

LIVING WITH MOMENTUM

SAMPLE

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VISIT US AT WWW.LIVINGWITHMOMENTUM.ORG

**BUY YOUR PLANNER AT
WWW.MYMOMENTUMLANNERS.COM**

GETTING STARTED

THIS PLANNER BELONGS TO:

BEST USE OF THIS PLANNER

SAMPLE PAGES

LITURGICAL CALENDAR

OCTOBER 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

26TH SUNDAY
IN ORDINARY

HOLY GUARDIAN
ANGELS

ST. FRANCIS OF
ASSISI

1

2

3

4

AM

9:30a Mass

School
time

School
time

School
time

Breakfast
with In-Laws

ip drop off at
class

PM

- Pick up
book
from
Becky

- go to bank
- Laundry
- call plumber

Betsy to make
dinner

COLUMNS:
USE FOR
SCHEDULING
AND TASK LISTS

HIGHLIGHT WHEN
COMPLETE

DINNER PLANS

DINNER

Pancakes

Chicken salad

Tacos

28Day Habits

M

T

W

30 min Quiet time

Make bed everyday

Tasks

Tasks

- Make doctor appt.
- Hem pants for hubby
- call for babysitter

HABITS YOU ARE
WORKING ON

IMPORTANT
TASKS
MAYBE NOT
QUITE AS URGENT

BEST USE OF THIS PLANNER


SAMPLE PAGES

GREAT THINKERS

THURSDAY	FRIDAY	SATURDAY	
BL. FRANCIS XAVIER SEELOS	ST. BRUNO	OUR LADY OF THE ROSARY	
5	6	7	<p>"The key is to keep company only with people who uplift you, whose presence calls forth your best self." <i>-Epictetus</i></p>
<div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px; text-align: center;">School time</div> <ul style="list-style-type: none"> • Run to Costco • Library • Pick up gift 	<div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px; text-align: center;">Field Trip to Museum</div>	<div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px; text-align: center;">Weekly Home Deep Cleaning. Zone Cleaning</div>	<div style="border: 1px solid gray; padding: 10px; width: 100%;"> <p>COLUMNS:</p> <p>USE FOR SCHEDULING AND TASK LISTS</p> <p>HIGHLIGHT WHEN COMPLETE</p> </div>
		7p Date Night!	
Crock Pot?	Fish Fry	Pizza	
Th	F	S	
PROJECT: Paint Bathroom			ZONE 1
<ul style="list-style-type: none"> ◆ Patch walls ◆ Go to Home Depot, buy supplies ◆ Tape edges 			<div style="border: 1px solid gray; padding: 10px; width: 100%;"> <p>PROJECT: TRACK THE NEXT ACTIONS TO BE DONE</p> </div>

ZONE WORK*

***Zone Work:** Make a routine of de-cluttering or cyclical activities. Read more about Zones and how to make them work for you on the next page...



GOALS

SHORT TERM GOALS

SHORT TERM: 1 YEAR

What are you going to accomplish **THIS YEAR**? What **smaller goals** are you going to set that move you in the direction of your long term goals?

SHORT TERM: <6 MONTHS

What are you going to accomplish **SOON**? What **smaller goals** are you going to set that move you in the direction of your longer term goals?

GROWTH & LEARNING

READING & ENCOURAGEMENT

"You will be the same person in five years as you are today except for the people you meet and the books you read." - *Charlie "Tremendous" Jones*

BOOKS I HAVE READ. WHAT I HAVE LEARNED FROM THEM.

DATE	TITLE	AUTHOR
------	-------	--------

THOUGHTS.

DATE	TITLE	AUTHOR
------	-------	--------

THOUGHTS.

DATE	TITLE	AUTHOR
------	-------	--------

THOUGHTS.

GROWTH & LEARNING

READING & ENCOURAGEMENT

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BOOKS I HAVE READ. WHAT I HAVE LEARNED FROM THEM.

DATE	TITLE	AUTHOR
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THOUGHTS.

DATE	TITLE	AUTHOR
------	-------	--------

THOUGHTS.

DATE	TITLE	AUTHOR
------	-------	--------

THOUGHTS.

NOV 2017-
DEC 2017

SAMPLE MONTHS

NOVEMBER 2017

SUN

MON

TUES

WED

THURS

FRI

SAT

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

NOVEMBER 2017

MASTER TASK LIST

FAMILY TASKS

WORK TASKS

PERSONAL TASKS

"Determine never to be idle.
No person will have occasion to
complain of the want of time
who never loses any.
It is wonderful how much may be
done if we are always doing."

-Thomas Jefferson

NOVEMBER 2017

MONTHLY GOALS

LIFE ZONES:

*What are some concrete actions I can take **to grow** in each of these areas this month?*

SPIRITUAL

PHYSICAL

INTELLECTUAL

FINANCIAL

SOCIAL/Family & Friends

SERVICE

VOCATIONAL/CAREER

What are the most important things I need to accomplish this month?

