365 My Life

Three pillars.
One grounded plan.

A printable workbook for your next 30 days

Myself · My Career · My Ministry

Bring your personal life, work and service into one realistic picture. Choose what matters now, make room for a small action, and review what actually happens.

> You do not need a perfect plan. You need a next step that fits the life you are living.

This plan belongs to

My 30 days begin on

Authored planning guidance. Not AI-generated. No accounts or online saving required. Print and write, or annotate a local copy in your preferred PDF reader.

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How to use this pack

A flexible rhythm, not a productivity score

Start with a small window

Allow about 20–30 minutes to map your priorities and capacity. If that feels too much, start with one pillar and return to the others later. These time estimates are suggestions, not requirements.

Choose, schedule, review

Use pages 4–9 to consider your life as a whole. Write your month plan on pages 10–11. Use pages 12–19 as a weekly planning-and-review pair. Finish with page 20 and reuse pages 21–24 as needed.

Keep faith and discernment your own

Reflection, prayer and trusted conversations may be part of your planning if you choose. You do not need to disclose your beliefs. This workbook does not speak with spiritual authority or decide what is right for you.

Give the plan room to change

Start with fewer actions than you think you can carry. Put rest and existing responsibilities on the calendar first. A missed action is information: keep, reduce, move or stop it after review.

Print only what you need

A4 page size; also fits US Letter using “Fit to page.” Print single-sided for more writing room or double-sided to save paper. The worksheets are low-ink and remain usable in grayscale. The PDF is designed for handwriting, not interactive form fields.

These resources offer general planning structure, not professional advice, therapy or pastoral care. Seek qualified or trusted support where appropriate. No outcome is guaranteed.

A worked three-pillar plan

Illustrative example: a busy month, not a customer story

The situation

Jordan has fixed work hours, family responsibilities and a monthly community service commitment. Jordan can make room for about 90 minutes a week for small new actions, not a new project in every area.

Myself · 20 minutes

Priority: make room for rest. Action: ask the household about a Tuesday evening slot and take a 20-minute walk. A visible sign: the walk happened at least once, without displacing needed sleep.

My Career · 40 minutes

Priority: prepare for a role conversation. Action: spend 20 minutes noting two contributions and one question, then 20 minutes drafting an agenda and requesting a meeting. The meeting itself must fit existing work time.

My Ministry · 30 minutes

Priority: serve without open-ended commitments. Action: ask the team lead for one 30-minute preparation task. Confirm the task and timing before agreeing; decline extra work that does not fit.

The trade-off

Jordan postpones a larger training course and does not take an additional volunteer rota. The 90 minutes is a ceiling, not a target to fill. If one action expands, another is reduced.

Week-one review

The walk happened. The agenda took 30 minutes rather than 40. The service task needed 45 minutes, so Jordan asked to split it with someone else. Next week: protect the walk, wait for the meeting reply, and confirm the smaller service task.

> Notice the connection: reducing the service task protects rest and work preparation. A whole-life plan is allowed to have one active focus and maintenance actions in the other areas.

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Map what matters now

Notice before you add. No pillar needs a big new goal.

Myself

What needs attention in rest, relationships, health habits or everyday responsibilities?

My Career

What needs attention in work, learning, employment or professional direction?

My Ministry

What needs attention in service, community or ministry? What is already promised?

One connection I notice

Where could a choice in one area help—or crowd out—another?

Week 1: review honestly

Review date: _____ · Learn before adding more

What actually happened?

Include actions taken and actions not taken. Notice effort as well as completion.

What time did it really take?

Compare with the budget. What did it affect in Myself, My Career and My Ministry?

What changed or got in the way?

An observation, not a judgment about your worth.

What will I keep, reduce, move or stop?

One next step, and when

Choose a small adjustment for the coming week.