

THE EVERYDAY PLANNER

QUARTERLY

QUARTERLY

Q3 2026

IF FOUND PLEASE RETURN TO:

FIND US AT:

QUARTERLYEVERYDAY.COM

DESIGNED IN OHIO
MANUFACTURED IN THE USA

QUARTERLY › EVERYDAY › DAILY › PLANNER › A5 › DATED

DATED

2026

Q3

PAPER COVER

TWIN RING

5.25 MM GRID

105 GSM

60 SHEETS

120 PAGES

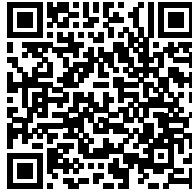
QUARTERLY EVERYDAY

A MINIMALIST, DAILY PLANNER THAT COMBINES GRATITUDE, PRODUCTIVITY AND
HABIT TRACKING TO HELP YOU BECOME THE BEST VERSION OF YOURSELF.

*THE GOAL
IS NOT
PERFECTION,
BUT SMALL
IMPROVEMENTS
EVERY DAY*

GOAL SETTING

REFER TO THE QR CODE FOR GUIDANCE ON HOW TO COMPLETE THIS SECTION AND
FOR TIPS AND TRICKS ON HOW TO USE THIS PLANNER



VALUES

VISION STATEMENT

GOALS

FOCUS AREAS

	CURRENTLY DOING WELL	FUTURE GOALS & FOCUS AREAS
FAMILY		
FRIENDS		
FINANCES		
HOME		
WELLNESS		
WORK		
PERSONAL GROWTH		
OTHER		

ROUTINES & HABITS

WHAT ROUTINES OR HABITS WILL HELP ME REACH MY GOALS?											
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MORNING ROUTINE						EVENING ROUTINE					
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Q3 2026

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Q4 2026

OCTOBER 2026								NOVEMBER 2026								DECEMBER 2026							
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9 NOV	2 NOV	26 OCT	19 OCT	12 OCT	5 OCT	28 SEPT

PROJECT PLANNING

PROJECT PLANNING

TASKS										1	2	3	4	5	6	7	8

JULY 2026

WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
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									INDEPENDENCE DAY					
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27 JUNE 2026

28 JUNE 2026

SATURDAY

SUNDAY

FROM LITTLE ACORNS MIGHTY OAKS DO GROW. - AMERICAN PROVERB

WEEK OF JUNE 29TH

6/29 MON													
6/30 TUE													
7/1 WED													
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7/5 SUN													

INDEPENDENCE DAY

HABIT TRACKING	M	T	W	T	F	S	S
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HIGH IMPACT TASKS					REMINDERS				
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COURAGE DOESN'T ALWAYS ROAR. SOMETIMES COURAGE IS A QUIET VOICE AT THE END OF THE DAY SAYING, I WILL TRY AGAIN TOMORROW. - MARY ANNE RADMACHER

TUESDAY | 30 JUNE 2026

THE ELEVATOR TO SUCCESS IS OUT OF ORDER. YOU'LL HAVE TO USE
THE STAIRS, ONE STEP AT A TIME. - JOE GIRARD

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SUCCESSFUL PEOPLE DO WHAT UNSUCCESSFUL PEOPLE ARE NOT WILLING TO DO.
DON'T WISH IT WERE EASIER; WISH YOU WERE BETTER. - JIM ROHN

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ACKNOWLEDGING THE GOOD THAT YOU ALREADY HAVE IN YOUR LIFE IS
THE FOUNDATION FOR ALL ABUNDANCE. - ECKHART TOLLE

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WE SUFFER MORE OFTEN IN IMAGINATION THAN IN REALITY. - SENECA

INDEPENDENCE DAY

SUNDAY

THE ONLY REAL VALUABLE THING IS INTUITION. - ALBERT EINSTEIN

WEEK OF JULY 6TH

7/6 MON													
7/7 TUE													
7/8 WED													
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MONDAY | 6 JULY 2026

THE SHOE THAT FITS ONE PERSON PINCHES ANOTHER; THERE IS NO
RECIPE FOR LIVING THAT SUITS ALL CASES. - CARL JUNG

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THIS IS SUCH A SHORT AND PRECIOUS LIFE THAT IT'S REALLY IMPORTANT
THAT YOU DON'T SPEND IT BEING UNHAPPY. - NAVAL RAVIKANT

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IF YOU DON'T LIKE THE ROAD YOU'RE WALKING, START PAVING ANOTHER ONE. - DOLLY PARTON

FRIDAY | 10 JULY 2026

FEAR OF FAILURE IS ONE ATTITUDE THAT WILL KEEP YOU AT THE
SAME POINT IN YOUR LIFE. - BYRON PULSIFER

11 JULY 2026

12 JULY 2026

SATURDAY

SUNDAY

ONE DAY YOU WILL WAKE UP AND THERE WON'T BE ANY MORE TIME TO DO THE THINGS YOU'VE ALWAYS WANTED. DO IT NOW. - PAULO COELHO

WEEK OF JULY 13TH

[illegible]

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NOTHING IN LIFE IS TO BE FEARED, IT IS ONLY TO BE UNDERSTOOD. NOW IS THE TIME TO UNDERSTAND MORE, SO THAT WE MAY FEAR LESS. - MARIE CURIE

TUESDAY | 14 JULY 2026

PEOPLE WHO SAY IT CANNOT BE DONE SHOULD NOT INTERRUPT
THOSE WHO ARE DOING IT. - CHINESE PROVERB

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PEOPLE TAKE DIFFERENT ROADS SEEKING FULFILMENT AND HAPPINESS. JUST BECAUSE THEY'RE NOT ON YOUR ROAD DOESN'T MEAN THEY'VE GOTTEN LOST. - DALAI LAMA

THURSDAY | 16 JULY 2026

IF YOU DO WHAT YOU'VE ALWAYS DONE, YOU'LL GET WHAT YOU'VE ALWAYS GOTTEN. - TONY ROBBINS

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18 JULY 2026

19 JULY 2026

THE SHORTER WAY TO DO MANY THINGS IS TO ONLY DO ONE THING AT A TIME. - MOZART

WEEK OF JULY 20TH

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7/21 TUE													
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MONDAY | 20 JULY 2026

WHAT LOOKS LIKE MULTITASKING IS REALLY SWITCHING BACK AND FORTH BETWEEN MULTIPLE TASKS, WHICH REDUCES PRODUCTIVITY AND INCREASES MISTAKES BY UP TO 50 PERCENT. - SUSAN CAIN

