



The Joy, Meaning & Purpose Planner™

Make room for what brings pleasure, connection, growth and a sense that your life matters.



Purpose does not have to be a calling, career or major project.
It may live in how you care, create, learn, contribute, connect
and notice what makes a day feel worthwhile.



What Brings Life Into My Life?

1



PLEASURE

Something I simply enjoy

2



CONNECTION

Someone I feel good
spending time with

3



GROWTH

Something I want to
learn or explore

4



CONTRIBUTION

A way I can help,
share or create

5



RESTORATION

What helps me feel
more like myself

Notice the Difference



WHAT DRAINS ME



WHAT IS NEUTRAL



WHAT LIGHTS ME UP

I want a little more of: _____ I want a little less of: _____

My Week of Meaningful Moments

	ONE SMALL MOMENT	WHO OR WHAT IT CONNECTS ME TO
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

One Purposeful Step



Something that matters to me: _____

One way I can give it attention this month: _____

The smallest way to begin: _____

When Energy Is Limited



Purpose can be quiet. Send a message,
tend a plant, read one page,
make something small, share what
you know or rest so you can return.



Gentle Reminder

Joy is not a requirement and difficult seasons
do not need to be made meaningful.
This planner is an invitation, not a test.



Martine's Midlife Wellness Tip

Do not wait for a free day. Place one small
meaningful moment inside the life
you already have.

