

🏠 {HOME} ❤️ {HEART} 🏃 {BODY} 🌿 {SOUL} Circle one: 🕒 Did Something 5 XP · ✨ Nailed It 10 XP · 📅 Grace Card

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Week

Wk 1

Wk 2

Wk 3

Wk 4

Wk 5

Wk 6

Wk 7

Wk 8

Wk 9

Wk 10

Wk 11

5

Day 1 · begin · Oct

6

Day 2

7

Day 3

8

Day 4

9

Day 5

10

Day 6

11

Day 7

12

Day 8

13

Day 9

14

Day 10

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Day 11

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Day 12

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Day 13

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Day 14

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Day 15

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Day 16

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Day 17

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Day 18

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Day 19

24

Day 20

25

Day 21

26

Day 22

27

Day 23

28

Day 24

29

Day 25

30

Day 26

31

Day 27

1

Day 28 · Nov

2

Day 29

3

Day 30

4

Day 31

5

Day 32

6

Day 33

7

Day 34

8

Day 35

9

Day 36

10

Day 37 · halfway

11

Day 38

12

Day 39

13

Day 40

14

Day 41

15

Day 42

16

Day 43

17

Day 44

18

Day 45

19

Day 46

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Day 47

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Day 48

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Day 49

23

Day 50

24

Day 51

25

Day 52

26

Day 53

27

Day 54

28

Day 55

29

Day 56

30

Day 57

1

Day 58 · Dec

2

Day 59

3

Day 60

4

Day 61

5

Day 62

6

Day 63

7

Day 64

8

Day 65

9

Day 66

10

Day 67

11

Day 68

12

Day 69

13

Day 70

14

Day 71

15

Day 72

16

Day 73 · the heart

17

Dec

18

Dec

19

Dec

20

Dec

week XP

week XP

week XP

week XP

week XP

week XP

week XP

week XP

week XP

week XP

week XP

My rhythms this season

🏠 {HOME}

❤️ {HEART}

🏃 {BODY}

🌿 {SOUL}

Grace Cards · four in hand

📅 {HOME}

📅 {HEART}

📅 {BODY}

📅 {SOUL}

The one rule: never miss three days in a row. Two days off is grace, not failure.

Level ladder · colour as you climb

🕒 1 Beginner 0 XP

🕒 2 Finding Your Feet 25 XP

🕒 3 Getting Momentum 50 XP

🕒 4 On a Roll 75 XP

🕒 5 Semi Sorted 100 XP

🕒 6 Consistent 150 XP

🕒 7 Thriving 200 XP

🕒 8 Unstoppable 250 XP

🕒 9 Cottage Keeper 300 XP

🕒 10 Season Legend 350 XP

Season XP

Pamper pot 🍷

\$1 for every scored day · cross one off each night

1

2

3

4

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72

73

Scored days × \$1 = \$

Unspent Grace Cards × \$20 = \$

Pamper pot total = \$

Key dates

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🏠 {HOME} ❤️ {HEART} 🏃 {BODY} 🌿 {SOUL} Circle one: 🕒 Did Something 5 XP · ✨ Nailed It 10 XP · 📅 Grace Card