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IF YOU DO WHAT YOU ALWAYS DID, YOU WILL GET WHAT YOU ALWAYS GOT. - ANONYMOUS

WEDNESDAY | 22 JULY 2026

NO PESSIMIST EVER DISCOVERED THE SECRETS OF THE STARS, OR SAILED TO AN UNCHARTED LAND, OR OPENED A NEW HEAVEN TO THE HUMAN SPIRIT. - HELEN KELLER

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25 JULY 2026

26 JULY 2026

SATURDAY

SUNDAY

WHEN IN DOUBT, TELL THE TRUTH. - MARK TWAIN

WEEK OF JULY 27TH

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IT TOOK ME QUITE A LONG TIME TO DEVELOP A VOICE, AND NOW THAT I HAVE
IT, I AM NOT GOING TO BE SILENT. - MADELEINE ALBRIGHT

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THE WINNER AIN'T THE ONE WITH THE FASTEST CAR IT'S THE ONE WHO REFUSES TO LOSE. - DALE EARNHARDT

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WHENEVER SOMETHING NEGATIVE HAPPENS TO YOU, THERE IS A DEEP
LESSON CONCEALED WITHIN IT. - ECKHART TOLLE

2 AUGUST 2026

51

WEEK OF AUGUST 3RD

8/3 MON													
8/4 TUE													
8/5 WED													
8/6 THU													
8/7 FRI													
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MONDAY | 3 AUGUST 2026

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AS WE LOOK AHEAD INTO THE NEXT CENTURY, LEADERS WILL BE THOSE WHO EMPOWER OTHERS. - BILL GATES

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THE FOOLISH MAN SEEKS HAPPINESS IN THE DISTANCE, THE WISE
GROWS IT UNDER HIS FEET. - JAMES OPPENHEIM

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FRIDAY | 7 AUGUST 2026

WHAT YOU DO MAKES A DIFFERENCE, AND YOU HAVE TO DECIDE WHAT
KIND OF DIFFERENCE YOU WANT TO MAKE. - JANE GOODALL

8 AUGUST 2026

9 AUGUST 2026

SATURDAY

SUNDAY

YOU CAN BE THE RIPEST, JUICIEST PEACH IN THE WORLD, AND THERE'S STILL
GOING TO BE SOMEBODY WHO HATES PEACHES. - DITA VON TEESE

WEEK OF AUGUST 10TH

8/10 MON													
8/11 TUE													
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THE FOX HAS MANY TRICKS. THE HEDGEHOG HAS BUT ONE. BUT
THAT IS THE BEST OF ALL. - DESIDERIUS ERASMUS

TUESDAY | 11 AUGUST 2026

HIGH IMPACT TASKS					REMINDERS				
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IT'S THE POSSIBILITY OF HAVING A DREAM COME TRUE THAT MAKES LIFE INTERESTING. - PAULO COELHO

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YOUR TALENT DETERMINES WHAT YOU CAN DO. YOUR MOTIVATION DETERMINES HOW MUCH YOU'RE WILLING TO DO. YOUR ATTITUDE DETERMINES HOW WELL YOU DO IT. - LOU HOLTZ

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I NEVER THINK OF THE FUTURE. IT COMES SOON ENOUGH. - ALBERT EINSTEIN

15 AUGUST 2026

16 AUGUST 2026

OPTIMISM IS THE FAITH THAT LEADS TO ACHIEVEMENT. NOTHING CAN BE
DONE WITHOUT HOPE AND CONFIDENCE. - HELEN KELLER

WEEK OF AUGUST 17TH

8/17 MON													
8/18 TUE													
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LIFE SHRINKS OR EXPANDS IN PROPORTION TO ONE'S COURAGE. - ANAIS NIN

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TO CLIMB STEEP HILLS REQUIRES A SLOW PACE AT FIRST. - WILLIAM SHAKESPEARE

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WHEN YOU GIVE JOY TO OTHER PEOPLE, YOU GET MORE JOY IN RETURN. YOU SHOULD GIVE
A GOOD THOUGHT TO HAPPINESS THAT YOU CAN GIVE OUT. - ELEANOR ROOSEVELT

FRIDAY | 21 AUGUST 2026

EVERYTHING WE HEAR IS AN OPINION, NOT A FACT. EVERYTHING WE SEE
IS A PERSPECTIVE, NOT THE TRUTH. - MARCUS AURELIUS

23 AUGUST 2026

SUNDAY

72

WEEK OF AUGUST 24TH

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8/25 TUE													
8/26 WED													
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TUESDAY | 25 AUGUST 2026

OPPORTUNITIES DON'T HAPPEN, YOU CREATE THEM. - CHRIS GROSSER

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YOU CANNOT ALWAYS CONTROL WHAT GOES ON OUTSIDE. BUT YOU CAN ALWAYS CONTROL WHAT GOES ON INSIDE. - WAYNE DYER

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30 AUGUST 2026

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SEPTEMBER 2026

MONDAY										TUESDAY									
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WEEK OF AUGUST 31ST

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MONDAY | 31 AUGUST 2026

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THE WAY TO GET STARTED IS TO QUIT TALKING AND BEGIN DOING. - WALT DISNEY

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AGE DOES NOT PROTECT YOU FROM LOVE. BUT LOVE, TO SOME EXTENT, PROTECTS YOU FROM AGE. - ANAIS NIN

THURSDAY | 3 SEPTEMBER 2026

HIGH IMPACT TASKS					REMINDERS				
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NEVER ALLOW A PERSON TO TELL YOU NO WHO DOESN'T HAVE THE POWER TO SAY YES. - ELEANOR ROOSEVELT

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NO ONE HAS EVER BECOME POOR BY GIVING. - ANNE FRANK

5 SEPTEMBER 2026

6 SEPTEMBER 2026

SATURDAY

SUNDAY

THE DIFFERENCE BETWEEN WHAT WE DO AND WHAT WE ARE CAPABLE OF DOING WOULD
SUFFICE TO SOLVE MOST OF THE WORLDS PROBLEMS. - MOHANDAS GANDHI

WEEK OF SEPTEMBER 7TH

9/7 MON													
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SUCCESS USUALLY COMES TO THOSE WHO ARE TOO BUSY LOOKING FOR IT. - HENRY DAVID THOREAU

