

The Better Dayplanner™
Sample Month
January 2019

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January 2019

Goals and Plans for the Month

SAMPLE PREVIEW
betterdayplanner.com

January 2019

Work Week 1

Quarter 1

Su	Mo	Tu	We	Th	Fr	Sa
		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		

	Mon	Tue	Wed	Thu
	12/31	01/01	01/02	01/03
5 am				
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				
9 pm				
Other	<i>New Year's Eve</i>	<i>New Year's Day</i>		

January 2019

All that is necessary to break the spell of inertia and frustration is this:
Act as if it were impossible to fail. That is the talisman, the formula, the
command of right about face which turns us from failure to success.

– Dorothea Brande

	Fri	Sat	Sun	Notes
5 am	01/04	01/05	01/06	
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				
9 pm				
Other				

January 2019

Work Week 2

Quarter 1

Su	Mo	Tu	We	Th	Fr	Sa
		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		

	Mon	Tue	Wed	Thu	
5 am	01/07	01/08	01/09	01/10	
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					
9 pm					
Other					

Urgent optimism is the desire to act immediately to tackle an obstacle,
combined with the belief that we have a reasonable hope of success.
– Jane McGonigal

January 2019

	Fri	Sat	Sun	Notes
5 am				
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				
9 pm				
Other				

January 2019

Work Week 3

Quarter 1

Su	Mo	Tu	We	Th	Fr	Sa
		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		

	Mon	Tue	Wed	Thu	
5 am	01/14	01/15	01/16	01/17	
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					
9 pm					
Other					

The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom.

- James Allen

January 2019

	Fri	Sat	Sun	Notes
5 am				
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				
9 pm				
Other				

January 2019

Work Week 4

Quarter 1

Su	Mo	Tu	We	Th	Fr	Sa
		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		

	Mon	Tue	Wed	Thu
5 am	01/21	01/22	01/23	01/24
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				
9 pm				
Other	Martin Luther King Day			

The level of our success is limited only by our imagination and no act of kindness, however small, is ever wasted.

- Aesop

January 2019

	Fri	01/25	Sat	01/26	Sun	01/27	Notes
5 am							
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							
9 pm							
Other							

January 2019

Work Week 5

Quarter 1

Su	Mo	Tu	We	Th	Fr	Sa
					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		

	Mon	Tue	Wed	Thu	
	01/28		01/29	01/30	01/31
5 am					
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					
9 pm					
Other					

February 2019

Ask yourself the secret of your success. Listen to your answer, and practice it.

– Richard Bach

	Fri	Sat	Sun	Notes
5 am				
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				
9 pm				
Other				

January 2019

Notes

A large grid of dotted lines for writing notes, covering the majority of the page below the header and 'Notes' section.

SAMPLE PREVIEW
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Opportunities for Improvement Last Month

My biggest mistake/problem last month was:

How can I improve the situation? (Do I owe any amends?)

What have I learned from this situation? What will I do differently?

Success to Remember Last Month

My greatest achievement/satisfaction last month was:

Was this success temporary or permanent? How can I repeat it?

What have I learned from this success? To whom can I teach this lesson?