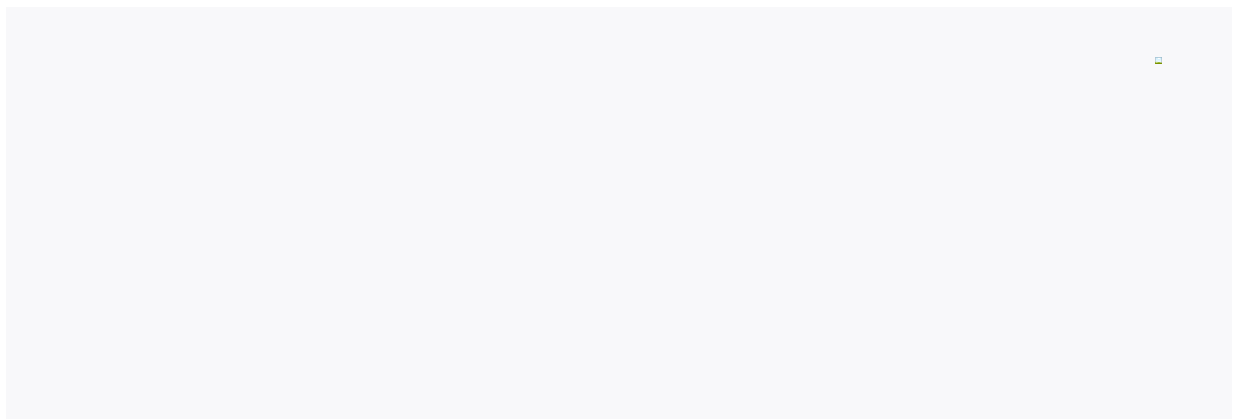
DATE



GOALS



SPECIFIC ACTION



MEDITATION NOTES

WEEK

LEVEL

| | DURATION | ACTIVITY |
|---|----------|----------|
| M | | |
| T | | |
| W | | |
| T | | |
| F | | |
| S | | |
| S | | |

“

Quiet the mind and the soul will speak.
PEACE COMES FROM WITHIN; DO NOT SEEK WITHOUT.

”

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WEEKLY TO-DOS

WEDNESDAY

THURSDAY

MONDAY

FRIDAY

TUESDAY

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Mindful Relaxation

DATE

SCHEDULE FOR TODAY

1

2

3

4

5

6

THINGS TO DO



NOTES

WEEKLY FITNESS TRACKER

DATE

CURRENT WEIGHT

| | DURATION | ACTIVITY |
|---|----------|----------|
| M | | |
| T | | |
| W | | |
| T | | |
| F | | |
| S | | |
| S | | |

Work Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Priorities/ Urgent:

Appointments:

Notes:

SLEEP ROUTINE

plan it out

AM

PM

notes

Healthy Habits:

-
-
-
-
-
-
-
-

WORKOUT PLANNER

WEEK NUMBER ...

REST DAY ACTIVITIES

WEEK NUMBER ...

The image consists of a solid dark gray background. A thin, horizontal white line is positioned near the top edge, extending across the entire width of the frame. The line is uniform in thickness and color, creating a simple, minimalist design.



Food Journal

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEKLY FITNESS TRACKER

DATE

CURRENT WEIGHT

| | DURATION | ACTIVITY |
|---|----------|----------|
| S | | |
| M | | |
| T | | |
| W | | |
| T | | |
| F | | |
| S | | |

“

Exercise is a celebration of what your body can do,
not a punishment for what you ate

-WOMEN'S HEALTH UK-

”

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**CLEAN
EATING
GROCERY
LIST**

DRINKS

FRUITS & VEGGIES

HEALTHY FATS

**SEASONINGS &
SPICES**

**GRAINS &
GOOD CARBS**

**PROTEINS,
DAIRY & EGGS**

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Prioritize Your Life 2019

WORKBOOK

Become the best version of yourself !

www.holisticlifebykate.com

Holistic Life by K.