

THE JOURNEY KNOWS

*Resting in God's
Faithfulness*

DELIGHTED WOMAN

Delighted Woman

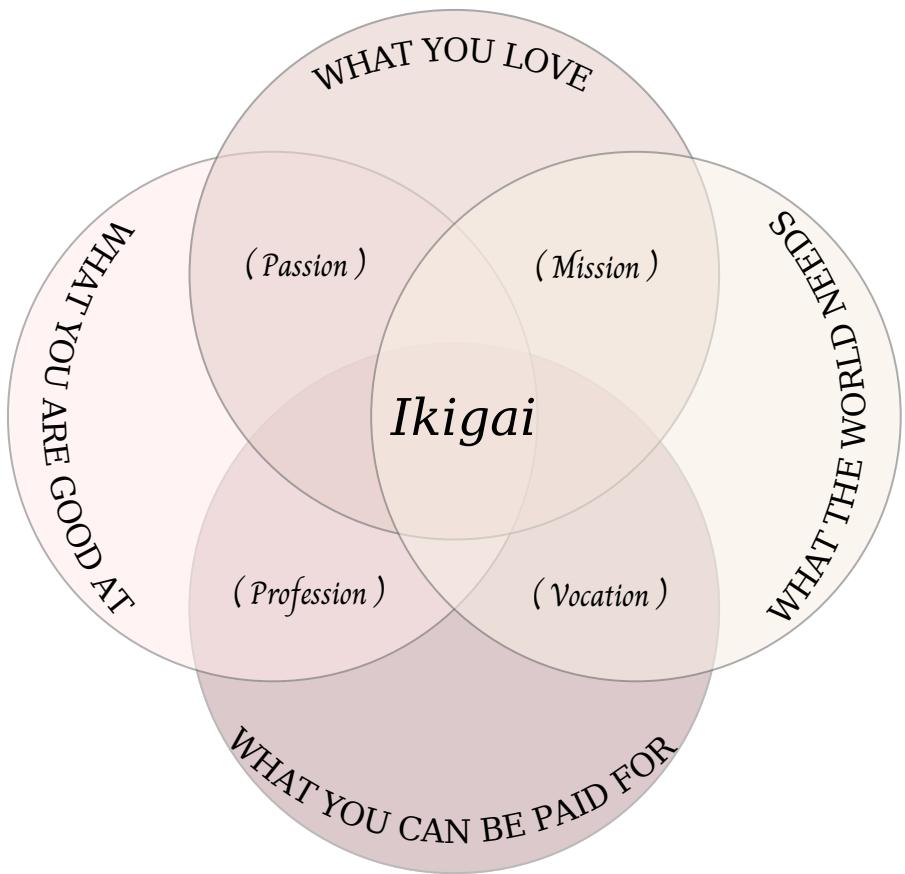
She Grows Here

the journey knows



Ikigai

生き甲斐
the reason for being



DATE:



Ikigai

Journal Guide

WHAT DO I LOVE ?

What gives me joy and life?

- When do I feel most like myself?
- What activities energize me even in stillness?
- What stories, moments, or people draw my heart?



Ikigai

Journal Guide

WHAT I AM GOOD AT

What flows naturally from how I am formed?

- What do people often come to me for?
- Where do I bring clarity, calm, or direction?
- What strengths have been affirmed in me?



Ikigai

Journal Guide

WHAT THE WORLD NEEDS?

Where does my compassion notice gaps?

- What brokenness or confusion do I notice most?
- Who do I feel drawn to guide or protect?
- What systems or spaces need more wisdom and care?



Ikigai

Journal Guide

WHAT CAN I BE PAID FOR?

How can purpose be sustained with integrity?

- What brokenness or confusion do I notice most?
- Who do I feel drawn to guide or protect?
- What systems or spaces need more wisdom and care?