TUESDAY | 8 SEPTEMBER 2026

IF YOU SET YOUR GOALS RIDICULOUSLY HIGH AND IT'S A FAILURE, YOU WILL FAIL ABOVE EVERYONE ELSE'S SUCCESS. - JAMES CAMERON

HIGH IMPACT TASKS					REMINDERS				
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OPTIMISM IS A HUGE ASSET. WE CAN ALWAYS USE MORE OF IT. BUT OPTIMISM ISN'T
A BELIEF THAT THINGS WILL AUTOMATICALLY GET BETTER; IT'S A CONVICTION
THAT WE CAN MAKE THINGS BETTER. - MELINDA FRENCH GATES

HIGH IMPACT TASKS					REMINDERS				
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CREATE THE HIGHEST GRANDEST VISION POSSIBLE FOR YOUR LIFE,
BECAUSE YOU BECOME WHAT YOU BELIEVE. - OPRAH

WEEK OF SEPTEMBER 14TH

9/14 MON													
9/15 TUE													
9/16 WED													
9/17 THU													
9/18 FRI													
9/19 SAT													
9/20 SUN													

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THE KEY IS NOT TO PRIORITIZE WHAT'S ON YOUR SCHEDULE, BUT
TO SCHEDULE YOUR PRIORITIES. - STEPHEN COVEY

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RISK MORE THAN OTHERS THINK IS SAFE. CARE MORE THAN OTHERS THINK IS WISE. DREAM MORE THAN OTHERS THINK IS PRACTICAL. EXPECT MORE THAN OTHERS THINK IS POSSIBLE. - CADET MAXIM

THURSDAY | 17 SEPTEMBER 2026

A LIFE SPENT MAKING MISTAKES IS NOT ONLY MORE HONORABLE, BUT MORE USEFUL THAN A LIFE SPENT DOING NOTHING. - GEORGE BERNARD SHAW

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19 SEPTEMBER 2026

20 SEPTEMBER 2026

SATURDAY

SUNDAY

YESTERDAY I WAS CLEVER, SO I WANTED TO CHANGE THE WORLD.
TODAY I AM WISE, SO I AM CHANGING MYSELF. - RUMI

WEEK OF SEPTEMBER 21ST

9/21 MON													
9/22 TUE													
9/23 WED													
9/24 THU													
9/25 FRI													
9/26 SAT													
9/27 SUN													

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WATCH THE LITTLE THINGS; A SMALL LEAK WILL SINK A GREAT SHIP. - BENJAMIN FRANKLIN

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YOU ONLY HAVE TO DO A VERY FEW THINGS RIGHT IN YOUR LIFE SO LONG AS
YOU DON'T DO TOO MANY THINGS WRONG. - WARREN BUFFETT

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WE CANNOT DO EVERYTHING AT ONCE, BUT WE CAN DO SOMETHING AT ONCE. - CALVIN COOLIDGE

26 SEPTEMBER 2026

27 SEPTEMBER 2026

WHEN YOU LOSE, DON'T LOSE THE LESSON. - DALAI LAMA

QUARTERLY REFLECTIONS

HOW WOULD I DESCRIBE THIS PAST QUARTER?

WHAT BROUGHT THE MOST JOY?

WHAT AM I MOST GRATEFUL FOR?

MY FAVORITE MEMORIES WERE

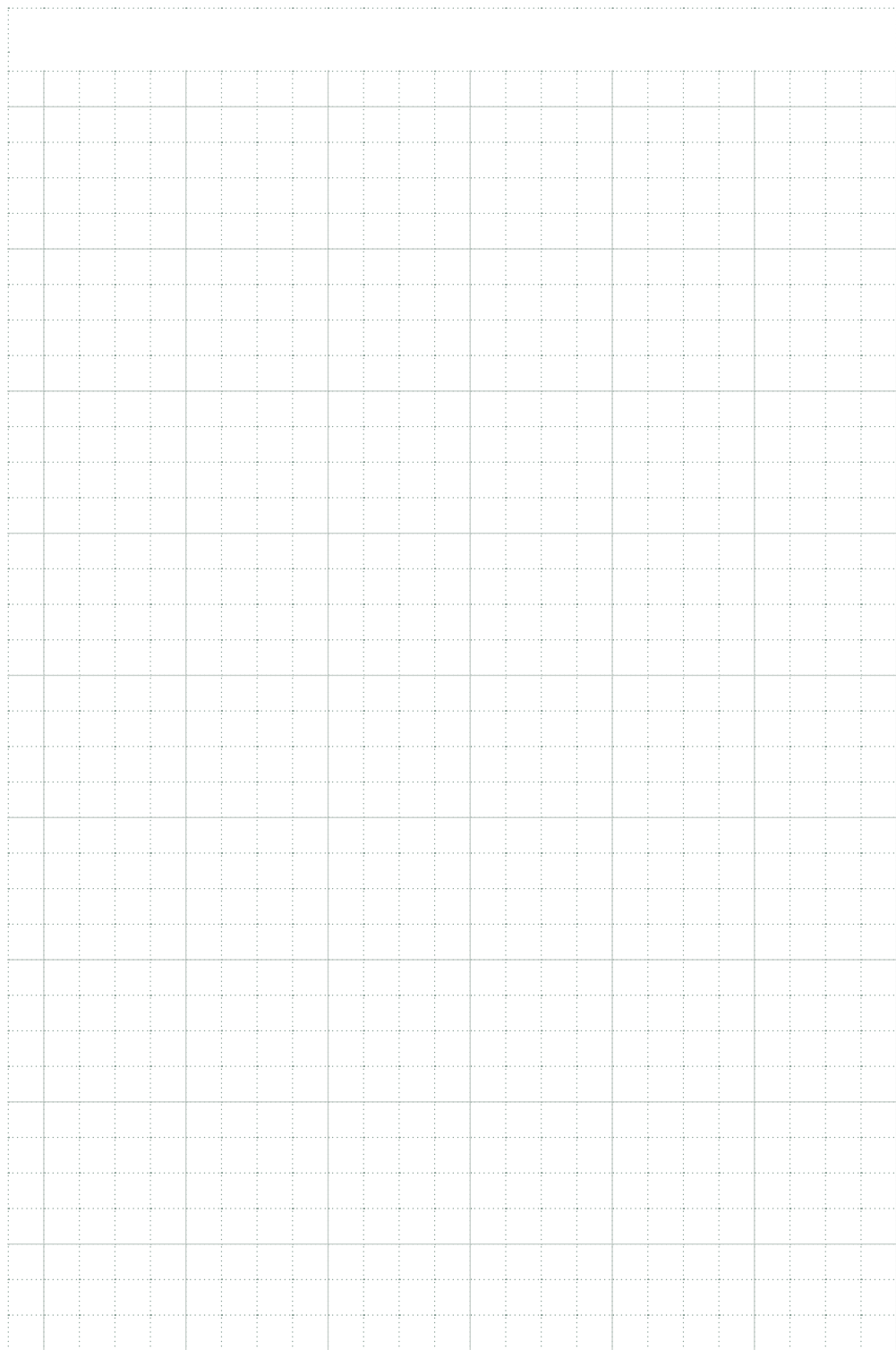
WHAT AM I THE MOST PROUD OF FOR DOING OR CHANGING?

