



COMPOSITION BOOK

It Girl ☆
PLANNER

For Entrepreneurs



content planning &
financial planning templates+!

THE ULTIMATE BUSSINES

GUIDE



Barbie

I ♥ ME

STARGIRL





INDEX

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

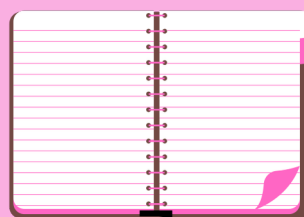


YEAR AT A GLANCE



JAN
CONTENT
PLANNER PAGES

FEB



MAR
PAPER

APR



MAY
TEMPLATES

JUN

NOTEBOOKS

1.

6.

2.

7.

3.

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4.

9.

5.

10.

STICKERS



JANUARY

S	M	T	W	T	F	S

FEBRUARY

S	M	T	W	T	F	S

MARCH

S	M	T	W	T	F	S

APRIL

S	M	T	W	T	F	S

MAY

S	M	T	W	T	F	S

JUNE

S	M	T	W	T	F	S

JULY

S	M	T	W	T	F	S

AUGUST

S	M	T	W	T	F	S

SEPTEMBER

S	M	T	W	T	F	S

OCTOBER

S	M	T	W	T	F	S

NOVEMBER

S	M	T	W	T	F	S

DECEMBER

S	M	T	W	T	F	S

JAN

FEB

MAR

APR

MAY

JUN



Girl Boss

January

JAN FEB MAR APR MAY JUN



	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5			JAN	FEB	MAR	APR	MAY
							JUN

TO-DO:

[illegible]

TOP PRIORITIES:



Weekly Planner

WEEK OF:

SUNDAY

TOP PRIORITY THIS WEEK:

MONDAY

MUST GET DONE THIS WEEK

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TUESDAY

REMINDERS FOR NEXT WEEK:

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WEDNESDAY

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MAY

JUN

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SATURDAY



Daily Planner

DATE:

S M T W T F S



BIG TASK:

☐

MEDIUM TASKS:

☐☐☐

SMALL TASKS:

☐☐☐☐☐

SELF CARE:



Rest



Water



Nutrition



Meds



Brush hair



Brush teeth



Shower



Clean/Tidy



Manifest



Vitamin D



Talk to a friend



Journal

SCHEDULE

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

FEB

MAR

APR

MAY

JUN

JAN

NOTES/REMINDERS TO ORGANIZE LATER:



BE

CONSISTENT.



JAN FEB MAR APR MAY JUN
February

Business Advice 💡

Post as much as you need to
promote as much as you need to
do what you have to do in order to
grow your business. Do not worry
about what a hater has to say they
are not funding your business nor
are they paying your bills





February

YEAR:

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5			JAN	FEB	MAR	APR	MAY
							JUN

THIS MONTH'S FOCUS:

TOP PRIORITIES:

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TOP PRIORITY THIS WEEK:

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REMINDERS FOR NEXT WEEK:

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JAN

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MAY

JUN

THURSDAY**FRIDAY**

SATURDAY

HABIT TRACKER

SMTWTFSS



Daily Planner

DATE:

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BIG TASK:

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MEDIUM TASKS:

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SMALL TASKS:

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NOTES/REMINDERS TO ORGANIZE LATER:



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TOP PRIORITIES:



SUNDAY

TOP PRIORITY THIS WEEK:

MONDAY

MUST GET DONE THIS WEEK

TUESDAY

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WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
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NOTES/REMINDERS TO ORGANIZE LATER:



September

YEAR:

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WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5			JAN	FEB	MAR	APR	MAY
							JUN

THIS MONTH'S FOCUS:

TO-DO:

TOP PRIORITIES:

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SUNDAY

TOP PRIORITY THIS WEEK:

MONDAY

MUST GET DONE THIS WEEK

TUESDAY

REMINDERS FOR NEXT WEEK:

WEDNESDAY

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MAY

JUN

THURSDAY**FRIDAY**

SATURDAY

HABIT TRACKER

SMTWTFSS



Daily Planner

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BIG TASK:

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NOTES/REMINDERS TO ORGANIZE LATER:



	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5			JAN	FEB	MAR	APR	MAY
							JUN

TO-DO:

[illegible]

TOP PRIORITIES:



SUNDAY

TOP PRIORITY THIS WEEK:

MONDAY

MUST GET DONE THIS WEEK

TUESDAY

REMINDERS FOR NEXT WEEK:

WEDNESDAY

JAN

FEB

RAIN DUMP: BAR

APP

MAY

JUN

THURSDAY**FRIDAY**

SATURDAY

HABIT TRACKER

SMTWTFSS



Daily Planner

DATE:

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BIG TASK:

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MEDIUM TASKS:

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SMALL TASKS:

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SELF CARE:



Rest



Water



Nutrition



Meds



Brush hair



Brush teeth



Shower



Clean/Tidy



Manifest



Vitamin D



Talk to a friend



Journal

JAN

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NOTES/REMINDERS TO ORGANIZE LATER:



November

YEAR:

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5			JAN	FEB	MAR	APR	MAY
							JUN

THIS MONTH'S FOCUS:

TO-DO:

TOP PRIORITIES:



SUNDAY

TOP PRIORITY THIS WEEK:

MONDAY

MUST GET DONE THIS WEEK

TUESDAY

REMINDERS FOR NEXT WEEK:

WEDNESDAY

JAN

FEB

RAIN DUMP: AR

APR

MAY

JUN

THURSDAY**FRIDAY**

SATURDAY

HABIT TRACKER

SMTWTFSS



Daily Planner

DATE:

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BIG TASK:

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MEDIUM TASKS:

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SMALL TASKS:

☐☐☐☐☐

SELF CARE:



Rest



Water



Nutrition



Meds



Brush
hair



Brush
teeth



Shower



Clean/Tidy



Manifest



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7PM

8PM

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FEB

MAR

APR

MAY

JUN

JAN

NOTES/REMINDERS TO ORGANIZE LATER:



December

YEAR:

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5			JAN	FEB	MAR	APR	MAY
							JUN

THIS MONTH'S FOCUS:

TOP PRIORITIES:

TO-DO:

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SUNDAY

TOP PRIORITY THIS WEEK:

MONDAY

MUST GET DONE THIS WEEK

TUESDAY

REMINDERS FOR NEXT WEEK:

WEDNESDAY

JAN

FEB

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THURSDAY

FRIDAY

SATURDAY

HABIT TRACKER

SMTWTFSS



Daily Planner

DATE:

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BIG TASK:

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MEDIUM TASKS:

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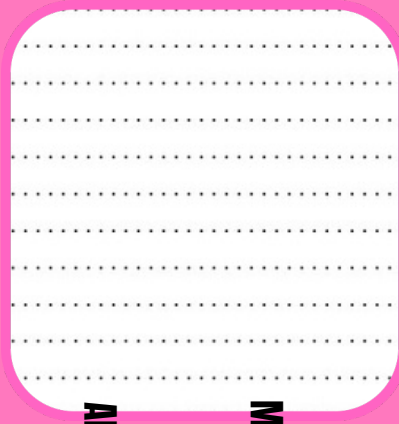
MAY

JUN

NOTES/REMINDERS TO ORGANIZE LATER:



Paper



JAN

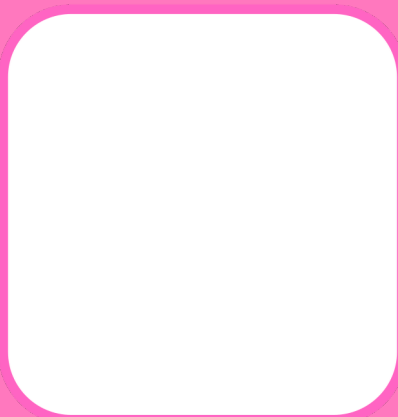
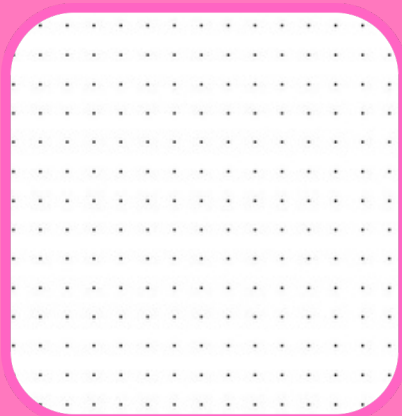
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20



JUN

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JAN

10
15

10

20



Content Planner Pages

MONTH PLAN - CONTENT
VERSION

WEEK PLAN - CONTENT
VERSION

DAILY PLAN - CONTENT
VERSION

APR

MAY

JUN



CONTENT CALENDAR

Monthly goal:

MONTH:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Content ideas

-
-
-
-
-
-

To
Shoot/record

-
-
-
-
-
-

Hastags

-
-
-
-
-
-

Mission
Statement



CONTENT CALENDAR

Monthly goal:

MONTH:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Content ideas

-
-
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-

To
Shoot/record

-
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-

Hashtags

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-

Mission
Statement



WEEKLY MARKETING PLAN

Main Focus











Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		JAN	FEB	MAR	APR	MAY

JUN

Products to promote

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Platforms to Promote

Call To Action



WEEKLY MARKETING PLAN

Main Focus

- _____
- _____
- _____
- _____
- _____

Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		JAN	FEB	MAR	APR	MAY

JUN

Products to promote

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Platforms to Promote

Call To Action



DAILY PLANNER

DATE:

SMTWTFs



TODAY'S AFFIRMATION

WEATHER

MOOD

TOP 3 PRIORITIES

1

2

3

JAN

TO-DO LIST

DON'T FORGET

TIME

PLANS & SCHEDULE

6:00 am

6:30 am

7:00 am

7:30 am

8:00 am

8:30 am

9:00 am

9:30 am

10:00 am

10:30 am

11:00 am

11:30 am

12:00 pm

12:30 pm

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2:00 pm

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5:30 pm

6:00 pm

6:30 pm

7:00 pm

7:30 pm

8:00 pm

8:30 pm

9:00 pm

9:30 pm

10:00 pm

MAR

APR

MAY

JUN

FEB



Templates

TO-DO LIST

SELF CARE BINGO

MORNING CHECK-IN

WHAT IS ^{JAN}GOAL ^{FEB}PLANNING ^{MAR}^{APR}

MAY

JUN

GOALS 4LIFE

POST PLANNER

WEEKLY MEAL PLAN

GOAL PLANNING

BUDGET TRACKER

10K IN 100 DAYS SAVING CHALLENGE



To-Do List

Do First

☐

☐

☐

☐

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JAN

Do Later

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☐

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FEB

MAR

APR

MAY

JUN

Delegate

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Eliminate

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Income

Savings

Expenses

JAN

Recap

Bills

FEB

Sinking Funds

WJC



SELF-CARE BINGO



Self-Care

DATE:

CHECKLIST

TOOK A
LONG *hot*
BATH

SLEPT
7-8
HOURS

SMTWTFS

PUT ON A
Nice
OUTFIT

GOT YOUR
nails
DONE

WROTE
in your
JOURNAL

MEDITATED

BROUGHT
Yourself
A TREAT

JAN

FEB
GOT your
HAIR
DONE

MAR

APR
DRANK
LOTS OF
WATER

MAY

JUN

WORKOUT

HOURS OF SLEEP

(Hours)

CARDIO

WEIGHT

YOGA

STRETCH

REST DAY

OTHER

TOOK A
Break
FROM YOUR
PHONE

READ
A book

1 2 3 4 5 6 7 8
EXERCISED
for AT LEAST
20 MINS (Glass)

THINGS THAT MAKE ME HAPPY TODAY

1 2 3 4 5 6 7 8

MOOD

DID
Something
CREATIVE

Cooked a
HEALTHY
Meal

ANGRY

TIED

SAD

GREAT

FUN

Woke up
EARLY



Habit Tracker

Goal Planning

WEEK OF

H A B I T

MON

TUE

WED

THU

FRI

SAT

SUN

What is goal planning?

Goal planning or setting can be described as an action plan designed to motivate and guide a person or group towards a goal. When you set a goal, it is extremely intentional. Goal planning or setting is best done in increments. There are **short-term goals** which can range from months to a year and **long-term goals** which range from a year to years. Plan your goals to fit what you can accomplish in a timely manner. Don't overwhelm yourself with too many goals, slow and steady wins the prize!

