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## THANK YOU, #PASHFAM

The only person you can truly heal is yourself.

This planner is dedicated to anyone putting in the work to heal themselves.

Our mission is to create a world where everyone has the tools, community, and courage to build their ideal life. Passion Planner is the tool, the #PashFam is your community, but you must provide the courage to act.

You got this! We believe in you!

- The Passion Planner Team

Questions? Comments? Email us at support@passionplanner.com. Connect to the #PashFam and find inspiration here:













IF FOUND, PLEASE RETURN TO:
<b>.</b>
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REWARD:

A LITTLE NOTE TO SELF	
I AM:	
I WILL:	
I AM BECOMING:	

Rewrite and place it somewhere you look every day.

# HOW WILL YOU BENEFIT FROM PASSION PLANNER DAILY?

# KEEP IT ALL TOGETHER One place to store everything: tasks, appointments, schedules, notes, doodles, journal entries, goals. You name it, we've got a space for it. BECOME THE BEST YOU Personal growth, lessons learned, selfmaintenance, and self check-in sections push you to get better every day. **FOLLOW YOUR PASSIONS** Short and long-term goal-setting activities, to-do lists, and monthly check-ins keep your days aligned to the bigger picture. **GET FOCUSED** A dedicated space helps you move toward your . GameChanger Goal while juggling your day-to-day. PUT YOURSELF FIRST Dual personal and work to-do lists are included because all too often we put our personal needs on the back burner. DECLUTTER A physical notebook allows you to dump your thoughts onto paper and declutter your mind, enabling you to focus more on the present. **CUSTOMIZE IT TO YOUR NEEDS** Whether you are a recent grad who feels a little lost, or a professional looking to balance work, family, and your passions, this planner has infinite ways to be tailored to your needs LOOK AT THE BIG PICTURE 0 A complete annual calendar allows you to get a bird's-eye view of your year so you can plan ahead and stay organized MANAGE YOUR TIME A daily appointment calendar allows you to visually plan and track how you spend your time. CREATE A KEEPSAKE Best Thing That Happened sections help you chronicle your favorite memories to

relive for years to come.

SAN DIEGO, CA

HI!

WELCOME TO PASSION PLANNER DAILY! THE NOTEBOOK THAT HELPS YOU GET YOUR LIFE ON TRACK ONE DAY AT A TIME.

WE ALL FEEL LOST AT SOME POINT.

AS A QUEER, FIRST-GENERATION WOMAN OF COLOR, MY PATH HAS NOT BEEN A STRAIGHT ONE (PUN INTENDED, 101!)

DESPITE THE CHALLENGES I'VE PACED, I'VE ALWAYS HAD A TRUSTY SIDE-KICK TO RELY ON, MY PLANNER!

BUT I WAS DISSATISFIED WITHE PLANNERS ON THE MARKET, SO I DECLOSED TO CREATE MY OWN. AND THAT'S HOW PASSION PLANNER WAS GORN!

THE CLARITY & EMPOWERMENT I FELT FROM USING MY PASSION PLANNER WAS SO UPE-CHANGING THAT I HAD TO SHARE IT WITH OTHERS.

NOW OUR HPASHFAM HAS GROWN TO A MILLION STRONG!

WITH THE PASSION PLANNER & THE HPASHFAM IN MY CORNER, I FEEL READY TO TAKE ON ANYTHING. I HOPE THEY OF THE SAME FOR YOU!

& WHEN IN POUBT REMEMBER, IT DOESN'T HAVE TO BE PERFECT, IT JUST HAS TO START!

O

WISHIM YOU COURAGE,

ANGELIA R. TRINIDAD CEO, PASSION PLANNER

PS. SEE YA ONLINE! @ ANGELIATRINIDAO

## **HEARTO**

## Written and illustrated by Angelia Trinidad

A short story inspired by everything I've learned about goal setting from reading 300 self help books, creating a multi-million dollar business, & being human in 8 pages.

One day there was a heart named Hearto, who had just graduated from school.

After moving back in with their parents, Hearto was overwhelmed with all of the options that life brought them.

Hearto quickly became overcome with analysis paralysis.



Unsure of what to do next, Hearto sulked for months and soon became depressed.

Then one day, their friend gifted them a notebook with the note:

DEAR HEARTO,
YOU CAN USE THIS PASSION PLANNER
DAILY TO JUT DOWN WHAT YOU WANT TO
BE, DO, & HAVE.
LOVE,
P.S. IT DOESN'T HAVE YOUR BESTIE
TO BE PERFECT, IT
JUST HAS TO START!

