

2025 the be positive planner (Rumi inspired)



*“there is a candle in your heart,
ready to be kindled. there is a void
in your soul, ready to be filled. you
feel it, don’t you?”*
~rumi

this planner belongs to:





January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		01	02	03	04	
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01	02	03	04	05	06	
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



2025

January

The wound is the place where the Light enters you. ~Rumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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	

Let January be the start of you making the
intention to heal all your past wounds.

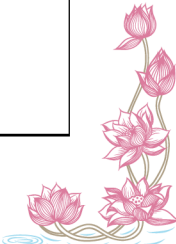
HEALING PRIORITIES

01. _____
02. _____
03. _____

POSITIVE GOALS

- ☐ _____
- ☐ _____
- ☐ _____

NOTES



positive weekly plan.

Affirmation of the Week:

I am getting better and better every day.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER



positive weekly plan.

Affirmation of the Week: **All I need is within me.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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positive weekly plan.

Affirmation of the Week:

I am an unstoppable force of nature.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

I am a living, breathing example of motivation.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER



an optimistic monthly review.

TOP POSITIVE ACCOMPLISHMENTS

LESSONS I LEARNED

GRATITUDE LIST

01.

02.

03.

04.

05.

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

My Notes



Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for writing notes.



2025

February

"It is your light that lights the world."~ Rumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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	

Let this month be all about **shining your light** in the world, in its most genuine form. Shine a light on all the things you love, especially YOU.

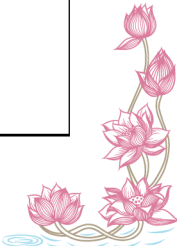
PRIORITIES

01. _____
02. _____
03. _____

GOALS

- ☐ _____
- ☐ _____
- ☐ _____

NOTES



positive weekly plan.

Affirmation of the Week: **I am having a positive and inspiring impact on the people I come into contact with.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.

02.

03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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positive weekly plan.

Affirmation of the Week:

I am inspiring people through my work.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

Each and every day, I am getting closer to achieving my goals.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week: **I must remember the incredible power I possess within me to achieve anything I desire.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER



an optimistic monthly review.

TOP POSITIVE ACCOMPLISHMENTS

LESSONS I LEARNED

GRATITUDE LIST

01.

02.

03.

04.

05.

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

My Notes



Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for writing notes.



2025

March

"The garden of the world has no limits, except in your mind."~ Rumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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	Let this be the month you go beyond your own limitations , self reservations and barriers. Look beyond your own mind and challenge yourself to build a new positive habit.				

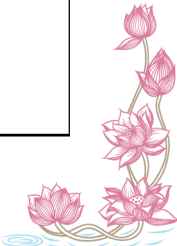
PRIORITIES

01. _____
02. _____
03. _____

GOALS

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NOTES



positive weekly plan.

Affirmation of the Week:

I am not defined my by past; I am driven by my future.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

I'm freeing myself from all destructive doubt and fear.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER



positive weekly plan.

Affirmation of the Week: **I am constantly growing and evolving into a better person.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

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03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER



positive weekly plan.

Affirmation of the Week: **I feed my spirit. I train my body. I focus my mind. This is my time.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER





an optimistic monthly review.

TOP POSITIVE ACCOMPLISHMENTS

LESSONS I LEARNED

GRATITUDE LIST

01.

02.

03.

04.

05.

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

[illegible]

2025

April

“Everything in the universe is within you. Ask all from yourself.”~ Rumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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			

This is the month to look out for **fulfillment and holiness within yourself**, an empowering declaration of independent living. Everything you need from the universe, allow yourself to give it to yourself.

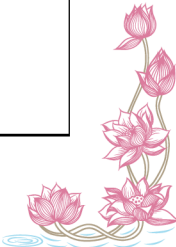
PRIORITIES

01. _____
02. _____
03. _____

GOALS

- ☐ _____
- ☐ _____
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NOTES



positive weekly plan.