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Week

Wk 1

Wk 2

Wk 3

Wk 4

Wk 5

Wk 6

Wk 7

Wk 8

Wk 9

Wk 10

Wk 11

4

Day 1 · begin · Jan

5

Day 2

6

Day 3

7

Day 4

8

Day 5

9

Day 6

10

Day 7

11

Day 8

12

Day 9

13

Day 10

14

Day 11

15

Day 12

16

Day 13

17

Day 14

18

Day 15

19

Day 16

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Day 17

21

Day 18

22

Day 19

23

Day 20

24

Day 21

25

Day 22

26

Day 23

27

Day 24

28

Day 25

29

Day 26

30

Day 27

31

Day 28

1

Day 29 · Feb

2

Day 30

3

Day 31

4

Day 32

5

Day 33

6

Day 34

7

Day 35

8

Day 36

9

Day 37 · halfway

10

Day 38

11

Day 39

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Day 40

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Day 41

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Day 42

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Day 43

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Day 44

17

Day 45

18

Day 46

19

Day 47

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Day 48

21

Day 49

22

Day 50

23

Day 51

24

Day 52

25

Day 53

26

Day 54

27

Day 55

28

Day 56

1

Day 57 · Mar

2

Day 58

3

Day 59

4

Day 60

5

Day 61

6

Day 62

7

Day 63

8

Day 64

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Day 65

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Day 66

11

Day 67

12

Day 68

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Day 69

14

Day 70

15

Day 71

16

Day 72

17

Day 73 · the heart

18

Mar

19

Mar

20

Mar

21

Mar

week XP

week XP

week XP

week XP

week XP

week XP

week XP

week XP

week XP

week XP

week XP

My rhythms this season

🏠 {HOME}

❤️ {HEART}

🏃 {BODY}

🌿 {SOUL}

Grace Cards · four in hand

📅 {HOME}

📅 {HEART}

📅 {BODY}

📅 {SOUL}

The one rule: never miss three days in a row. Two days off is grace, not failure.

Level ladder · colour as you climb

1 Beginner 0 XP

2 Finding Your Feet 25 XP

3 Getting Momentum 50 XP

4 On a Roll 75 XP

5 Semi Sorted 100 XP

6 Consistent 150 XP

7 Thriving 200 XP

8 Unstoppable 250 XP

9 Cottage Keeper 300 XP

10 Season Legend 350 XP

Season XP

Pamper pot 🍷

\$1 for every scored day · cross one off each night

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 32 33 34 35 36 37 38 39 40

41 42 43 44 45 46 47 48 49 50

51 52 53 54 55 56 57 58 59 60

61 62 63 64 65 66 67 68 69 70

71 72 73

Scored days × \$1 = \$

Unspent Grace Cards × \$20 = \$

Pamper pot total = \$

Key dates

My Semi Sorted life · mysemisortedlife.com

{HOME}

{HEART}

{BODY}

{SOUL}

Circle one: Did Something 5 XP · Nailed It 10 XP · Grace Card

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week
Wk 1	29 Mar <i>before</i>	30 Mar <i>before</i>	31 Mar <i>before</i>	1 Apr <i>before</i>	2 Apr <i>before</i>	3 Apr <i>before</i>	4 Day 1 · begin · Apr 	week XP _____
Wk 2	5 Day 2 	week XP _____						
Wk 3	12 Day 9 	week XP _____						
Wk 4	19 Day 16 	week XP _____						
Wk 5	26 Day 23 	week XP _____						
Wk 6	3 Day 30 	week XP _____						
Wk 7	10 Day 37 · halfway 	week XP _____						
Wk 8	17 Day 44 	week XP _____						
Wk 9	24 Day 51 	week XP _____						
Wk 10	31 Day 58 	week XP _____						
Wk 11	7 Day 65 	week XP _____						
Wk 12	14 Day 72 	15 Day 73 · the heart 	16 Jun <i>reset</i>	17 Jun <i>reset</i>	18 Jun <i>reset</i>	19 Jun <i>reset</i>	20 Jun <i>reset</i>	week XP _____

My rhythms this season

{HOME}

{HEART}

{BODY}

{SOUL}

Grace Cards · four in hand

{HOME}

{HEART}

{BODY}

{SOUL}

The one rule: never miss three days in a row. Two days off is grace, not failure.

Level ladder · colour as you climb

1	Beginner	0 XP
2	Finding Your Feet	25 XP
3	Getting Momentum	50 XP
4	On a Roll	75 XP
5	Semi Sorted	100 XP
6	Consistent	150 XP
7	Thriving	200 XP
8	Unstoppable	250 XP
9	Cottage Keeper	300 XP
10	Season Legend	350 XP

Season XP _____

Pamper pot

\$1 for every scored day · cross one off each night

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	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73							

