Canelith | FREE SAMPLE

3 FILLABLE PAGES · FREE FOR YOU

MY WEEK IN ORDER



Three pages from the «Mi libreta Canelith» collection to organise your week, your habits and your money. They are yours to keep.

What's inside

Weekly plan
Your priority and appointments for each day.

Habit tracker
Eight habits, seven days.

Monthly budget
Your month's money on one page.

And a surprise
At the end I'll tell you what else there is.

HOW TO FILL IT IN

On your phone or computer: open it in Adobe Acrobat Reader (free), tap each box and type. Save a new copy every week or month.

On paper: print only the pages you need, as many times as you like, on A4 or Letter (choose "Fit to page").

1 WEEKLY PLAN



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organise your days and get the important things done

WEEK OF

TO

	MAIN PRIORITY	APPOINTMENT OR REMINDER	DONE
MON			☐
TUE			☐
WED			☐
THU			☐
FRI			☐
SAT			☐
SUN			☐

SELF-CARE RITUALS

3 PRIORITIES	REAL BREAKS	TIME TO STOP

ONE IMPORTANT THING

NOTES FOR THE WEEK

consistency over perfection

2 HABIT TRACKER



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consistency, not perfection

WEEK OF

MY GOAL

★ THIS WEEK

HABIT	M	T	W	T	F	S	S
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
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	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Ideas: drink water, move your body, read for 10 minutes, go to bed early, breathe and take a break.

♥ HOW DO I FEEL TODAY?

Exhausted ☐ Tired ☐ Okay ☐ Good ☐ Energised ☐

★ MY WEEK

★ ★ ★ ★ ★

☐ ☐ ☐ ☐ ☐

Best streak

✦ SOMETHING THAT HELPED

♥ NEXT WEEK I WILL

✦ starting again counts too ✦

3 MONTHLY BUDGET



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organise your money calmly and clearly

INCOME	EXPENSES	SAVINGS	LEFT TO SPEND

★ PLAN BY CATEGORY

CATEGORY	BUDGET	ACTUAL	DIFFERENCE
Housing			
Groceries			
Transport			
Utilities			
Fun			
Debts			
Savings			
Other			

♥ KEY PAYMENTS

1		
2		
3		
4		

What and payment day.

★ SAVINGS GOALS

1		
2		
3		
4		

Goal and how much you have.

✦ TRANSACTIONS

DATE	DESCRIPTION	CATEGORY	AMOUNT

✦ check your budget every Sunday ✦

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THERE ARE 19 MORE PAGES



The full «Mi libreta Canelith» collection has 22 pages to organise your life, study, cook calmly and keep a journal. All fillable and printable as often as you like. (The full collection is in Spanish.)













Find it at canelith.com

Planning · Study · Cooking · Journal · Budget

Canela's tip: print the weekly plan every Sunday and stick it where you'll see it. What stays in sight gets done.