Affirmation of the Week: **I accept myself for who I am and create peace, power and confidence of mind and of heart.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

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JOYFUL TO-DO LIST

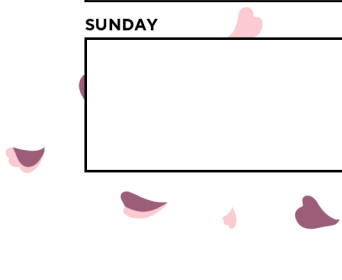
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POSITIVE HABIT TRACKER



positive weekly plan.

Affirmation of the Week: **I am going to forgive myself and free myself. I deserve to forgive and be forgiven.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER



positive weekly plan.

Affirmation of the Week:

I am healing and strengthening every day.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.

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JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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positive weekly plan.

Affirmation of the Week: **I must remember the incredible power I possess within me to achieve anything I desire.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
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JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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an optimistic monthly review.

TOP POSITIVE ACCOMPLISHMENTS

LESSONS I LEARNED

GRATITUDE LIST

01.

02.

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04.

05.

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

[illegible]

2025

May

"You have to keep breaking your heart until it opens." ~ Rumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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

Focus on **keep moving forward with perseverance** this month, despite the difficulties uncover the best of what life has to offer.

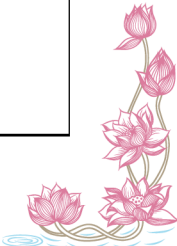
PRIORITIES

01. _____
02. _____
03. _____

GOALS

- ☐ _____
- ☐ _____
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NOTES



positive weekly plan.

Affirmation of the Week:

I have made mistakes, but I will not let them define me.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

I finish what matters and let go of what does not.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.

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JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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positive weekly plan.

Affirmation of the Week: **I feed my spirit. I train my body.**
I focus my mind. This is my time.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.

02.

03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

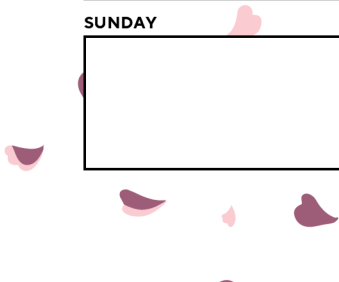
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positive weekly plan.

Affirmation of the Week: **My life has meaning. What I do has meaning. My actions are meaningful and inspiring.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.

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JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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an optimistic monthly review.

TOP POSITIVE ACCOMPLISHMENTS

LESSONS I LEARNED

GRATITUDE LIST

01. -----

02. -----

03. -----

04. -----

05. -----

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom left corner, there are two small, stylized pink flower-like shapes. In the bottom right corner, there is a larger, more detailed pink flower-like shape with a green stem. The overall appearance is that of a clean, unused piece of stationery or a template for a document.

2025

June

“Lovely days don’t come to you, you walk to them.” ~ Rumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					

Focus on how **you have the power to create positive change** in your life. Remember change is in the little things that add up.

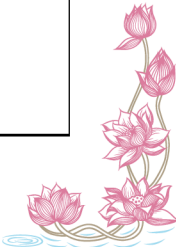
PRIORITIES

GOALS

01. _____
02. _____
03. _____

- ☐ _____
- ☐ _____
- ☐ _____

NOTES



positive weekly plan.

Affirmation of the Week: **I rise with a positive thought to set the tone and allow success to reverberate through every moment of my week.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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positive weekly plan.

Affirmation of the Week: **My soul radiates from the inside and
warms the souls of others.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week: **I don't compare myself to others. I am meeting my own definition of success.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

I am going to make myself so proud by staying consistent.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER



an optimistic monthly review.

TOP ACCOMPLISHMENTS

LESSONS I LEARNED

GRATITUDE LIST

01.

02.

03.

04.

05.

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

[illegible]

2025

July

“Inside you is an artist you don’t know about.” ~ Rumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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		

This month look within and unleash the barriers you draw for yourself. Look within to **find the artist that resides in you**. Focus on your creative self.

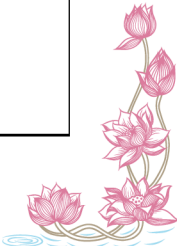
PRIORITIES

01. _____
02. _____
03. _____

GOALS

- ☐ _____
- ☐ _____
- ☐ _____

NOTES



positive weekly plan.