VISION BOARD

travel

FAITH



FAMILY



SUPPORT GROUP

HEALTH



Commit your work to the Lord, and your plans will be established

Vision Board

hobbies

CAREER



abundance



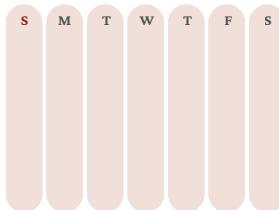
GIVING



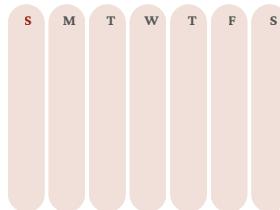
Commit your work to the Lord, and your plans will be established

CALENDAR YEAR

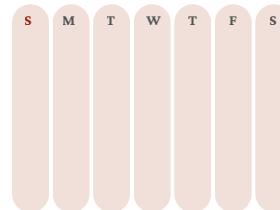
J A N U A R Y



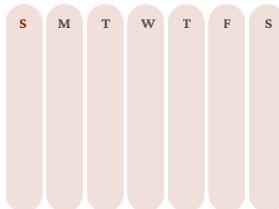
F E B R U A R Y



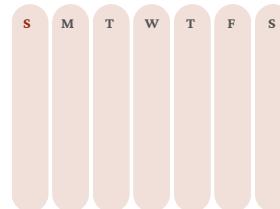
M A R C H



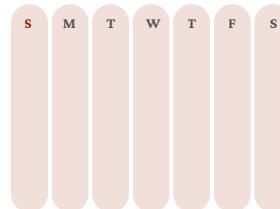
A P R I L



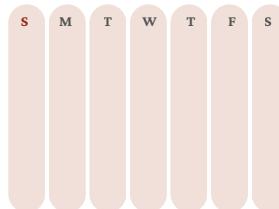
M A Y



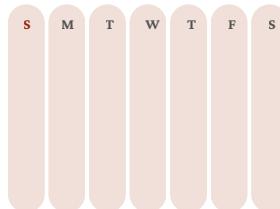
J U N E



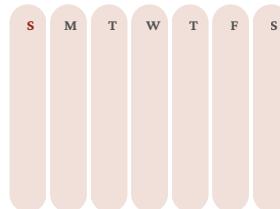
J U L Y



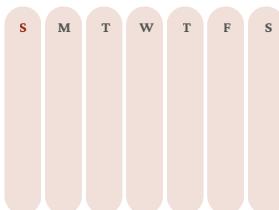
A U G U S T



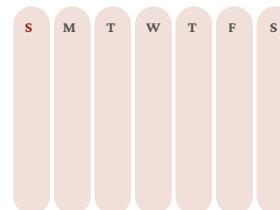
S E P T E M B E R



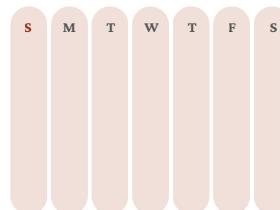
O C T O B E R



N O V E M B E R



D E C E M B E R





CALENDAR 2026

JANUARY

S	M	T	W	T	F	S
28	29	30	31	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

FEBRUARY

S	M	T	W	T	F	S
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

MARCH

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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	1	2	3	4

APRIL

S	M	T	W	T	F	S
29	30	31	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	1	2

MAY

S	M	T	W	T	F	S
26	27	28	29	30	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	1	2	3	4	5	6

JUNE

S	M	T	W	T	F	S
31	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	1	2	3	4

JULY

S	M	T	W	T	F	S
28	29	30	1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

AUGUST

S	M	T	W	T	F	S
26	27	28	29	30	31	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	1	2	3	4	5

SEPTEMBER

S	M	T	W	T	F	S
30	31	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	1	2	3

OCTOBER

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER

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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	1	2	3	4	5

DECEMBER

S	M	T	W	T	F	S
30	31	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	1	2	3

YEAR Block Year Planner

2026 Block Year Planner

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
JANUARY				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	1
FEBRUARY							
	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	1
MARCH							
	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
APRIL							
	30	31	1	2	3	4	5
	5	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	1	2	3
MAY							
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	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
JUNE							
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	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
JULY							
	1	2	3	4	5	6	7
	5	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	1	2
AUGUST							
	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	1	2	3	4	5	6
SEPTEMBER							
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OCTOBER							
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NOVEMBER							
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	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	1	2	3	4	5	6
DECEMBER							
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SELF-CARE

Prescription Checklist



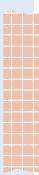
Reset planning day
Life audit + journaling
Home reset (one space only)
Slow morning + prayer