Hearto decided that today was the day they were going to start getting their life back on track.

They flipped to the next page and read:

How Will You Benefit from Passion Planner Daily? ...declutter, become the best you...

"Pffttt!" Hearto sighed in skepticism, doubting that their life could get better.

Hearto flipped on and read: Your Passion RoadMap: An Evolving Wish List - Start Focusing on What Really Matters to You.

"Hmmm interesting," Hearto mused.

Hearto started writing down their goals: have a family, write a book, and the one that excited them most, climb Mt. Fuji!

A small ripple of energy flowed through their mind.

Now define your GameChanger Goal: the goal would have the most impact on your life...

"CLIMB MT. FUJIIIII!" Hearto declared, circling it with a big red marker.



Then Hearto wrote down all the tasks needed to get to the summit, from researching different equipment to analyzing how much it would cost.

Soon enough they had a long list of thirty different tasks. On a roll, Hearto added details to make each task measurable.

"Save money" turned into "save \$3,000", and "call a friend" became "call Art." Art had already scaled Mt. Fuji a few years before.

Hearto numbered each task in the most strategic order and wrote them all in their notebook.

They were on fire!

To keep the momentum going, Hearto committed to block off one hour every single day to make their goal of climbing Mt. Fuji a reality.

But why Mt. Fuji?

Climbing Mt. Fuji was something Hearto always wanted to do. When they were a little heart, they read nature magazines and saw how beautiful it was. Hearto was so inspired that they decided to show the magazine at show-and-tell in their 3rd grade class.

One of the bullies in their class named Mouthy laughed and remarked, "You could never climb Mt. Fuji! You are too weak and nerdy!"

Hearto wanted to prove Mouthy wrong



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After writing down why they wanted to go, Hearto closed their eyes and visualized what it would feel like to be at the top of Mt. Fuji. They saw the snowy, white-capped mountains around them, smelled the fresh pine trees, and felt the cool wind blowing on their face.



It was magical.

Hearto knew that climbing Mt. Fuji was a big goal, so they decided to call Art and ask for advice.



"There are a few things I wish I had before I started: a Keystone Habit, an Accountability Buddy, and Resources." Art recommended.

"A Keystone Habit is something that can help you every day to get closer to your goal. An Accountability Buddy and Resources like books and articles can help you feel even more supported.

"One last thing: don't forget to plan how you're going to celebrate once you complete your goal!"

Hearto thanked Art, and brainstormed some ideas.

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ACLOUNTACH TY SURDY: ARMO, WE CAN

RAIN TO GETHER M, W, F!

PESONECES: YOUTUBE, USBARY, ART

Then Hearto sprung into action and called Armo, a supportive friend they met at the gym. The two went to the library to watch a few instructional videos and check out some books.

Hearto decided that once they made it to the top of Mt. Fuji, they would take a celebratory selfie to share with their friends back home.

"I'll be at the top of Mt. Fuji in no time!" Hearto said to themselves.

Electrified with excitement, Hearto realized it was already 2 AM and decided to go to bed.

When Hearto woke up the next day, Mt. Fuji was the first thing on their mind.

With their trusty Passion Planner Daily and the support of their friends, Hearto was ready to take on the world.



## THE JOURNEY BEGINS

The first few days were easy. On the first day, Hearto did research on how much plane tickets to Japan would cost. "\$1000, not bad!" celebrated Hearto.

On the second day, Hearto made plans with Armo to start a training plan.

On day three, Hearto read the first chapter of the book "Scaling Mt. Fuji" by Sticko.

By the fourth day, Hearto felt overwhelmed by all the tasks. While they felt good about the progress they had made, they felt like they had so much to do and they hadn't even stepped foot on the actual mountain. Feeling defeated, Hearto took a little break.



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Then, one night Art called and asked, "How is the Mt. Fuji planning going?"

Hearto sighed, "Not so good."

Sensing they needed a pick me up, Art asked, "Why'd you start?"

An image of a laughing Mouthy came to Hearto's mind.

Like a war cry, Hearto exclaimed, "So I could prove Mouthy wrong!" They were reinspired.

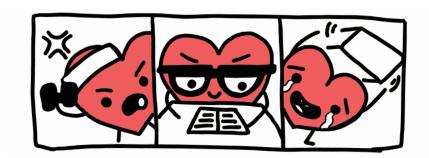
"Anything els—?" Art tried to ask, but Hearto was too pumped.



