NOBEL LIFESTYLE / FREE STARTER TOOLKIT

Weekly Productivity Planner

Pick three outcomes, schedule the work, and review what moved forward.

Week of

Three outcomes that would make this week count

Day	Main task	When I'll do it
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Friday review: What moved forward? What will I carry over?

Monthly Expense Tracker

Record what you spend, then compare your totals with your plan.

Month and currency

Category	Planned	Actual	Difference*
Housing and bills			
Food and groceries			
Transport			
Health and family			
Subscriptions			
Other			
Total			

* Difference = planned minus actual. A negative number means you spent more than planned.

Date	Expense	Category	Amount

One spending change for next month

Monthly Life Review Template

Review what helped, what drained you, and one change to try next month.

Month

What gave me energy? What made it possible?

What took more time or energy than I expected?

What did I make progress on? What did I learn?

What will I continue, change, or stop?

One experiment for next month

If I hit a setback, then I will