Library visit
Book discovery day
Museum visit
Coffee + reading in the park

Family dinner
Bless others' day
Gratitude journaling
Acts of service (small+intentional)

Creative planning session
Writing or art afternoon
Photography walk (nature or city)
Vision refresh

Solo picnic
Nature photoshoot
Long mindful walk
Outdoor journaling



Cafe discovery
Thrift store treasure hunt
New hobby trial
Music or playlist rediscovery

SELF-CARE

Prescription Checklist



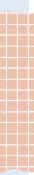
Solo day trip
Mini solo travel
New neighborhood exploration
Museum or cultural day

Lazy day (no agenda)
K-drama or series day
Cinema day (solo or family)
Home spa day

Sport's day or movement challenge
Health or farmer's market visit
Wellness check-in
Stretch+recovery time


Creative planning + routine reset
Meal planning ritual
Wardrobe refresh
Declutter one category

Bake day
New book day
Cozy reading afternoon
Home-centered creative time

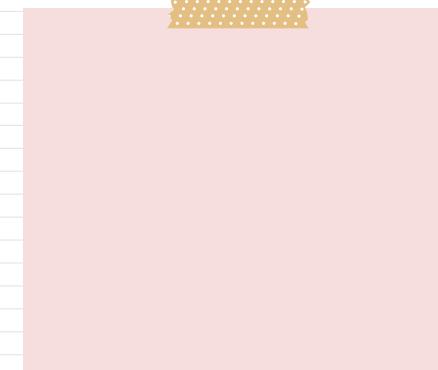
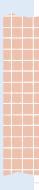
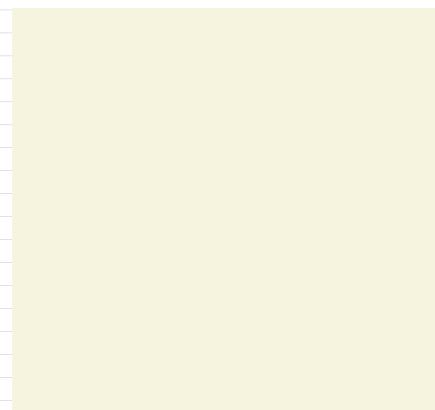
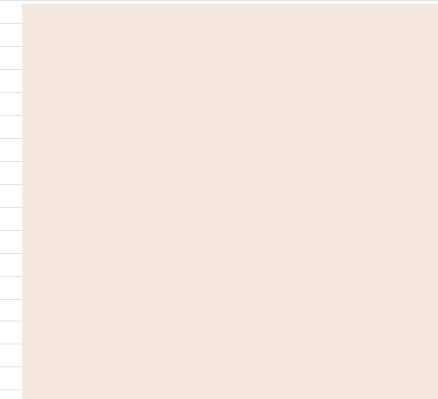



Reward yourself meaningfully
Year-reflection + thanksgiving
Memory keeping (journal+photos)
Rest as worship



SELF-CARE

Prescription Checklist



BUDGET PLAN

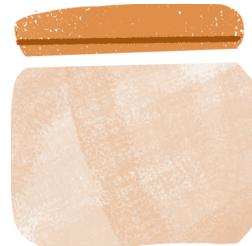
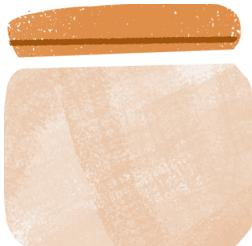
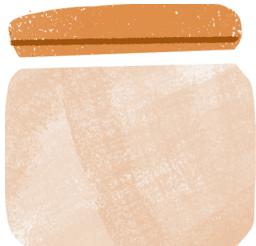
Deuteronomy 28:12

The Lord will open the heavens, the storehouse of his bounty, to send rain on your land in season and to bless all the work of your hands. You will lend to many nations but will borrow from none.