"Thanks Art!" Hearto hooted as they hung up the phone.

Hearto took out their trusty Passion Planner Daily and mapped out the next steps for the rest of the week, filling in the blanks of their daily schedule to ensure they were making slow but steady progress towards their goal.

The next few months were a rollercoaster. Some days Hearto felt electrified, and others they felt like giving up.



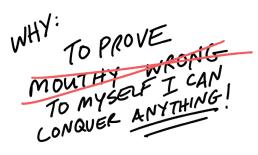
#### TO THE TOP

Soon enough, Hearto hopped on a plane and was on their way to Japan! Hearto pinched themselves—they had never traveled out of their own little town and now they were going to Japan!

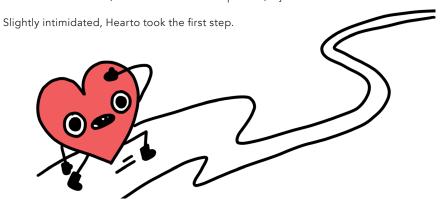
Hearto pulled their planner out of their backpack and reflected on how much they had grown since they first got their planner. Hearto realized that their reasons for wanting to do this had changed.

When they wanted to quit at the gym they could see themselves getting stronger, when they read books they couldn't wait to learn something new, and now they were on a plane doing something they once thought was impossible for a little heart like them.

Hearto went back to their "why" and wrote a new one:



Soon enough, Hearto had made it to the base of Mt. Fuji. It was a long way up. Hearto couldn't even see the top as it hid beyond the clouds. Taking a deep breath, Hearto reminded themselves, "It doesn't have to be perfect, it just has to start."



It started how Art had told them: challenging but bearable. Hearto walked past the posing tourists and a few hours later, they were alone.

It was getting colder and the air was getting thinner. Hearto hadn't seen another being for the past hour.

It was just them and the mountain. Hearto couldn't wait to reach the next rest station.

But they couldn't find it.

Hearto felt like giving up.



Exhausted, Hearto pulled out their planner and flipped through the pages. They had come so far already.

Hearto had sold all of their old stuff to save up money, spent hours upon hours learning about the hike, and even hired a trainer to prepare for the trek up the mountain.

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Hearto thought about their friends back home who cheered them on, holding them accountable and motivating them to stay the course and reach their goal.

Reinvigorated, Hearto closed their planner and set out again.

The weather was relentless. It started to rain and the raindrops felt like little needles on their face.

Though their boots and gloves were drenched and they were shivering from the cold, Hearto pressed on.

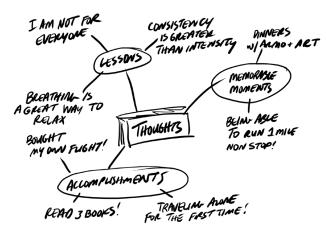




With swollen feet and tired legs, Hearto stumbled into an old abandoned shack for some warmth.

Feeto, a seasoned climber, entered the shack and offered Hearto some udon. That udon tasted like savory, noodle-y heaven.

To let their mind retreat from the trek, Hearto took out their planner to reflect on the journey so far:



"Wow, I've come such a long way!" Hearto felt ready to tackle the rest of the mountain.

Soon enough, Hearto was marching again. Their feet had become so numb and their hands so cold that they could barely move.

Through gritted teeth, Hearto looked up.

There it was: the top of Mt. Fuji!

One step after another, Hearto finally made it to the top. The fog made it impossible to see any more than a foot in front of them.



Squinting, Hearto was able to spot a flag in the distance. As they got closer, Hearto noticed stickers adorning the flagpole. Some were plain and others more detailed.

The sun peeked through for a moment, and one sticker glimmered, catching the light.

It read: "It doesn't have to be perfect, it just has to start."



Hearto took in the air, breathing deeply, feeling the wind on their face. It was better than they could have ever imagined.

This was a moment worth cherishing.

But the journey wasn't over yet.

On the way down, anxiety and uncertainty seized Hearto. It reminded Hearto of how they felt when they first started this journey. They didn't know what was next.

Hearto paused.

They took a deep breath and asked themselves,

"What do I want to be, do, and have?"

A small and familiar rush of excitement ran through Hearto.

Another GameChanger Goal was beginning to form.



