



Simple Systems, Real Momentum

The Growth Planner

Practical systems, digital tools, and simple strategies that build momentum in life and support your growth — one step at a time.

*"This planner is yours to use however it fits your week.
No perfection required."*

Started using this planner on:

GROWTHGAME.ORG

- **HOW TO USE THIS PLANNER**

Use whatever page fits your day.

This isn't a planner that expects perfect mornings or unbroken streaks. There's no wrong order and no page you have to finish. Flip to whichever one matches what today actually needs, skip the rest, and come back whenever you want.

- **START WITH THE DAILY RESET**

When everything feels like too much, this is the page that brings it back to three things that actually matter today.

- **DUMP THE MENTAL LOAD**

Emails, bills, appointments, forms, reminders, decisions — write them down so your brain can stop holding onto them.

- **TRACK MOMENTUM, NOT STREAKS**

Small circles, not red X's. A gap in the tracker is just a gap — it isn't proof of anything.

- **REFLECT WITHOUT JUDGMENT**

A short, honest check-in at the end of the week. No scoring, no grading, just noticing what helped.

One step counts. We track momentum, not streaks.

Because life doesn't pause for a habit tracker.



• DAILY RESET • REPEAT AS OFTEN AS YOU NEED

Today, keep it simple.

Pick this page up any morning, any afternoon, any time things feel like too much. It only takes a few minutes.

Date: _____

Energy today:

☐ Low

☐ Steady

☐ Good

• WHAT'S ACTUALLY ON MY MIND

• 3 THINGS THAT MATTER TODAY

Not a full to-do list — just the three worth protecting.

☐ _____

☐ _____

☐ _____

• ONE SMALL WIN TO AIM FOR

Miss a day? Just start again here — that's the whole system.



• WEEKLY OVERVIEW

This week, loosely mapped.

No hourly time-blocking — just enough shape to know what's coming, without locking the week into place.

Week of: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

This week's one big thing

What I can let go of this week



• **MENTAL LOAD DUMP**

Get it out of your head and onto the page.

Emails, bills, appointments, forms, reminders, decisions — write it all here so your brain doesn't have to hold it.

• **EMAILS & MESSAGES**

• **BILLS & ADMIN**

• **APPOINTMENTS & FORMS**

• **REMINDERS & DECISIONS**



• MOMENTUM TRACKER

Progress over perfection.

A gap isn't a failure — it's just a gap. Fill a circle when you show up for something, and pick back up anytime you miss one.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
_____	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
_____	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
_____	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
_____	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
_____	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
_____	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
_____	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
_____	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○

Write in whatever you're building momentum on — a habit, a routine, a system.

• WEEKLY REFLECTION

A gentle check-in, not a performance review.

Three honest questions. No scoring, no grading — just noticing what actually helped this week.

• WHAT FELT A LITTLE EASIER THIS WEEK?

• WHAT DO I WANT TO CARRY INTO NEXT WEEK?

• ONE THING I'M PROUD OF — HOWEVER SMALL.



Come back anytime.

This planner works best reused, not finished. Print a fresh Daily Reset whenever you need one, and revisit growthgame.org for more tools, guides, and low-effort recipes.