Envelope	Budget	Purpose

SINKING & SAVINGS FUND

Account	Goal	Purpose



spending

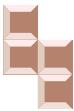
habit tracker

months											
01	02	03	04	05	06	07	08	09	10	11	12
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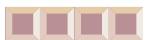
days



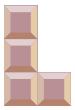
Deep Clean Checklist



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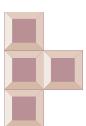
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J	F	M	A	M	J
J	A	S	O	N	D

52 WEEK

Weightloss tracker

STARTING WEIGHT

FINDING WEIGHT

Health Tracker

SYMPTOMS

month of

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SUN MON TUE WED THU FRI SAT

MONTHLY PLANNER

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NOTES

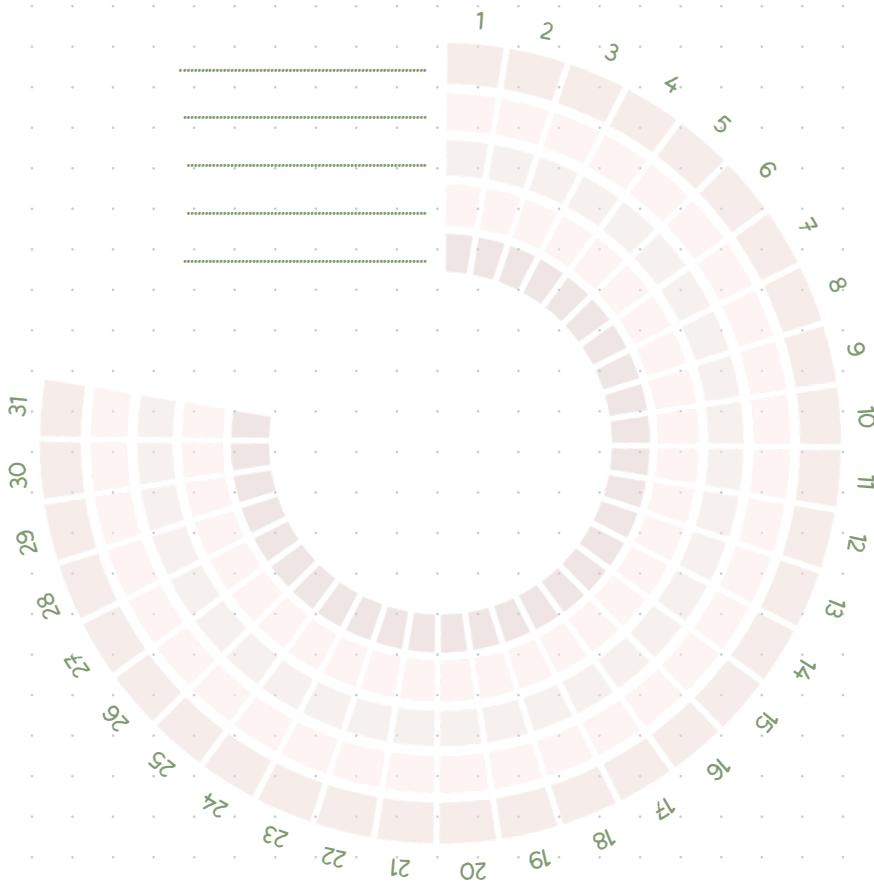
MONTHLY BUDGET

MONTH OF:

Total Income	
Total Expenses	
Net Savings	

Habit Tracker

month: 



To do list

Date

ANSWER

To do

Priorities

Notes

Reminder

Tomorrow

GRATITUDE *daily journal*

month: 

1	
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GRATITUDE *daily journal*

month: 

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highlight of the day

month: 

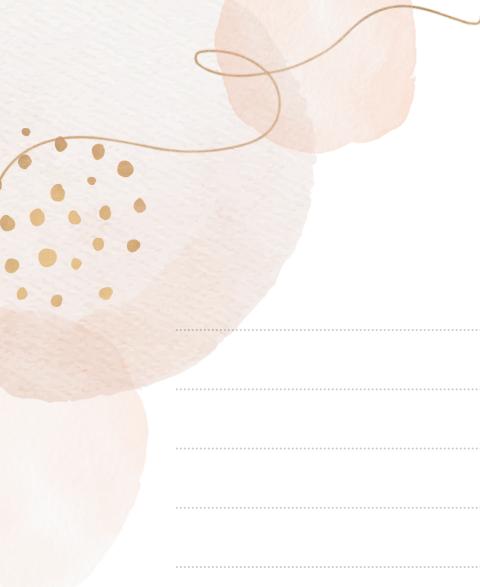
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HIGHLIGHT of the DAY

month: 