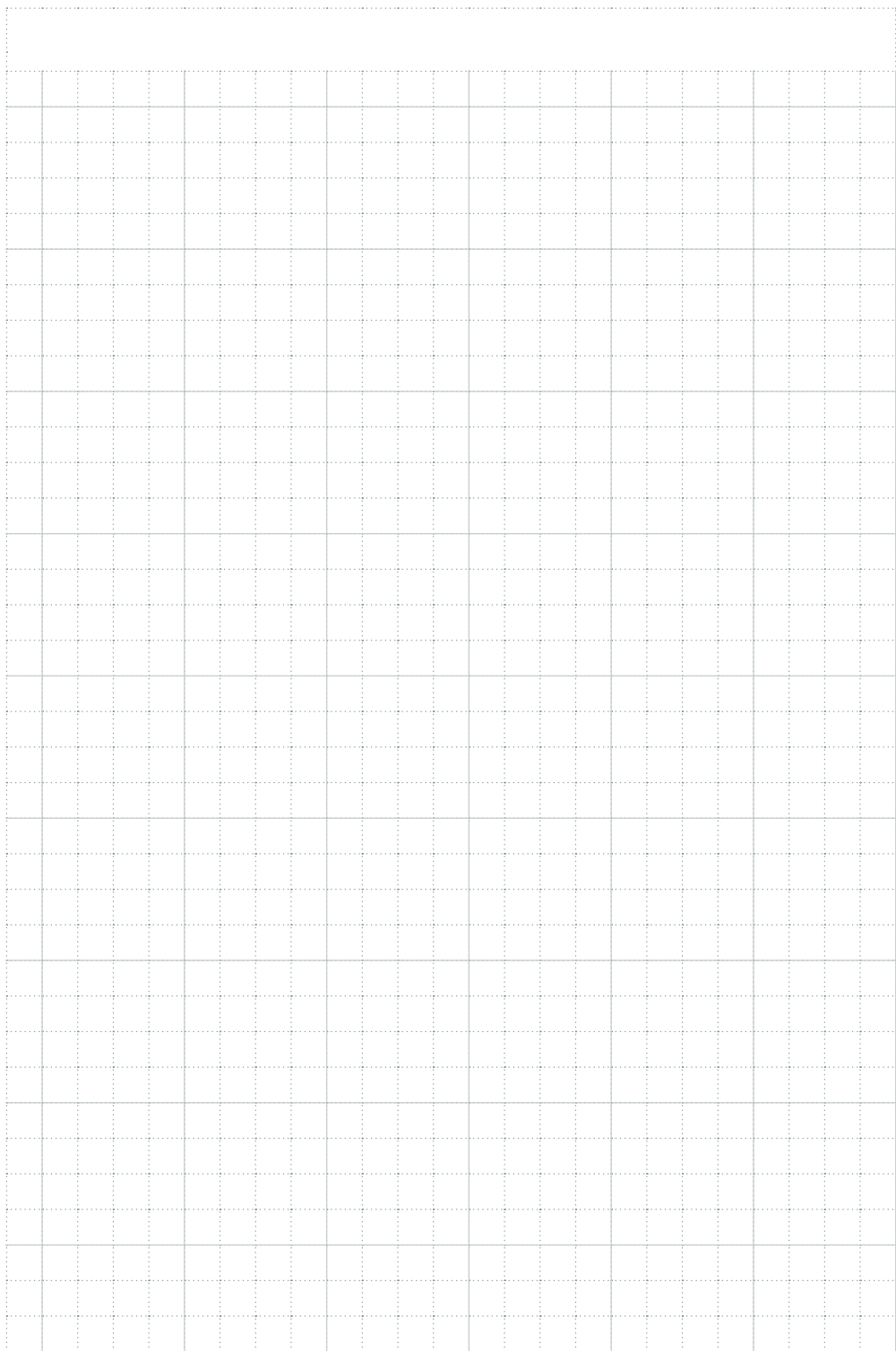
DID I ALIGN TO THE VALUES I SET FOR MYSELF?

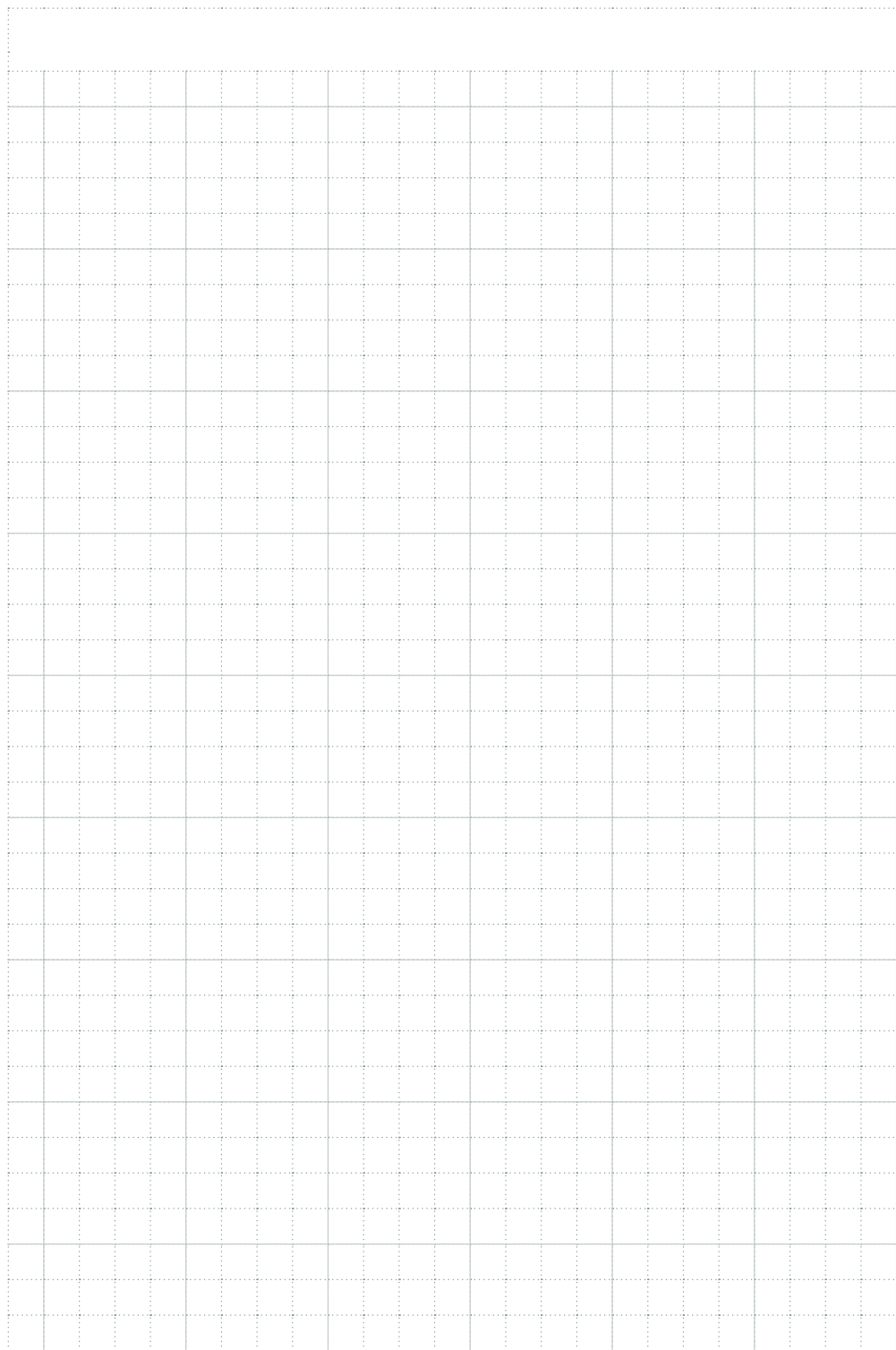
HOW DID I PROGRESS AGAINST MY GOALS?

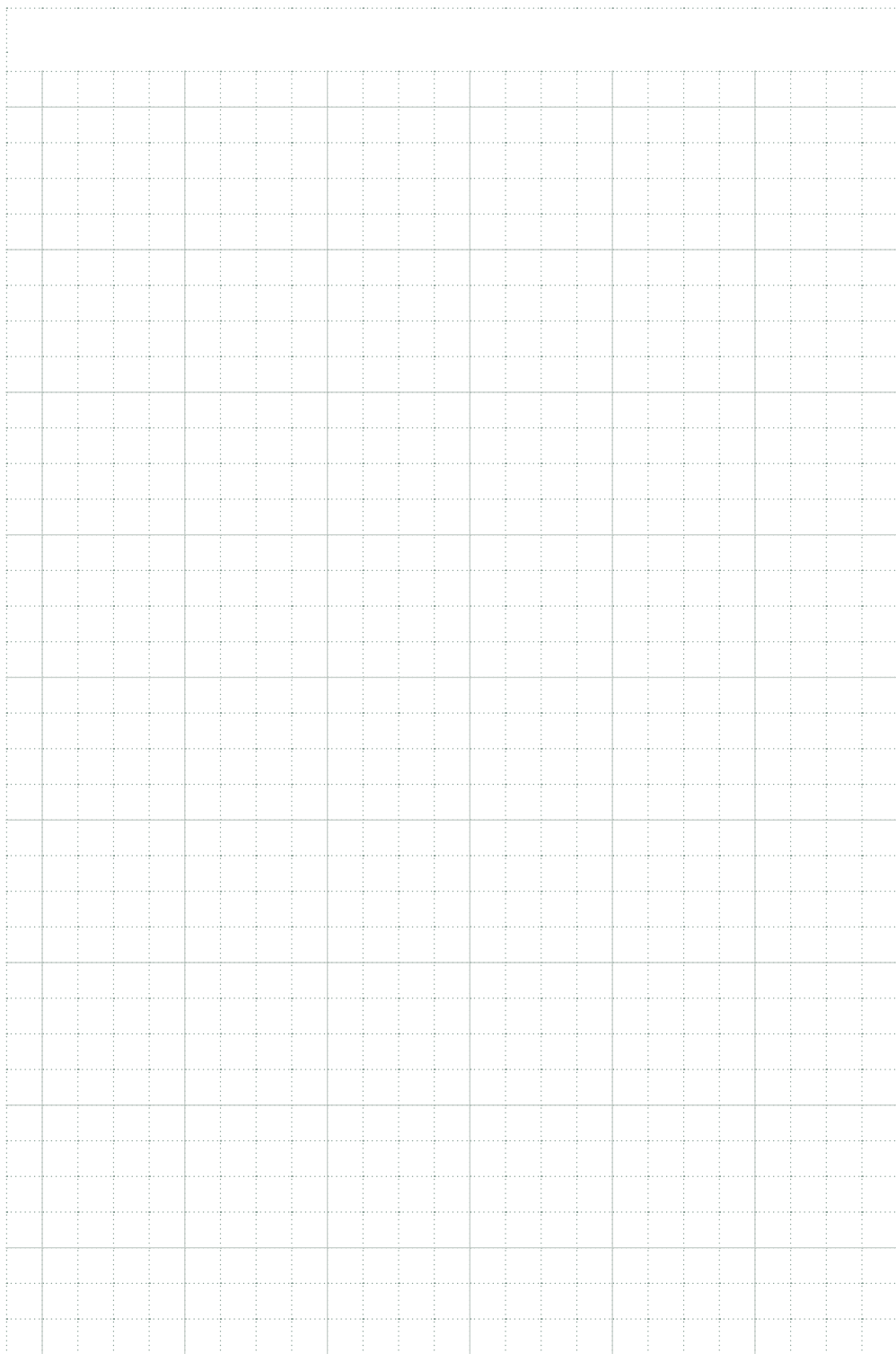
HOW SUCCESSFUL WAS I AT FOLLOWING THE DAILY HABITS I SET?

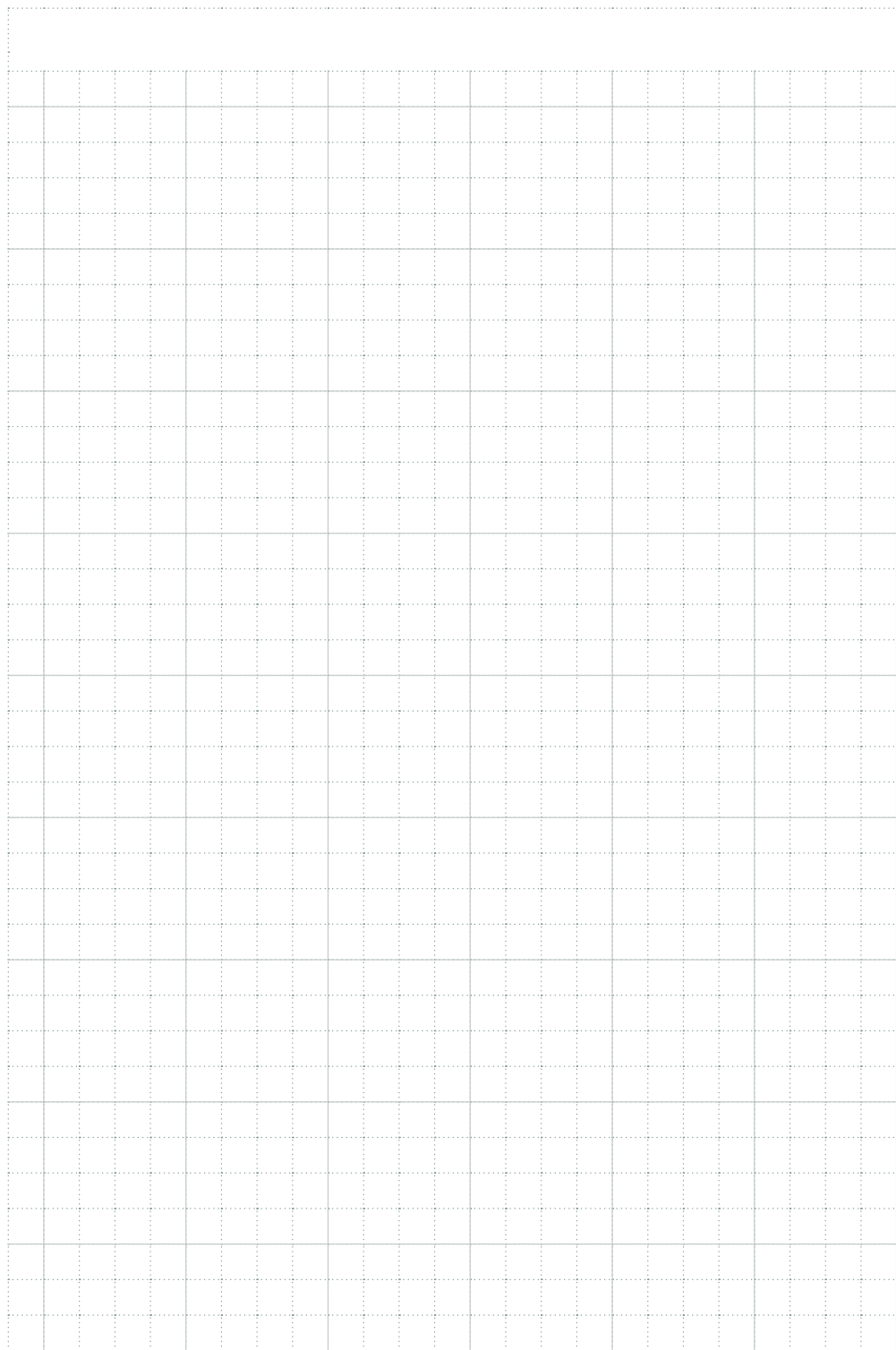
WHAT DO I NEED TO WORK ON FOR NEXT QUARTER?