JUN



GOALS 4 LIFE

Grocery List

FRESH PRODUCE

CANNED GOODS

Business & Career

Relationships

GRAINS & BREAD

CONDIMENTS

DAIRY & EGGS

JAN

FEB

MAR

APR

MAY

JUN

Personal Growth

Health

Write your goals in each corresponding sector



GOAL PLANNING

Cleaning Checklist

WEEK OF

GOAL

DAILY

MON

TUE

WED

THU

FRI

SAT

SUN

TARGET

TARGET

TARGET

JAN

FEB

MAR

APR

MAY

JUN

MONDAY

TUESDAY

WEDNESDAY

ACTION
STEPS

ACTION
STEPS

ACTION
STEPS

THURSDAY

FRIDAY

WEEKEND



Morning Checkin

DATE _____

I WOKE UP FEELING:



Awesome



Good



Okay



Not good



Horrible

WHAT DO YOU WANT TO ACCOMPLISH TODAY?

JAN

FEB

MAR

APR

MAY

JUN

HOW DO YOU WANT TO FEEL TODAY?

TODAY'S AFFIRMATION:



POST PLANNER

GRATITUDE

MONTHLY REVIEW

DATE

PUBLISH DATE:	HIGHLIGHTS OF THE MONTH	☐ IMAGE
TIME:		☐ IMAGE EDITING
IMAGE:		☐ CAPTION
CALL TO ACTION (CTA):		☐ HASHTAGS
		☐ CTA
		☐ ENGAGE
WHAT IS SOMETHING NEW YOU'VE LEARNED?		
CAPTION::		
HASHTAGS:		
JAN FEB MAR APR MAY JUN		
RESULTS:		
WHAT WERE SOME OF THE CHALLENGES YOU FACED?		

PUBLISH DATE:	☐ IMAGE
TIME:	☐ IMAGE EDITING
IMAGE:	☐ CAPTION
CALL TO ACTION (CTA):	☐ HASHTAGS
WHAT IS THE BEST THING YOU HAVE DONE FOR YOURSELF THIS PAST MONTH?	
☐ CTA	
☐ ENGAGE	
CAPTION::	
HASHTAGS:	
RESULTS:	



	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED			JAN	FEB
THU				MAR
FRI				
SAT				
SUN				

APR

MAY

JUN



30 DAYS CHALLENGE

Start Date:

End Date:

Goals:

Motivation:

\$10K IN **100** days

START DATE:

\$2	\$4	\$6	\$8	\$10	\$12	\$14	\$16	\$18	\$20
\$22	\$24	\$26	\$28	\$30	\$32	\$34	\$36	\$38	\$40
\$42	\$44	\$46	\$48	\$50	\$52	\$54	\$56	\$58	\$60
\$62	\$64	\$66	\$68	\$70	\$72	\$74	\$76	\$78	\$80
\$82	\$84	\$86	\$88	\$90	\$92	\$94	\$96	\$98	\$100
\$102	\$104	\$106	\$108	\$110	\$112	\$114	\$116	\$118	\$120
\$122	\$124	\$126	\$128	\$130	\$132	\$134	\$136	\$138	\$140
\$142	\$144	\$146	\$148	\$150	\$152	\$154	\$156	\$158	\$160
\$162	\$164	\$166	\$168	\$170	\$172	\$174	\$176	\$178	\$180
\$182	\$184	\$186	\$188	\$190	\$192	\$194	\$196	\$198	\$200

Challenge:

Days passed:

Reward:

Notes:

SAVINGS = \$10,000

JUN



Notebooks

**THERE IS NO
LIMIT TO MY
SUCCESS**

JAN

FEB

MAR

APR

MAY

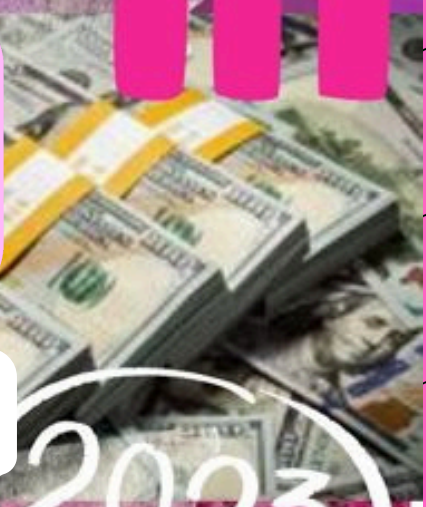
JUN





**WORK HARD.
PLAY HARD.**

1



2023

JAN

FEB

MAR

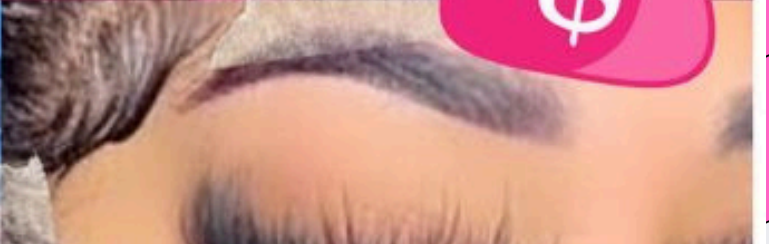
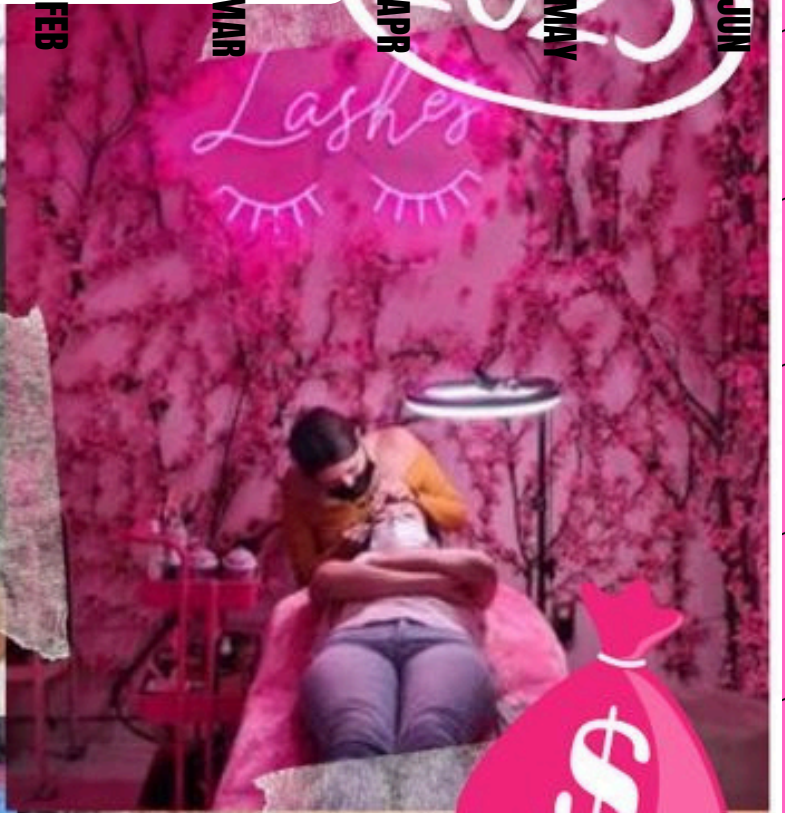
APR

MAY

JUN

**WORK
HARD**

Lash me up!





JUN

MAY

APR

MAR

FEB

JAN



manifest
everything
I want.

make happiness
a priority

2

It's
already
you

Good:
100,000

mind
every life.

I LOVE MYSELF
I AM BEAUTIFUL
I AM HEALTHY
I AM WEALTHY

good things are coming.
good things are coming.
good things are coming.

peace.

Millionaire

JUN

MAY

APR

MAR

FEB

JAN





MAY

MAR

JAN



JUN

MAY

APR

MAR

FEB

JAN

JUN

MAY

APR

MAR

FEB

JAN





COMPOSITION

5

JAN

FEB

MAR

APR

MAY

JUN



JUN

MAY

APR

MAR

FEB

JAN



JUN

MAY

APR

MAR

FEB

JAN



JUN

MAY

APR

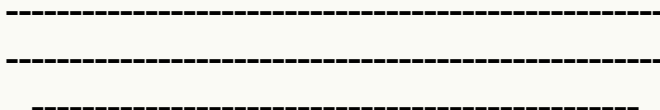
MAR

FEB

JAN



8



JAN

FEB

MAR

APR

MAY

JUN

Reality
is created
by the
mind



JUN

MAY

APR

MAR

FEB

JAN





9

JAN

FEB

MAR

APR

MAY

JUN

Spread
love
wherever
you go





JUN

MAY

APR

MAR

FEB

JAN



Barbie™



COMPOSITION



10

JAN

FEB

MAR

APR

MAY

JUN



BURN
BOOK





JUN

MAY

APR

MAR

FEB

JAN



JUN

MAY

APR

MAR

FEB

JAN

10
15

10

20