DECEMBER 2017

SUN

MON

TUES

WED

THURS

FRI

SAT

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

DECEMBER 2017

MASTER TASK LIST

FAMILY TASKS

WORK TASKS

PERSONAL TASKS

“Two roads diverged in a wood and
I—I took the one less traveled by,
and that has made
all the difference.”

-Robert Frost

DECEMBER 2017

MONTHLY GOALS

LIFE ZONES:

*What are some concrete actions I can take **to grow** in each of these areas this month?*

SPIRITUAL

PHYSICAL

INTELLECTUAL

FINANCIAL

SOCIAL/Family & Friends

SERVICE

VOCATIONAL/CAREER

What are the most important things I need to accomplish this month?

NOVEMBER 2017

SUNDAY


MONDAY

TUESDAY

WEDNESDAY

31ST SUNDAY IN ORDINARY ELECTION DAY

5 DAYLIGHT SAVINGS ENDS	6	7	8
AM			
PM			
DINNER			

28 Day Habits	M 	T	W

- Tasks
- ◆
 - ◆
 - ◆

- Tasks
- ◆
 - ◆
 - ◆

NOVEMBER 2017

THURSDAY

FRIDAY

SATURDAY

DEDICATION OF LATERAN BASILICA	ST. LEO THE GREAT	ST. MARTIN OF TOURS
9	10	11 VETERANS DAY

"God always strives together with those who strive."

-Aeschylus

Th	F	S

PROJECT:

ZONE 2

- ◆
- ◆
- ◆

NOVEMBER 2017

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

NOVEMBER 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

32ND SUNDAY IN ORDINARY	ST. FRANCES XAVIER CABRINI		ST. ALBERT THE GREAT
12	13	14	15
AM			
PM			
DINNER			

28 Day Habits	M	T	W
	✓		

Tasks

- ◆
- ◆
- ◆

Tasks

- ◆
- ◆
- ◆

NOVEMBER 2017

THURSDAY

FRIDAY

SATURDAY

ST. MARGARET OF SCOTLAND	ST. ELIZABETH OF HUNGARY	ST. ROSE PHILIP-PINE DUCHESNE
16	17	18

“To live is to change,
and to be perfect
is to have
changed often.”

*-St. John Henry
Neumann*

Th

F

S

NOVEMBER 2017

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

PROJECT:

ZONE 3

- ◆
- ◆
- ◆

NOVEMBER 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

33RD SUNDAY IN ORDINARY		PRESENTATION OF VIRGIN MARY		ST. CECILIA
19	20	21	22	
AM				
PM				
DINNER				

28 Day Habits	M	T	W
	✓		

Tasks

- ◆
- ◆
- ◆

Tasks

- ◆
- ◆
- ◆

NOVEMBER 2017

THURSDAY

FRIDAY

SATURDAY

THANKSGIVING	ST. ANDREW DUNG-LAC & CO	ST. CATHERINE OF ALEXANDRIA
23	24	25

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.”

-St. Francis of Assisi

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F

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PROJECT:

ZONE 4

- ◆
- ◆
- ◆

NOVEMBER 2017

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

NOVEMBER 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

CHRIST THE KING

26	27	28	29
AM			
PM			
DINNER			

28 Day Habits	M	T	W
	✓		

Tasks

- ◆
- ◆
- ◆

Tasks

- ◆
- ◆
- ◆

NOVEMBER/DECEMBER 2017

THURSDAY

FRIDAY

SATURDAY

ST. ANDREW

30	1	2

Th

F

S

"This is the very perfection of man, to find out his own imperfections."

-St. Augustine

DECEMBER 2017

S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

PROJECT:

ZONE 5/1

- ◆
- ◆
- ◆

DECEMBER 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

1ST SUNDAY IN ADVENT ST. JOHN DAMASCENE ST. NICHOLAS

3	4	5	6
AM			
PM			
DINNER			

28 Day Habits	M	T	W
	✓		

Tasks

- ◆
- ◆
- ◆

Tasks

- ◆
- ◆
- ◆

DECEMBER 2017

THURSDAY

FRIDAY

SATURDAY

ST. AMBROSE	IMMACULATE CONCEPTION	ST. JUAN DIEGO CUAHTLATOATZIN
7 PEARL HARBOR DAY	8	9

“Two woods
diverged in a wood
and I-
I took the one
less traveled by,
and that has made
all the difference.”

-Robert Frost

Th

F

S

DECEMBER 2017

S	M	T	W	Th	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

PROJECT:

ZONE 2

- ◆
- ◆
- ◆

DECEMBER 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

2ND SUNDAY IN ADVENT ST. DAMASUS I OUR LADY OF GUADALUPE ST. LUCY

10	11	12	13
AM			
DINNER			

28 Day Habits

M

T

W

	✓		

Tasks

- ◆
- ◆
- ◆

Tasks

- ◆
- ◆
- ◆

DECEMBER 2017

THURSDAY

FRIDAY

SATURDAY

ST. JOHN OF THE CROSS

14	15	16

“When we are no longer able to change a situation—we are challenged to change ourselves.”