Affirmation of the Week:

I am turning **DOWN** the volume of negativity in my life.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.

02.

03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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positive weekly plan.

Affirmation of the Week:

I am in the right place at the right time, doing the right thing

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

I am loved just for being who I am, just for existing

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

- ☐
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POSITIVE HABIT TRACKER



positive weekly plan.

Affirmation of the Week: **I have the courage to show up for myself and let myself be seen.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.

02.

03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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an optimistic monthly review.

TOP ACCOMPLISHMENTS

LESSONS I LEARNED

GRATITUDE LIST

01. -----

02. -----

03. -----

04. -----

05. -----

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

My Notes



Handwriting practice lines consisting of multiple horizontal dashed lines for writing notes.



2025

August

"Stop acting so small. You are the universe in ecstatic motion."~Rumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					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	<p>This month realize your inherent greatness. Live fully and never let go of the connection with the Divine, because that connection will make you reach greater heights without you even realizing it.</p>					

PRIORITIES

01. _____

02. _____

03. _____

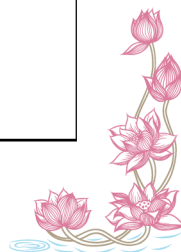
GOALS

○ _____

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○ _____

NOTES



positive weekly plan.

Affirmation of the Week:

I am good enough. I am enough.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.

02.

03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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positive weekly plan.

Affirmation of the Week:

I am deliberate and afraid of nothing

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

My perspective is unique. It's important and it counts.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

Nothing can dim my light. It shines from within.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER



an optimistic monthly review.

TOP ACCOMPLISHMENTS

LESSONS I LEARNED

GRATITUDE LIST

01.

02.

03.

04.

05.

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom left corner, there are two small, stylized pink flower-like shapes. In the bottom right corner, there is a larger, more detailed pink flower-like shape with a green stem. The overall appearance is that of a clean, unused piece of stationery or a template for a document.

2025

September

“You were born with wings, why prefer to crawl through life?” ~ Rumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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				

This month **allow yourself the luxury of dreaming those big dreams**, because if you cant dream it you can’t reach them. Your potential is always within you, waiting to fly. Allow it.

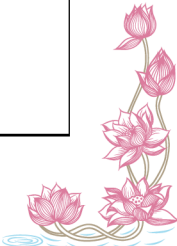
PRIORITIES

GOALS

01. _____
02. _____
03. _____

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- ☐ _____
- ☐ _____

NOTES



positive weekly plan.

Affirmation of the Week:

I am looking on the bright side of life constantly.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

I am always focusing on the positive

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

I am giving myself permission to root for ME!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.

02.

03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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positive weekly plan.

Affirmation of the Week:

I think big beautiful thoughts about me and my world

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER



an optimistic monthly review.

TOP ACCOMPLISHMENTS

LESSONS I LEARNED

GRATITUDE LIST

01. -----

02. -----

03. -----

04. -----

05. -----

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

My Notes



Handwriting practice lines consisting of multiple horizontal dashed lines for writing notes.



2025

October

“Don’t grieve. Anything you lose comes round in another form.” ~ Rumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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	

This month **focus on the importance of letting go** and trusting that loss is a part of growth. What seems like an end can often be a beginning.

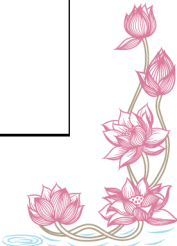
PRIORITIES

01. _____
02. _____
03. _____

GOALS

- ☐ _____
- ☐ _____
- ☐ _____

NOTES



positive weekly plan.

Affirmation of the Week:

I am embracing the glorious mess that I am.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

Gratitude is a celebration I am inviting myself for daily.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.

02.

03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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positive weekly plan.

Affirmation of the Week:

I believe in my limitlessness. I AM limitless.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

I am independent and self-sufficient.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER



an optimistic monthly review.

TOP ACCOMPLISHMENTS

LESSONS I LEARNED

GRATITUDE LIST

01.

02.

03.

04.

05.

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

My Notes



Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for writing notes.



2025

November

“Everything that is made beautiful and fair and lovely is made for
the eye of one who sees.”~ Rumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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	This month focus on all your positive qualities . Work on enhancing your positivity. See your own positive qualities and admire their beauty.					