16	
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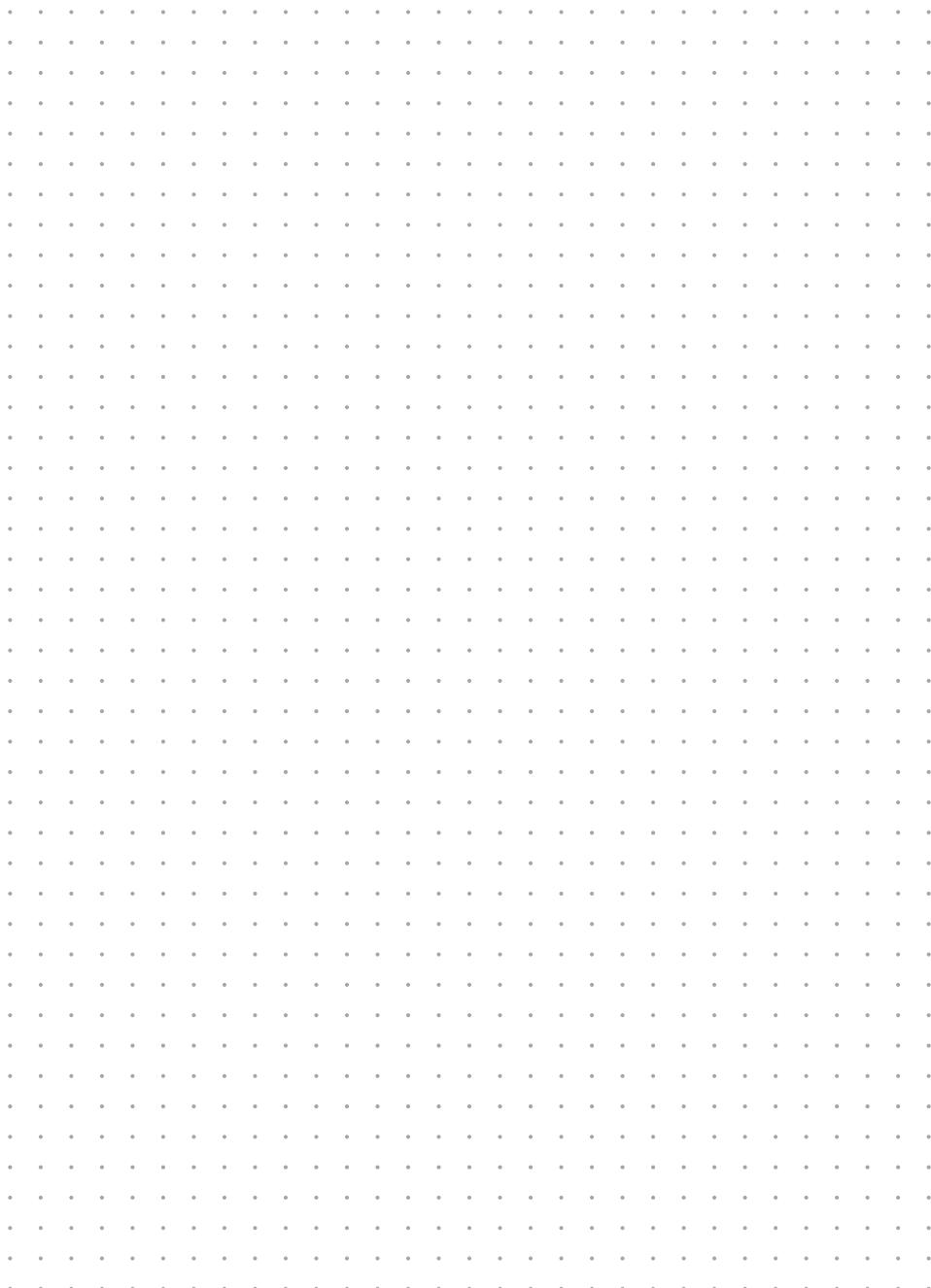
MONTH REFLECTION