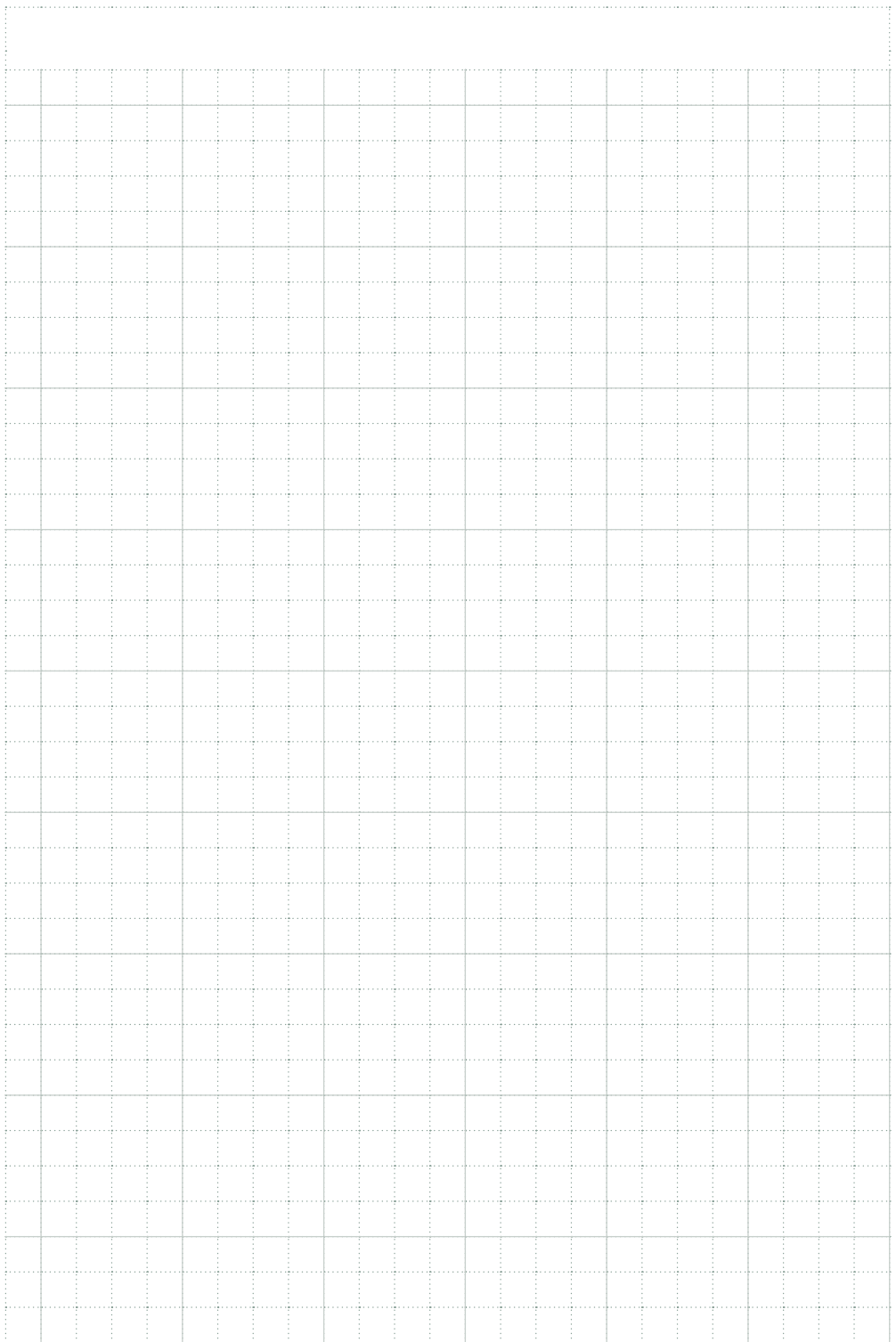


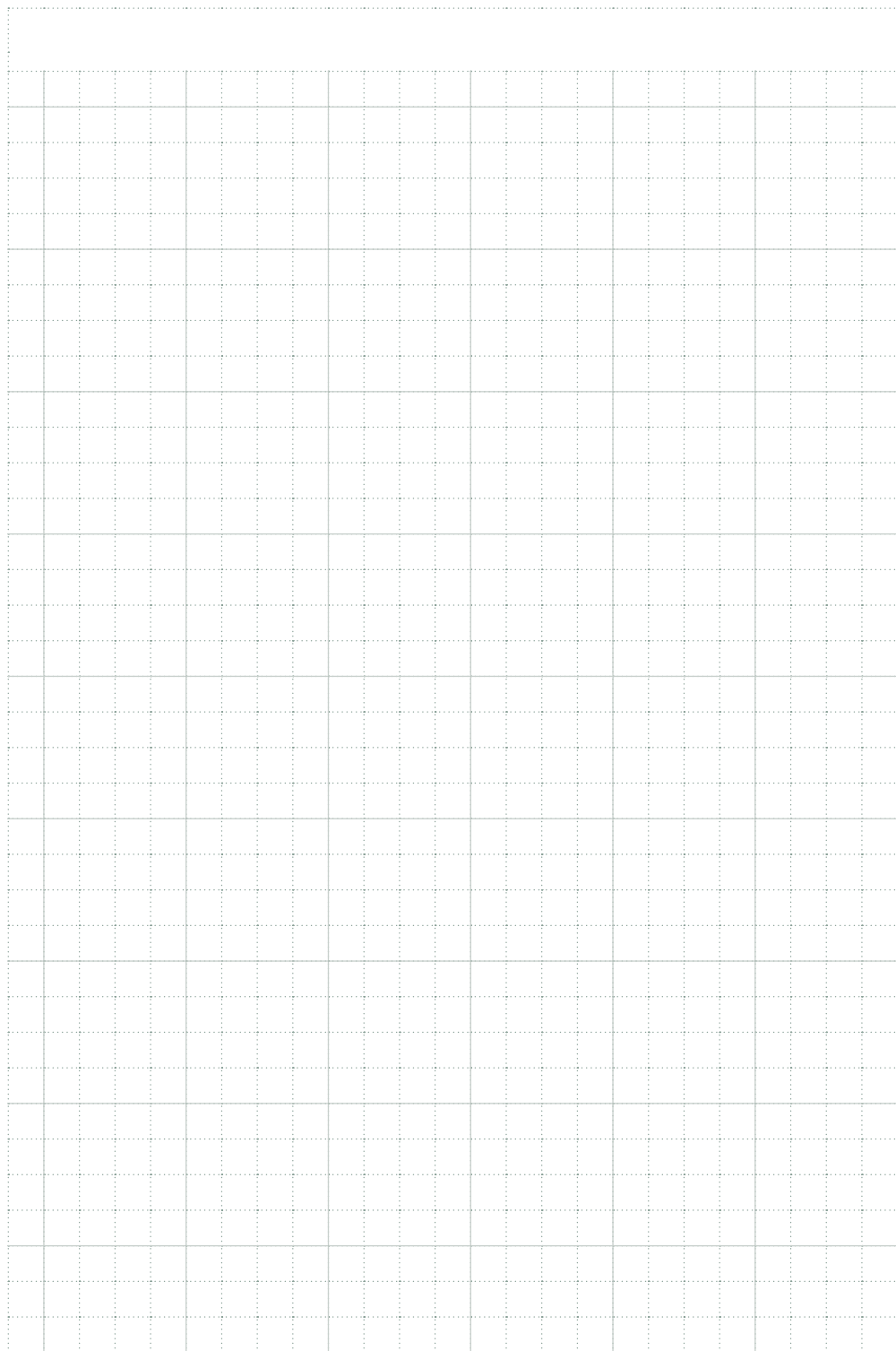


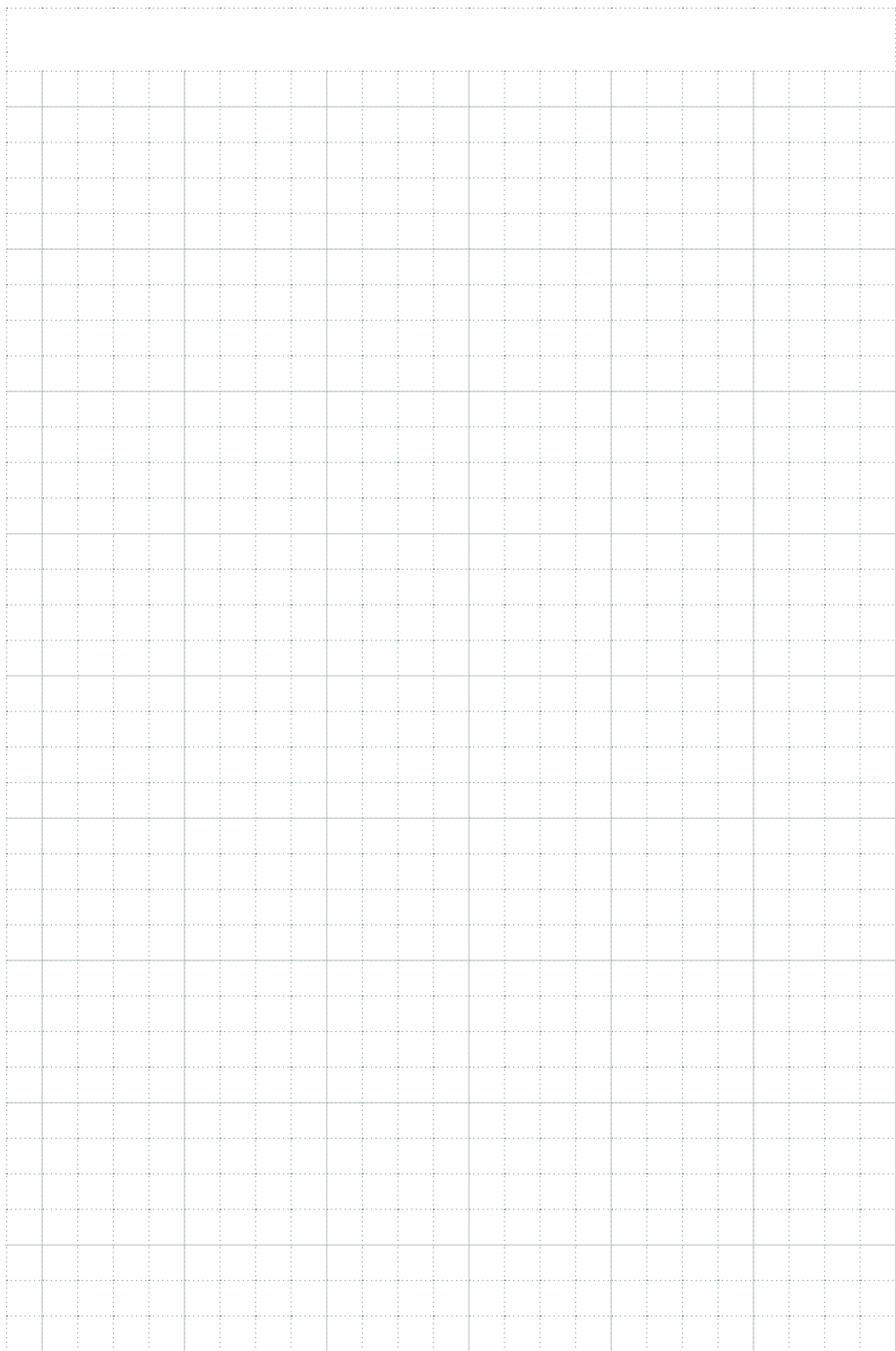