-Viktor Frankl

Th	F	S

PROJECT:

ZONE 3

- ◆
- ◆
- ◆

DECEMBER 2017

S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

DECEMBER 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

3RD SUNDAY IN ADVENT

17	18	19	20
AM			
PM			
DINNER			

28 Day Habits	M	T	W
	✓		

Tasks

- ◆
- ◆
- ◆

Tasks

- ◆
- ◆
- ◆

DECEMBER 2017

THURSDAY

FRIDAY

SATURDAY

ST. PETER CANISIUS		ST. JOHN OF KANTY	
21	22	23	

“By failing to prepare, you are preparing to fail.”

- Benjamin Franklin

Th	F	S

PROJECT:

ZONE 4

- ◆
- ◆
- ◆

DECEMBER 2017

S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

DECEMBER 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

4TH SUNDAY IN ADVENT	CHRISTMAS	ST. STEPHEN	ST. JOHN
24	25	26	27
AM			
PM			
DINNER			

28 Day Habits

M

T

W



Tasks

- ◆
- ◆
- ◆

Tasks

- ◆
- ◆
- ◆

DECEMBER 2017

THURSDAY

FRIDAY

SATURDAY

HOLY INNOCENTS	ST. THOMAS BECKET	
28	29	30

“We are what we repeatedly do. Excellence, then, is not an act but a habit.”
-Aristotle

Th	F	S

PROJECT:

ZONE 5

- ◆
- ◆
- ◆

DECEMBER 2017

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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

DECEMBER 2017/JANUARY 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

HOLY FAMILY	SOLEMNITY OF MARY		
31 NEW YEAR'S EVE	1 NEW YEAR'S DAY	2	3
AM	<p>THIS IS THE END OF THE 2017 BONUS MONTHS</p> <p>ORDER YOUR 2018 MOMENTUM PLANNER AT</p> <p>WWW.MYMOMENTUMPLANNERS.COM</p> <p>2018 WILL BE THE BEST YET!</p>		
PM			
DINNER			

28 Day Habits

M

T

W

	✓		

Tasks

- ◆
- ◆
- ◆

Tasks

- ◆
- ◆
- ◆

BONUS TEMPLATES

MEAL PLAN



MEAL PLAN

1
2
3
4
5
6
7
SNACKS

1
2
3
4
5
6
7
SNACKS

GROCERY LIST



FRUITS/VEGETABLES

MEAT/POULTRY/DELI

DAIRY

BAKING SUPPLIES/CONDIMENTS

BAKERY/BREAD

CANNED/PREPARED FOOD

HOUSEHOLD/PERSONAL

MISCELLANEOUS

BULK BUY

GROCERY LIST

FRUITS/VEGETABLES

MEAT/POULTRY/DELI

DAIRY

BAKING SUPPLIES/CONDIMENTS

BAKERY/BREAD

CANNED/PREPARED FOOD

HOUSEHOLD/PERSONAL

MISCELLANEOUS

BULK BUY

MEAL PLAN



MEAL PLAN

1
2
3
4
5
6
7
SNACKS

1
2
3
4
5
6
7
SNACKS

GROCERY LIST



GROCERY LIST

FRUITS/VEGETABLES

FRUITS/VEGETABLES

MEAT/POULTRY/DELI

MEAT/POULTRY/DELI

DAIRY

DAIRY

BAKING SUPPLIES/CONDIMENTS

BAKING SUPPLIES/CONDIMENTS

BAKERY/BREAD

BAKERY/BREAD

CANNED/PREPARED FOOD

CANNED/PREPARED FOOD

HOUSEHOLD/PERSONAL

HOUSEHOLD/PERSONAL

MISCELLANEOUS

MISCELLANEOUS

BULK BUY

BULK BUY

CONTACTS

FAMILY & FRIENDS

CONTACT

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PHONE #S

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GOOD READS

SOURCES FOR QUOTES HEREIN

- **Alexandre Havard** *Virtuous Leadership*
- **Dale Carnegie** *How to Win Friends & Influence People*
- **Jeff Keller** *Attitude is Everything*
- **John Maxwell** *Today Matters, et al*
- **Josemaria Escriva** *The Way (El Camino)*
- **Leonardo daVinci** *How to think like Leonardo da Vince*
(by Michael J. Gelb)
- **Maria Brilaki** *Surprisingly...Unstuck*
- **Marla Cilley** *Sink Reflections*
- **Matthew Kelly** *The Rhythm of Life, et al*
- **Napoleon Hill** *Think & Grow Rich*
- **Rick Warren** *The Purpose Driven Life*
- **Scott Alexander** *Rhinoceros Success*
- **Spencer Johnson** *Peaks & Valleys, Who Moved My Cheese?*
- **Stephen Covey** *The 7 Habits of Highly Effective People*
- **Tony Robbins** *Awaken the Giant Within, et al*
- **Viktor Frankl** *Man's Search for Meaning*