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## HOW PASSION PLANNER DAILY WORKS

SMTWTFS

07/19/19 - FRI

(6:00) WAKE UP ->X

6:30 WALK DOGGO

BREAKFAST

9:30) FINANCE

12:00) LUNCH

1:00 PREP

8:30 DRIVE TO WORK

10:00 MEETING W/ BILL

11:00) SIMMARIZE NOTES

11:30 EMAILS =

(2:00) PRESENTATION

5:30 FOOD BANK 6:00 DINNER W/

(10:00) UNWIMO -

SLEEP

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(73)GO TO THERAPH

### **GAMECHANGER PROJECT**

Top line: Your GameChanger Goal or the goal that would have the most positive impact in your life right now, defined in your Passion Roadmap with subtasks to help you get there.

## **DUAL PERSONAL AND WORK TO DO LISTS**

Dual personal and work to-do lists for personal and work tasks because all too often we put our personal needs on the back burner.

### FREE SPACE TO GROW

You can use this space to track an area you want to improve or grow in. See the next page for inspiration.

## **SELF-MAINTENANCE**

A different way to look at self-care. We believe that self-care should be something you incorporate into your everyday routine, not just something you do when your mental or physical health is suffering.

#### TODAY'S DATE

Record your appointment calendar here, schedule appointments, block off time for today's tasks.

## SPACE OF INFINITE **POSSIBILITY®**

Utilize this space for whatever your heart desires.

### APPOINTMENT CALENDAR

Visualize how you are budgeting your time, and jot down meetings and appointments. Can also be used as a free space to jot down your thoughts, meals, and tasks. IDEA: Zero out your appointment calendar the day before so you have a gameplan going into the day to focus on the tasks that are going to move you forward.

# SPACE OF INFINITE POSSIBILITY®

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30 MIN STRENGTH CIRCUIT

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CHERISH THEM · WRITE 3 THANK YOU

ANOS

JOURNAL DRAW - BRAINSTORM - TAKE NOTES - MINDMAP

# TODAY IN ONE WORD

Must we explain?

**TODAY'S FOCUS** 

TODAY'S FOCUS

CHECK IN CALL W/ ARMO

60 TRAIN FOR 60 MINS

CAU ARMO 20 READ ARTICLE

10 WRITE IN PLANNEL

30 BUY PRESENT FOR DAY

w & MEETING WIBILL

BANANA PANCAKES

- P.B& J SANDWICH

3 BEAN BURRITOS

GO TO THERAPHY

VOLUNTEERING WI ART

SLOW DOWN WHEN PRESENTIME

MOOD: HYPED!

BEST THING THAT HAPPENED

MEAR TRACKING

30 WALK DOGGO IS PACK LUNCH

120 PRESENTATION

30 PMAILS

FREE SPACE TO GROW

SELF-MAINTENANCE

TODAY I LEARNED

TODAY IN ONE WORD

REJISTANCE

MY GAMECHANGER GOAL CUMB MT FUJI

This is one task that, if completed,

will make today feel like a win, or

a thought you'd like to focus on.

### MOOD TRACKER

Write and/or draw in your mood, or simply circle the emotion that you relate to most.

#### BEST THING THAT HAPPENED

Relive the positive! Close your eyes and visualize it again. Fun fact: your mind doesn't know the difference between thoughts and real life so close your eyes to relive it again!

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## FREE SPACE INSPIRATION

# FREE SPACE TO GROW WRITE YOUR OWN IDEAS HERE Habit tracker: reading, meditating, sleep, steps Health tracker: medication, water, yoga Morning/evening routine checklist Gratitude Meal tracker Affirmations Notable quote Goal tracking **Podcasts** Tonight's plans Books Meditation notes Keystone Habit Scripture verse Song of the day/lyrics Exercise log Challenge of the day Mini-journal People I've met Intentions SPACE OF INFINITE **POSSIBILITY** Drawing/doodling Taking notes Mind map What makes me happy Daily journaling Activities I'd like to try Brainstorming Agenda minutes The best (or worst) day of my life Places I'd like to visit Jotting down ideas Notable highs and lows My favorite vacation ever If I could change one thing about myself

. © 2020 ANGELIA TRINIDAD



# JUST START

ΔТ			

DATE COMPLETED:

## YOUR PASSION ROADMAP

AN EVOLVING WISHLIST - START FOCUSING ON WHAT REALLY MATTERS TO YOU

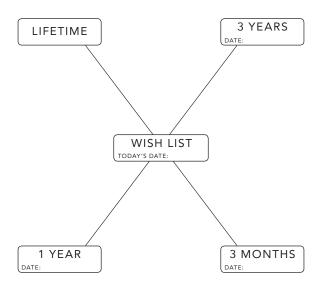
## 1. BRAINSTORM

Set a timer for 5 minutes. Imagine this piece of paper is magical and anything you write down will come true. Think of the ultimate wish list describing your ideal life. Ask yourself:

### "IF I COULD BE ANYTHING, DO ANYTHING, OR HAVE ANYTHING, WHAT WOULD IT BE?"

Write every single thing that comes to mind and be as specific as possible. Write what excites you and do not feel the need to be realistic or justify your dreams. Just write.

READY. SET. GO.



## 2. SELECT YOUR GAMECHANGER GOAL

Time's up! Now set the timer for 1 minute. Go back and circle one goal that would have the most positive impact on your life right now. This is your GameChanger Goal. Having a hard time selecting your GameChanger Goal? Ask yourself, "Is there a goal that, if completed, would make attaining the other goals easier?" "Is there any goal in particular that excites me?" "If I only had 6 months left to live, what would I want to do with it?"



Know that your Passion RoadMap isn't set in stone; it is a fluid mindmap that can evolve with you. To calibrate with yourself, we recommend making a new Passion RoadMap every 6 months from scratch and supplementing it with past Passion RoadMaps to see if you want to add previous goals that still resonate with you.



Congrats! You have just done something that 90% of the people on the planet fail to do. Very rarely do people actually take the time to think about where they want to go with their lives that they reach a destination feeling empty and unfulfilled. As you continue on this journey, this simple exercise will keep your life aligned with your deepest desires and biggest dreams.

