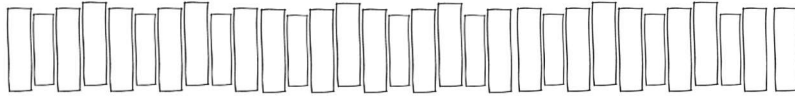


DAILY TRACKER

★ track your days with color and/or mark-making: each rectangle represents (1) day:



PERCEPTION

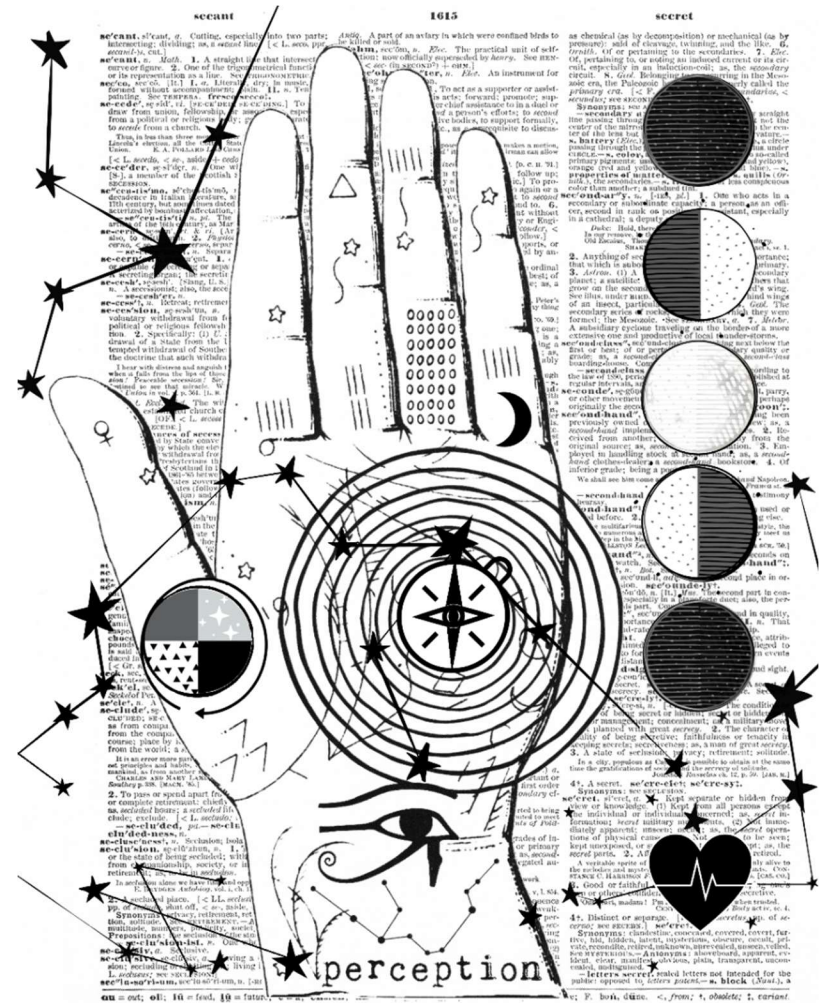
27	28	○	30	31	1	2
3	4	5	◐	7	8	9
10	11	●	13	14	15	16
17	18	19	◑	21	22	23
24	25	26	27	○	29	30
31	1	2	3	◐	5	6



Right Brain Planner® Journal Planner

Content, graphics, design for the guide is copyrighted. © 2020 Star Garden Designs, LLC
Quoted material is provided for educational purposes only and copyrighted by respective sources.

right brain planner








JANUARY 2021

CREATIVELY CHRONICLING MY LIVING TO FOSTER CURIOSITY AND
MOMENTUM VIA A DAILY PRACTICE OF NOTICING, MARK-MAKING AND
REDIRECTING MY FOCUS & ENERGIES WITHIN MY ONGOINGNESS

LUNAR JOURNAL

PROMPT : On or around the day of each lunar phase — add lunar phase art and jot relevant notes regarding your mood, energy levels, activities, or a guiding word (or quotation) or create a tiny collage.

	DECEMBER 29, 2020
	JANUARY 6, 2020
	JANUARY 12, 2020
	JANUARY 20, 2020
	JANUARY 28, 2020

guiding themes

In honoring these (4) main themes, you will begin to identify points of light that will guide you in living what matters most to you:

- develop a practice (to try; daring to show up for yourself on a regular basis)
- journal-planning is a way of knowing and understanding your-self
- collecting data about yourself (hourly, daily, monthly and quarterly)
- tend to your time and talents + trust your-self and your intuitive experiments

Points of light, like stars on a canopy of darkness creating a path into The Yet-To-Be-Traveled. Stars that form the outlines of your personal constellations — as you connect the dots and mark your journey with symbolism and meaning on a continuum [intention, not perfection].