Scored days × \$1 = \$ _____

Unspent Grace Cards × \$20 = \$ _____

Pamper pot total = \$ _____

Key dates

My Semi Sorted Life · mysemisortedlife.com

🏠 {HOME}

❤️ {HEART}

🏃 {BODY}

🌿 {SOUL}

Circle one: 🕒 Did Something 5 XP · ✨ Nailed It 10 XP · 📅 Grace Card

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week
Wk 1	28 Jun <i>before</i>	29 Jun <i>before</i>	30 Jun <i>before</i>	1 Jul <i>before</i>	2 Jul <i>before</i>	3 Jul Day 1 · begin · Jul 🏠🕒🏡🌿	4 Jul Day 2 🏠🕒🏡🌿	week XP _____
Wk 2	5 Jul Day 3 🏠🕒🏡🌿	6 Jul Day 4 🏠🕒🏡🌿	7 Jul Day 5 🏠🕒🏡🌿	8 Jul Day 6 🏠🕒🏡🌿	9 Jul Day 7 🏠🕒🏡🌿	10 Jul Day 8 🏠🕒🏡🌿	11 Jul Day 9 🏠🕒🏡🌿	week XP _____
Wk 3	12 Jul Day 10 🏠🕒🏡🌿	13 Jul Day 11 🏠🕒🏡🌿	14 Jul Day 12 🏠🕒🏡🌿	15 Jul Day 13 🏠🕒🏡🌿	16 Jul Day 14 🏠🕒🏡🌿	17 Jul Day 15 🏠🕒🏡🌿	18 Jul Day 16 🏠🕒🏡🌿	week XP _____
Wk 4	19 Jul Day 17 🏠🕒🏡🌿	20 Jul Day 18 🏠🕒🏡🌿	21 Jul Day 19 🏠🕒🏡🌿	22 Jul Day 20 🏠🕒🏡🌿	23 Jul Day 21 🏠🕒🏡🌿	24 Jul Day 22 🏠🕒🏡🌿	25 Jul Day 23 🏠🕒🏡🌿	week XP _____
Wk 5	26 Jul Day 24 🏠🕒🏡🌿	27 Jul Day 25 🏠🕒🏡🌿	28 Jul Day 26 🏠🕒🏡🌿	29 Jul Day 27 🏠🕒🏡🌿	30 Jul Day 28 🏠🕒🏡🌿	31 Jul Day 29 🏠🕒🏡🌿	1 Aug Day 30 · Aug 🏠🕒🏡🌿	week XP _____
Wk 6	2 Aug Day 31 🏠🕒🏡🌿	3 Aug Day 32 🏠🕒🏡🌿	4 Aug Day 33 🏠🕒🏡🌿	5 Aug Day 34 🏠🕒🏡🌿	6 Aug Day 35 🏠🕒🏡🌿	7 Aug Day 36 🏠🕒🏡🌿	8 Aug Day 37 · halfway 🏠🕒🏡🌿	week XP _____
Wk 7	9 Aug Day 38 🏠🕒🏡🌿	10 Aug Day 39 🏠🕒🏡🌿	11 Aug Day 40 🏠🕒🏡🌿	12 Aug Day 41 🏠🕒🏡🌿	13 Aug Day 42 🏠🕒🏡🌿	14 Aug Day 43 🏠🕒🏡🌿	15 Aug Day 44 🏠🕒🏡🌿	week XP _____
Wk 8	16 Aug Day 45 🏠🕒🏡🌿	17 Aug Day 46 🏠🕒🏡🌿	18 Aug Day 47 🏠🕒🏡🌿	19 Aug Day 48 🏠🕒🏡🌿	20 Aug Day 49 🏠🕒🏡🌿	21 Aug Day 50 🏠🕒🏡🌿	22 Aug Day 51 🏠🕒🏡🌿	week XP _____
Wk 9	23 Aug Day 52 🏠🕒🏡🌿	24 Aug Day 53 🏠🕒🏡🌿	25 Aug Day 54 🏠🕒🏡🌿	26 Aug Day 55 🏠🕒🏡🌿	27 Aug Day 56 🏠🕒🏡🌿	28 Aug Day 57 🏠🕒🏡🌿	29 Aug Day 58 🏠🕒🏡🌿	week XP _____
Wk 10	30 Aug Day 59 🏠🕒🏡🌿	31 Aug Day 60 🏠🕒🏡🌿	1 Sep Day 61 · Sep 🏠🕒🏡🌿	2 Sep Day 62 🏠🕒🏡🌿	3 Sep Day 63 🏠🕒🏡🌿	4 Sep Day 64 🏠🕒🏡🌿	5 Sep Day 65 🏠🕒🏡🌿	week XP _____
Wk 11	6 Sep Day 66 🏠🕒🏡🌿	7 Sep Day 67 🏠🕒🏡🌿	8 Sep Day 68 🏠🕒🏡🌿	9 Sep Day 69 🏠🕒🏡🌿	10 Sep Day 70 🏠🕒🏡🌿	11 Sep Day 71 🏠🕒🏡🌿	12 Sep Day 72 🏠🕒🏡🌿	week XP _____
Wk 12	13 Sep Day 73 · the heart 🏠🕒🏡🌿	14 Sep <i>reset</i>	15 Sep <i>reset</i>	16 Sep <i>reset</i>	17 Sep <i>reset</i>	18 Sep <i>reset</i>	19 Sep <i>reset</i>	week XP _____

