

30-DAY PERSONAL RESET PLANNER

Reset your mind. Plan your days. Transform your life.

A simple 30-day system for focus, habits & growth.

HOW TO USE THIS PLANNER

Use one daily page each day. Start by choosing three priorities, then plan your time, track a few key habits, and finish with a short evening reflection.

The goal is not perfection. The goal is consistency.

1. RESET

Look honestly at what is working, what is draining your time, and what you want to change.

2. PLAN

Choose clear goals and turn them into small actions you can actually complete.

3. TRACK

Use the habit and progress pages to see your consistency instead of relying on motivation.

4. REFLECT

Review each week, keep what works, and adjust what does not.

PERSONAL RESET ASSESSMENT

What do I want to change over the next 30 days?

What is currently taking too much of my time or attention?

What habits do I want to build?

What habits do I want to reduce or stop?

What would make me proud at the end of these 30 days?

30-DAY GOALS

Choose up to three goals. Keep them specific and realistic.

Goal	Why it matters	First action

MY IDEAL ROUTINES

Morning routine

Steps I want to follow

Evening routine

Steps I want to follow

DAY 1

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 2

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 3

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 4

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 5

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 6

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 7

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 8

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 9

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 10

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 11

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 12

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 13

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 14

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 15

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 16

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 17

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 18

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 19

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 20

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 21

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 22

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 23

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 24

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 25

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 26

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 27

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 28

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 29

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

DAY 30

Small steps. Clear priorities. Consistent progress.

Date: _____	Mood: _____
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TOP 3 PRIORITIES

TODAY'S SCHEDULE

Time	Plan / appointment
6:00	
8:00	
10:00	
12:00	
14:00	
16:00	
18:00	
20:00	

HABITS TO PRACTICE

Habit	Done
Drink water	■
Move / exercise	■
Read / learn	■
No unnecessary scrolling	■

NOTES / WHAT I NEED TO REMEMBER

EVENING CHECK-IN

What went well today?	
What can I improve tomorrow?	
One thing I'm grateful for:	

30-DAY HABIT TRACKER

Write your chosen habits in the first column and mark each day as you complete them.

[illegible]

WEEK 1 REVIEW

What went well this week?

What could I improve?

What did I learn?

My focus for next week

WEEK 2 REVIEW

What went well this week?

What could I improve?

What did I learn?

My focus for next week

WEEK 3 REVIEW

What went well this week?

What could I improve?

What did I learn?

My focus for next week

WEEK 4 REVIEW

What went well this week?

What could I improve?

What did I learn?

My focus for next week

30-DAY PROGRESS REVIEW

What changed most over the last 30 days?

Which habits became easier?

Which goal did I make the most progress on?

What will I continue doing?

What is my next 30-day focus?