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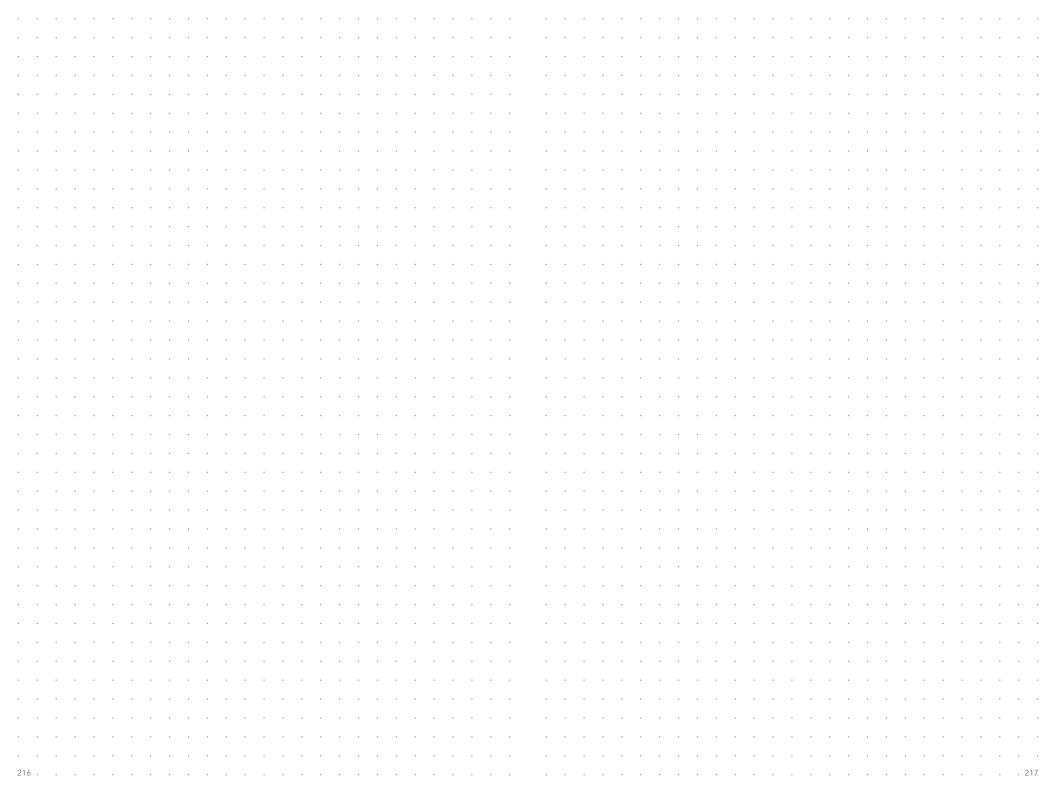
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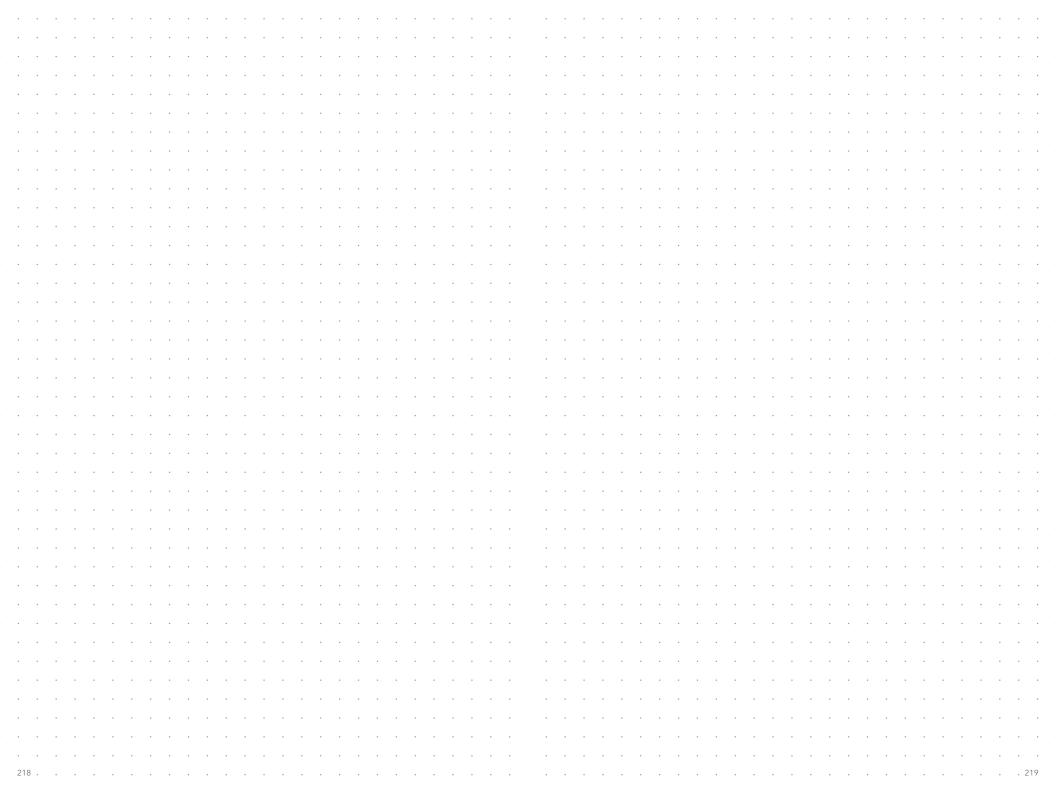
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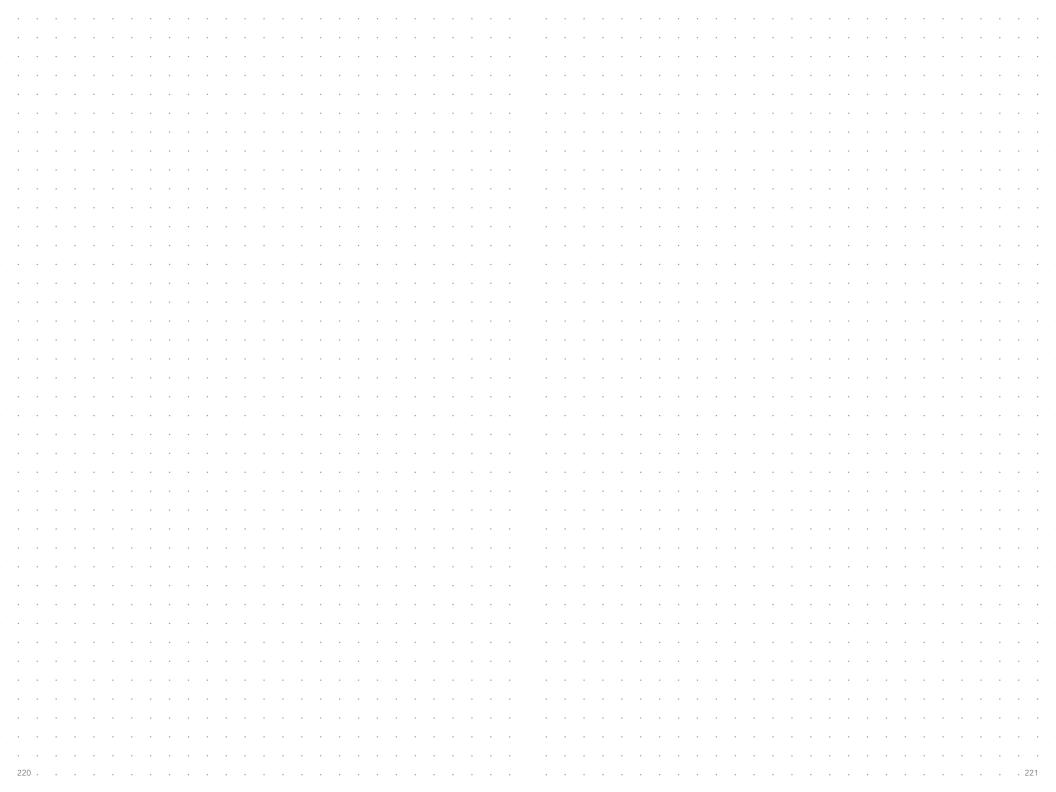
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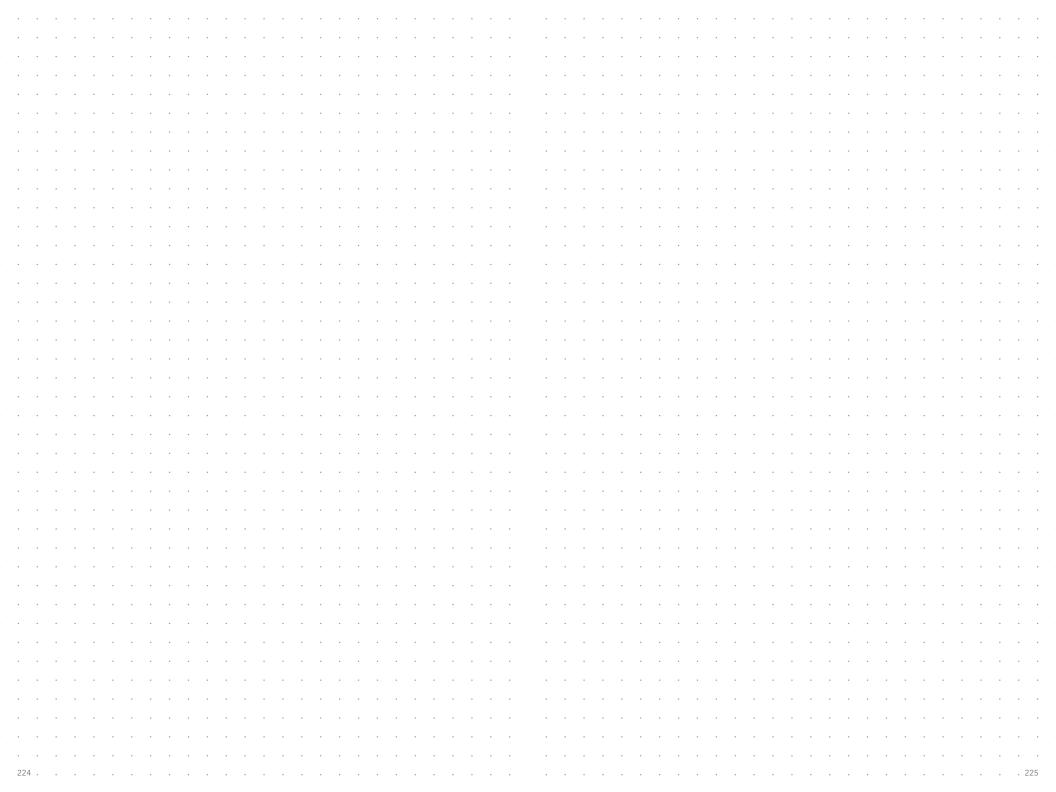
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## **CONGRATS!**

TIME TO CELEBRATE!

YOU HAVE COME SO FAR,

AND WE ARE SO PROUD OF YOU!

We'd love to hear your story and thoughts!

Write us anytime at support@passionplanner.com.

Or send mail to:

Passion Planner LLC P.O. Box 434 National City, CA 91951