My rhythms this season

🏠 {HOME}

❤️ {HEART}

🏃 {BODY}

🌿 {SOUL}

Grace Cards · four in hand

📅 {HOME}

☐ played
☐ won back
☐ unspent · \$20

📅 {HEART}

☐ played
☐ won back
☐ unspent · \$20

📅 {BODY}

☐ played
☐ won back
☐ unspent · \$20

📅 {SOUL}

☐ played
☐ won back
☐ unspent · \$20

The one rule: never miss three days in a row. Twodays off is grace, not failure.

Level ladder · colour as you climb

🕒 1

Beginner

0 XP

🕒 2

Finding Your Feet

25 XP

🕒 3

Getting Momentum

50 XP

🕒 4

On a Roll

75 XP

🕒 5

Semi Sorted

100 XP

🕒 6

Consistent

150 XP

🕒 7

Thriving

200 XP

🕒 8

Unstoppable

250 XP

🕒 9

Cottage Keeper

300 XP

🕒 10

Season Legend

350 XP

Season XP _____

Pamper pot 🍷

\$1 for every scored day · cross one off each night

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72

73

Scored days × \$1 = \$ _____

Unspent Grace Cards × \$20 = \$ _____

Pamper pot total = \$ _____

Key dates

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{HOME} {HEART} {BODY} {SOUL}

Circle one: Did Something 5 XP · Nailed It 10 XP · Grace Card

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week
Wk 1	27 before	28 before	29 before	30 before	1 Day 1 · begin · Oct	2 Day 2	3 Day 3	week XP _____
Wk 2	4 Day 4	5 Day 5	6 Day 6	7 Day 7	8 Day 8	9 Day 9	10 Day 10	week XP _____
Wk 3	11 Day 11	12 Day 12	13 Day 13	14 Day 14	15 Day 15	16 Day 16	17 Day 17	week XP _____
Wk 4	18 Day 18	19 Day 19	20 Day 20	21 Day 21	22 Day 22	23 Day 23	24 Day 24	week XP _____
Wk 5	25 Day 25	26 Day 26	27 Day 27	28 Day 28	29 Day 29	30 Day 30	31 Day 31	week XP _____
Wk 6	1 Day 32 · Nov	2 Day 33	3 Day 34	4 Day 35	5 Day 36	6 Day 37 · halfway	7 Day 38	week XP _____
Wk 7	8 Day 39	9 Day 40	10 Day 41	11 Day 42	12 Day 43	13 Day 44	14 Day 45	week XP _____
Wk 8	15 Day 46	16 Day 47	17 Day 48	18 Day 49	19 Day 50	20 Day 51	21 Day 52	week XP _____
Wk 9	22 Day 53	23 Day 54	24 Day 55	25 Day 56	26 Day 57	27 Day 58	28 Day 59	week XP _____
Wk 10	29 Day 60	30 Day 61	1 Day 62 · Dec	2 Day 63	3 Day 64	4 Day 65	5 Day 66	week XP _____
Wk 11	6 Day 67	7 Day 68	8 Day 69	9 Day 70	10 Day 71	11 Day 72	12 Day 73 · the heart	week XP _____

My rhythms this season

{HOME}

{HEART}

{BODY}

{SOUL}

Grace Cards · four in hand

{HOME}

☐ played
☐ won back
☐ unspent · \$20

{HEART}

☐ played
☐ won back
☐ unspent · \$20

{BODY}

☐ played
☐ won back
☐ unspent · \$20

{SOUL}

☐ played
☐ won back
☐ unspent · \$20

Level ladder · colour as you climb

1

Beginner

0 XP

2

Finding Your Feet

25 XP

3

Getting Momentum

50 XP

4

On a Roll

75 XP

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Semi Sorted

100 XP

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Consistent

150 XP

7

Thriving

200 XP

8

Unstoppable

250 XP

9

Cottage Keeper

300 XP

10

Season Legend

350 XP

Season XP _____

Pamper pot

\$1 for every scored day · cross one off each night

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	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73							

Scored days × \$1 = \$ _____

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Pamper pot total = \$ _____

Key dates

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