

## 02 - 04 - 03 - Printable Planner Pages

---

### Overview

These printable pages support your use of the **Shadow Planner** rhythm. You can use them in a physical notebook or digital format (e.g., tablet, editable PDF, or note-taking app).

Each section aligns with the weekly flow:

- **Start of Week Setup**
  - **Midweek Check-In**
  - **End-of-Week Reflection**
  - **Shadow Notes**
- 



### Start of Week Setup

- What feels important this week?
  - My focus areas: 1. 2. 3.
  - Energy direction (Where will I invest?):
  - One thing I want to test / try / explore:
  - What a successful week would *feel* like:
- 



### Midweek Check-In

- Am I still aligned with my SelfFrame?
  - What's working?
  - What's drifting?
  - Where do I feel tension?
  - One adjustment I can make now:
- 



### End-of-Week Reflection

- What mattered most this week?
- What insights did I gain?

- What patterns am I seeing?
  - What do I want to carry into next week?
  - Where was I misaligned?
  - What surprised me?
- 

## ● **Shadow Notes (Use Anytime)**

- Unfiltered space to jot:
    - Recurring thoughts
    - Frustrations
    - Small wins
    - Ideas
    - Tensions
    - Moments of clarity
- 

## **Tips for Use**

- Print several weeks at a time and keep in a folder or bound notebook.
- Or copy/paste into a digital workspace where you can reflect and iterate.
- Combine with prompts from [02 - 04 - 02 - Prompts Sheet.docx] for best results.

This is your rhythm engine. Keep it light, honest, and alive.