**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.