



2026

ALL-IN-ONE WELLNESS & PRODUCTIVITY

Digital Planner

Daily | Weekly | Monthly Planning

Goal Setting | Habit Tracking | Wellness Journal

Fully Hyperlinked | GoodNotes | Notability | Xodo

Serenity Collection | Designed for iPad, Android & Windows Tablets

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Serenity

2026 Year at a Glance

January

M	T	W	T	F	S	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	

February

M	T	W	T	F	S	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	

March

M	T	W	T	F	S	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					

April

M	T	W	T	F	S	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			

May

M	T	W	T	F	S	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

June

M	T	W	T	F	S	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					

July

M	T	W	T	F	S	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		

August

M	T	W	T	F	S	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						

September

M	T	W	T	F	S	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				

October

M	T	W	T	F	S	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	

November

M	T	W	T	F	S	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						

December

M	T	W	T	F	S	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			

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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	

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February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						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	

Monthly Intentions

Wellness Focus

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						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					

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April 2026

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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				

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May 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				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

Monthly Intentions

Wellness Focus

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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					

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July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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		

Monthly Intentions

Wellness Focus

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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				

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October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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	

Monthly Intentions

Wellness Focus

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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23	24	25	26	27	28	29
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December 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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			

Monthly Intentions

Wellness Focus

Weekly Planner - Week 1

Week of: _____

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Weekly Wellness Check-in

Energy:

Mood:

Sleep:

Movement:

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Serenity

Weekly Planner - Week 2

Week of: _____

Monday

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Weekly Wellness Check-in

Energy:

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Mood:

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Sleep:

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Movement:

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Weekly Planner - Week 3

Week of: _____

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Weekly Wellness Check-in

Energy:

Mood:

Sleep:

Movement:

HOME

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Serenity

Weekly Planner - Week 4

Week of: _____

Monday

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Weekly Wellness Check-in

Energy:

Mood:

Sleep:

Movement:

Daily Planner

Date: _____ Day: _____

Morning Routine

Wake up time: _____

Water intake: _____

Movement: _____

Mindfulness: _____

Top priority: _____

Schedule

6 AM _____

7 AM _____

8 AM _____

9 AM _____

10 AM _____

11 AM _____

12 PM _____

1 PM _____

2 PM _____

3 PM _____

4 PM _____

5 PM _____

6 PM _____

7 PM _____

8 PM _____

Top 3 Priorities

1 _____

2 _____

3 _____

To-Do List

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Gratitude & Reflection

Today I am grateful for...

Water Intake

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Today's Mood

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Daily Planner

Date: _____ Day: _____

Morning Routine

Wake up time: _____

Water intake: _____

Movement: _____

Mindfulness: _____

Top priority: _____

Schedule

6 AM _____

7 AM _____

8 AM _____

9 AM _____

10 AM _____

11 AM _____

12 PM _____

1 PM _____

2 PM _____

3 PM _____

4 PM _____

5 PM _____

6 PM _____

7 PM _____

8 PM _____

Top 3 Priorities

1 _____

2 _____

3 _____

To-Do List

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Gratitude & Reflection

Today I am grateful for...

Water Intake

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Today's Mood

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Daily Planner

Date: _____ Day: _____

Morning Routine

Wake up time: _____

Water intake: _____

Movement: _____

Mindfulness: _____

Top priority: _____

Schedule

6 AM _____

7 AM _____

8 AM _____

9 AM _____

10 AM _____

11 AM _____

12 PM _____

1 PM _____

2 PM _____

3 PM _____

4 PM _____

5 PM _____

6 PM _____

7 PM _____

8 PM _____

Top 3 Priorities

1 _____

2 _____

3 _____

To-Do List

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Gratitude & Reflection

Today I am grateful for...

Water Intake

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Today's Mood

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2026 Goal Setting

My Vision for 2026

Write your vision, paste images, or sketch your dream life

My Word of the Year

Life Wheel - Rate Each Area (1-10)

Health & Fitness	<div></div> <div></div> <div></div> <div></div> <div></div>	Career & Growth	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>
Relationships	<div></div> <div></div> <div></div> <div></div> <div></div>	Finances	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>
Fun & Recreation	<div></div> <div></div> <div></div> <div></div> <div></div>	Personal Development	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>
Environment	<div></div> <div></div> <div></div> <div></div> <div></div>	Spirituality	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>

Q1 (Jan-Mar)

Q2 (Apr-Jun)

Q3 (Jul-Sep)

Q4 (Oct-Dec)

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Monthly Habit Tracker

Month: _____

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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
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

MONTH

Exercise 30 min

Drink 8 glasses water

Read 20 pages

Meditate 10 min

No screen before bed

DAILY

Practice gratitude

Connect with friend

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Monthly Reflection

What worked well? What will I improve next month?

Wellness Dashboard

Sleep Tracker

Mon	Bed: ____	Wake: ____	Hrs: ____	<div><div></div><div></div><div></div><div></div><div></div></div>
Tue	Bed: ____	Wake: ____	Hrs: ____	<div><div></div><div></div><div></div><div></div><div></div></div>
Wed	Bed: ____	Wake: ____	Hrs: ____	<div><div></div><div></div><div></div><div></div><div></div></div>
Thu	Bed: ____	Wake: ____	Hrs: ____	<div><div></div><div></div><div></div><div></div><div></div></div>
Fri	Bed: ____	Wake: ____	Hrs: ____	<div><div></div><div></div><div></div><div></div><div></div></div>
Sat	Bed: ____	Wake: ____	Hrs: ____	<div><div></div><div></div><div></div><div></div><div></div></div>
Sun	Bed: ____	Wake: ____	Hrs: ____	<div><div></div><div></div><div></div><div></div><div></div></div>

Weekly Meal Planner

Breakfast	Lunch	Dinner	Snacks

Weekly Fitness Log

Day	Activity	Duration	Intensity	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Self-Care Menu

Check off what nourishes you this week

- ☐ Take a relaxing bath
- ☐ Read for pleasure
- ☐ Call a loved one
- ☐ Go for a nature walk
- ☐ Try a new recipe
- ☐ Digital detox hour
- ☐ Stretching / yoga
- ☐ Creative expression
- ☐ Afternoon nap
- ☐ Skin care routine
- ☐ Listen to a podcast
- ☐ Declutter a space
- ☐ Write in journal
- ☐ Drink herbal tea
- ☐ Practice deep breathing

Guided Journal

Morning Pages

Today I am grateful for...

My intention for today is...

I will feel accomplished when...

One thing I'm looking forward to...

Evening Reflection

Best moment of today...

Something I learned...

How did I show kindness...

Tomorrow I will...

Weekly Reflection & Growth

What were my biggest wins this week?

What challenges did I face, and how did I handle them?

What am I proud of?

What would I do differently?

How did I take care of my mental and physical health?

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