

October Planner

October, one ordinary day at a time

A monthly reset planner inspired by my 180 days to 60 plans

31 days to make room for what matters.

- 01 Notice where you are
- 02 Choose more and less
- 03 Practice one useful skill
- 04 Make a small morning win
- 05 Finish one lingering task
- 06 Try something new each week

This month, I want to feel...

Start where you are

AREA	START	OCT 31
Health		
Money		
Career		
Relationships		
Peace of Mind		
Fun		
Personal growth		

Focus area 1: What would a one-point improvement look like?

Focus area 2: What small action would help?

More of this. Less of that.

Choose three things for each list, then give each choice a practical action.

MORE: What I want to invite into October

1.

One action:

2.

One action:

3.

One action:

LESS: What I want to reduce or release

1.

One action:

2.

One action:

3.

One action:

My October intention in one sentence

October 2026

Add appointments, deadlines, learning sessions,
and small adventures on the calendar.

MON	TUE	WED	THU	FRI	SAT	SUN
			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	

Three priorities for this month

One skill. A month of practice.

Aim for 30 minutes a day. On a busy day, choose a smaller version and return tomorrow.

The skill I want to build and why it matters

My practice time, place, and learning resource

By October 31, I want to be able to...

Week 1: Explore the basics

Week 2: Practice one small exercise

Week 3: Apply it to a real task

Week 4 + final days: Finish something I can show

My daily follow-through

Check each completed action. A missed day is an invitation to start again.

My before-10-AM win (for example, five minutes of meditation)

Skill = practice time | Win = morning action | Loop = one task finished

DAY	SKILL	WIN	LOOP	ONE WORD ABOUT TODAY
01	☐	☐	☐	
02	☐	☐	☐	
03	☐	☐	☐	
04	☐	☐	☐	
05	☐	☐	☐	
06	☐	☐	☐	
07	☐	☐	☐	
08	☐	☐	☐	
09	☐	☐	☐	
10	☐	☐	☐	
11	☐	☐	☐	
12	☐	☐	☐	
13	☐	☐	☐	
14	☐	☐	☐	
15	☐	☐	☐	
16	☐	☐	☐	
17	☐	☐	☐	
18	☐	☐	☐	
19	☐	☐		

Clear a little mental space

List lingering tasks. Choose one manageable item each day; break large tasks into steps.

TASK / NEXT STEP	DONE / DATE
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____
☐ _____	_____

Ideas: book an appointment, drop a return, send an email, delete files, cancel a subscription.

Week 1 / October 1-4

My main focus and one step for my two chosen life areas

Thu 01

Fri 02

Sat 03

Sun 04

One small adventure

What / when / budget:

Weekly reflection

What worked? What can I adjust?

Adventure ideas: a new walking route, a solo coffee date, a class, or a museum.

Week 2 / October 5-11

My main focus and one step for my two chosen life areas

Mon 05

Tue 06

Wed 07

Thu 08

Fri 09

Sat 10

Sun 11

One small adventure

What / when / budget:

Weekly reflection

What worked? What can I adjust?

Adventure ideas: a new walking route, a solo coffee date, a class, or a museum.

Week 3 / October 12-18

My main focus and one step for my two chosen life areas

Mon 12

Tue 13

Wed 14

Thu 15

Fri 16

Sat 17

Sun 18

One small adventure

What / when / budget:

Weekly reflection

What worked? What can I adjust?

Adventure ideas: a new walking route, a solo coffee date, a class, or a museum.

Week 4 / October 19-25

My main focus and one step for my two chosen life areas

Mon 19

Tue 20

Wed 21

Thu 22

Fri 23

Sat 24

Sun 25

One small adventure

What / when / budget:

Weekly reflection

What worked? What can I adjust?

Adventure ideas: a new walking route, a solo coffee date, a class, or a museum.

Week 5 / October 26-31

My main focus and one step for my two chosen life areas

Mon 26

Tue 27

Wed 28

Thu 29

Fri 30

Sat 31

One small adventure

What / when / budget:

Weekly reflection

What worked? What can I adjust?

Adventure ideas: a new walking route, a solo coffee date, a class, or a museum.

October, looking at with kindness

Return to your life scores. Notice evidence of progress, then choose your next step.

Three things I accomplished or learned

What changed in my two focus areas?

Which habit or skill do I want to keep?

What did I enjoy, and what can I let go of?

One intention for November