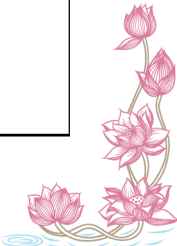
PRIORITIES

01. _____
02. _____
03. _____

GOALS

- _____
- _____
- _____

NOTES



positive weekly plan.

Affirmation of the Week:

I have come this far, and I am proud of myself.

MONDAY

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THIS WEEK'S POSITIVE FOCUS

TUESDAY

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HEALING PRIORITIES

01. _____

02. _____

03. _____

WEDNESDAY

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THURSDAY

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JOYFUL TO-DO LIST

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FRIDAY

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SATURDAY

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POSITIVE HABIT TRACKER

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SUNDAY

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positive weekly plan.

Affirmation of the Week:

I am not afraid to keep going, and I believe in myself.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.

02.

03.

JOYFUL TO-DO LIST

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POSITIVE HABIT TRACKER

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positive weekly plan.

Affirmation of the Week:

I am on a journey, ever growing and developing.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

I breathe, I am collected, and I am calm.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER



an optimistic monthly review.

TOP ACCOMPLISHMENTS

LESSONS I LEARNED

GRATITUDE LIST

01.

02.

03.

04.

05.

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

My Notes



Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for writing notes.



2025

December

“Seek the wisdom that will untie your knot. Seek the path that demands your whole being.” ~ Rumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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			

Believe in your strength, and trust your inner wisdom. Let this month be the celebration of all the work you have done on yourself throughout the year. **Celebrate YOU!**

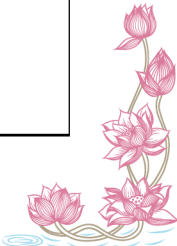
PRIORITIES

GOALS

01. _____
02. _____
03. _____

- ☐ _____
- ☐ _____
- ☐ _____

NOTES



positive weekly plan.

Affirmation of the Week:

I'm fine with who I am, and I love who I am becoming

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

Negative thoughts do not serve me anymore.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

I am in the right place, at the right time, doing the right thing.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER

positive weekly plan.

Affirmation of the Week:

I do my best, and my best is good enough.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEK'S POSITIVE FOCUS

HEALING PRIORITIES

01.
02.
03.

JOYFUL TO-DO LIST

POSITIVE HABIT TRACKER



an optimistic monthly review.

TOP ACCOMPLISHMENTS

LESSONS I LEARNED

GRATITUDE LIST

01. -----

02. -----

03. -----

04. -----

05. -----

DO MORE OF

DO LESS OF

HOW WAS THIS MONTH?

My Notes



Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for writing notes.



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My Notes



Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for writing notes.



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom left corner, there are two small, stylized pink flower-like shapes. In the bottom right corner, there is a larger, more detailed pink flower-like shape with a green stem. The overall appearance is that of a clean, unused piece of stationery or a notebook page.



*"The universe is not outside of you. Look inside
yourself; everything that you want, you already are."
~Rumi*

I'm **so thankful** you downloaded this 2025 Be
Positive planner. May your year be full of positive
vibrations, love, healing, peace & prosperity.
And, since this is a free resource, please share it with
your loved ones so that they too can benefit from it.

With Love always, Zeenat~





Hi! I'm Zeenat

I'm a **Counseling Psychologist&Spiritual Counselor.**

I counsel souls to heal mentally, emotionally & spiritually(20+years).

I offer Psychotherapy & Spiritual Counselling(worldwide) for ◦ Anxiety ◦ Trauma ◦ Depression ◦ Relationships ◦ Spiritual Growth&Guidance. On my website/blog I have been sharing all that I know for 15+ years to help YOU heal completely.

Special Training & Qualifications:

- ~M.A.(Psychology)
- ~M.Sc.(Counseling & Psychotherapy)
- ~Doctorate in Spiritual Counseling(Metaphysics, Theology, Spirituality, Philosophy)
- ~Certifications in Naturopathy and Alternative Medicine
- ~Master Reiki Healer
- ~Pranic Healer
- ~Angel Therapist