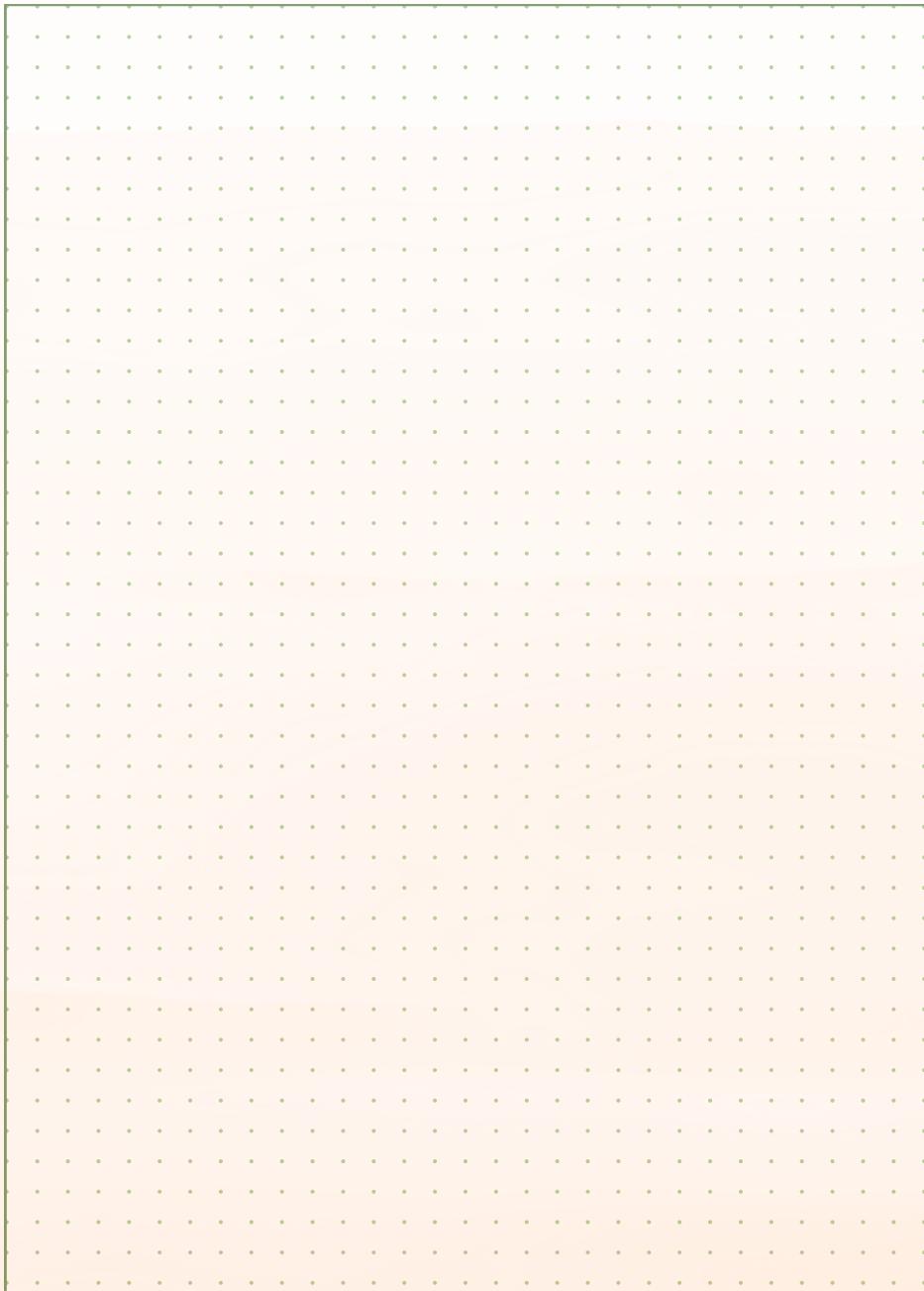
Monthly Reflection

My Notes

NOTES



Notes



PRAYER LIST

Matthew 7:7

*"Ask and it will be given to you; seek and you will find;
knock and the door will be opened to you.*

MON

TUE

WED

THU

FRI

SAT

ANSWERED PRAYERS



NOTES :