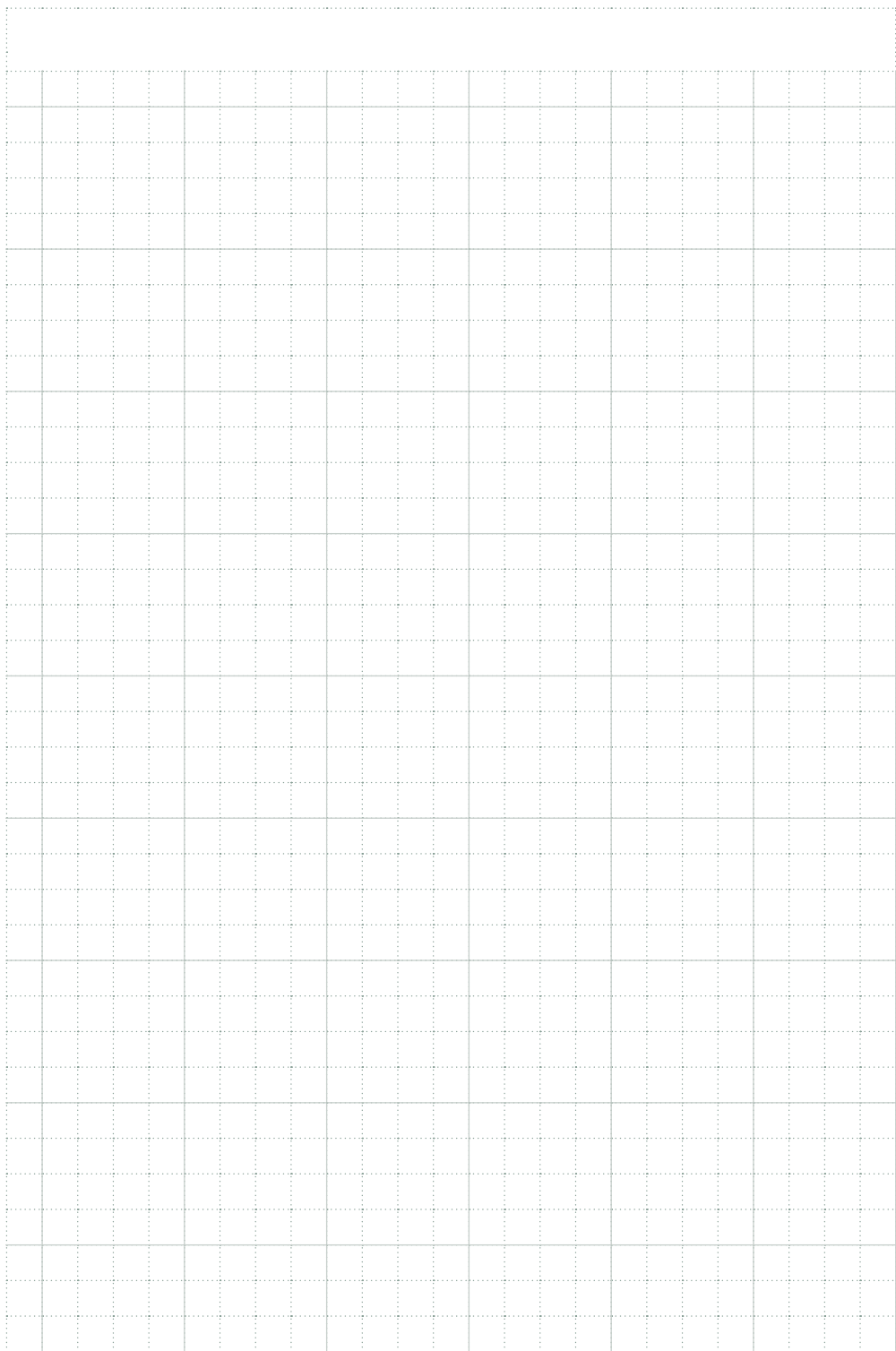












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