

AUGUST

MONTH AT A GLANCE & MONTHLY FOCUS



AUGUST 2026 OVERVIEW

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	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	1	2	3	4	5

MONTHLY FOCUS & VISION

Set your overarching theme, spirit, or focus for this month:

TOP MONTHLY GOALS

1. Primary Priority:

2. Personal & Wellness Goal:

3. Home / Creative Project:

INTENTIONS & SCHEDULE

AUGUST PLANNING & APPOINTMENTS



INTENTIONS FOR THE MONTH

TO LEARN

TO VISIT

TO MAKE

TO READ

TO FOCUS ON

APPOINTMENTS & KEY DATES

Date	Time	Event / Details

MASTER TO-DO LIST



DAILY GRATITUDE SPACE

31 DAYS OF JOY, BLESSINGS & DAILY REFLECTIONS



Write down one sentence of joy, gratitude, or simple blessing for each day of August:

1.	17.
2.	18.
3.	19.
4.	20.
5.	21.
6.	22.
7.	23.
8.	24.
9.	25.
10.	26.
11.	27.
12.	28.
13.	29.
14.	30.
15.	31.
16.	

HABIT & MOOD TRACKERS

DAILY ROUTINES & MOOD LOG



HABIT TRACKER GRID

Habit / Routine	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
Morning Hydration																															
Reading Time																															
Daily Walk / Movement																															
Gratitude Journal																															
Unplug Before Bed																															
Plant Care / Garden																															
Skincare Routine																															
Healthy Snack																															
Custom Habit 1...																															
Custom Habit 2...																															
Custom Habit 3...																															

MOOD TRACKER — AUGUST SUNSHINE

Color in or code each day's sun to reflect your dominant mood:



Radiantly Happy



Calm & Peaceful



Productive



Tired / Low Energy



Anxious / Stressed

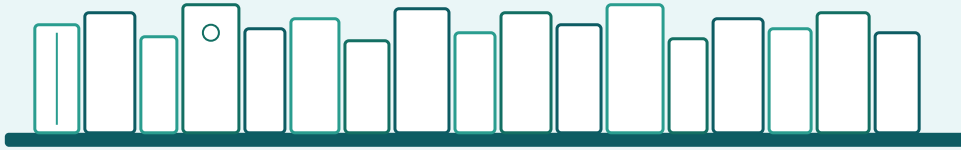
1 	2 	3 	4 	5 	6 	7
8 	9 	10 	11 	12 	13 	14
15 	16 	17 	18 	19 	20 	21
22 	23 	24 	25 	26 	27 	28
29 	30 	31 				

READING LOG & BOOKSHELF

SUMMER READING TRACKER & BOOK NOTES



MY AUGUST BOOKSHELF — TITLE & COLOR AS YOU READ



AUGUST READING LOG

Book Title	Author	Format	Rating	Done
			★ ★ ★ ★ ★	☐
			★ ★ ★ ★ ★	☐
			★ ★ ★ ★ ★	☐
			★ ★ ★ ★ ★	☐
			★ ★ ★ ★ ★	☐
			★ ★ ★ ★ ★	☐
			★ ★ ★ ★ ★	☐
			★ ★ ★ ★ ★	☐

FAVORITE QUOTES & READING REFLECTIONS

LISTS & BRAIN DUMP

SHOPPING, SHIPPING TRACKER & IDEAS



SHOPPING LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

SHIPPING & ORDERS LOG

Item / Store	Tracking #	Rec'd
		☐
		☐
		☐
		☐
		☐

+ BRAIN DUMP & CREATIVE NOTES

Large bullet dot grid area for mind mapping, quick sketches, project outlines, and thoughts:

