GUIDE BOOK

ID PLANNER Design for Dream

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START	START DREAM VISION 5-STEPS YEAR	RLY ANNUAL CHECK REVIEW NOTES	1	2 3	4 5	6	7 8	9	10	11 12		
BEGINNING	I will create a xxxx monthly income pip	eline by 20xx and build lxx million in fund	sļ		"Set your one	:-year goo	al or a daily phro	ase to ki	eep you m	otivated."		
LOOK BACK	LOOK FORWARD	INFINITIVE GOALS			Ins	piration (Quotes Section					
"Looking back on the past year, write	"As you look forward to the year ahead,	"Set your life Goals— the more specific		Write positiv	e affirmation ev	very day						
down what you achieved and what could	take note of areas to grow and dreams	the better_Include timelines"	Date	"Start you	ur day with	one posit	ive affirmati	on."				
have been better."												
<achievmen+s></achievmen+s>	(Moving Forward)	- A person who creates spaces	1/12	Do your be	st, be your b	est.						
- I earned my certification.	- Earn 2 or more additional certifications	where happiness can be felt.		You should	invest 100 ha	ours a we	ek in your pers	onal gr	owth.			
- I successfully built a running habit.	- Challenge myself with a full marathon			Those who	are more si	ıccessful	than me have	simply	done mo	re of what		
- I completed summaries for 50 books.	- Aim to read 100 books again this year	- I will build an automated income		they didn'-	t want to do.							
(Reviews)	<pre></pre> <pre><</pre>	pipeline and accumulate 5 billion KRW	3/5	If you see	two 5s a day	, you'll su	cceed.					
- Spent too much money	- Open a savings account	by the year 2030										
- Only memorized one unit of the English		- A strong body and a bold,	5/12	Growth th	rough change	always h	appens at the	edge of	our limi	ts.		
conversation book	and one Japanese textbook	courageous spirit!		1% growth	isn't visible	at first	it compounds	over tir	ne.			
	DREAM DIAGRAM / MENTORS		MOVIE	Let's live	today more f	ully than	anyone else ju	st like -	the secor	nd day		
"Write down your dreams and as	sign mentors in each field. They will g	uide you closer to your dream."	STEVE	A true artist finishes the work and puts it out into the world.								
				Quality cha	ange begins w	ith quant	ity.					
	Owner	Writer										
Lecturer	Expert JUNG.JUYOUNG	HANKANG → BEST SELLER	7/3				t? Let's make -	today a	meaning-	Ful,		
DOCTOR 000 Napoleon Hill	Peter Drucker	J.K. Rowling		The real shame is never trying.								
		Haruki		A dream th	nat excites y	ou leads t	o mastery wit	hout bu	rnout.			
Knowledge←	IDEA & CREATIVE											
	Thomas Edison		9/12									
				Let's create a day that truly moves and inspires me.								
Volunteer	BOOK PUBLISHING	Publisher / Book Planner										
Mother Teresa	→ CONCEPT	→ DIGITAL FILES	10/11 The wealthy set wealth as their goal.									
	FUTURE	PAPER PLANNER		Let's visua	llize and clari	fy our gr	andest dreams	•				

DREAM_ROAD MAPS

SHORT-TERM GOALS

for 1 years "short-term goals for the next 1~2 years"

"Write your short-, mid-, and long-term
plans once on the left, then simply copy
and paste them into the Dream & Vision
5-Step page!"

- Study programming
- Sell digital planners
- Get an internship after graduating
 from university

${\tt MID-TERM}~{\tt GOALS}$

for 5 years "Mid-term goals to achieve within 5 years"

- six major world marathons
- Publish an e-book
- Graduate from graduate school
- Accumulate 5xxxxxx in assets
- Get married
- Buy a car for my father as a gift

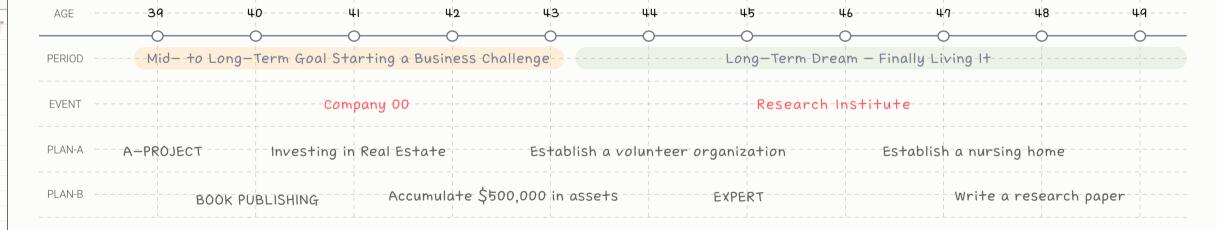
LONG-TERM GOALS

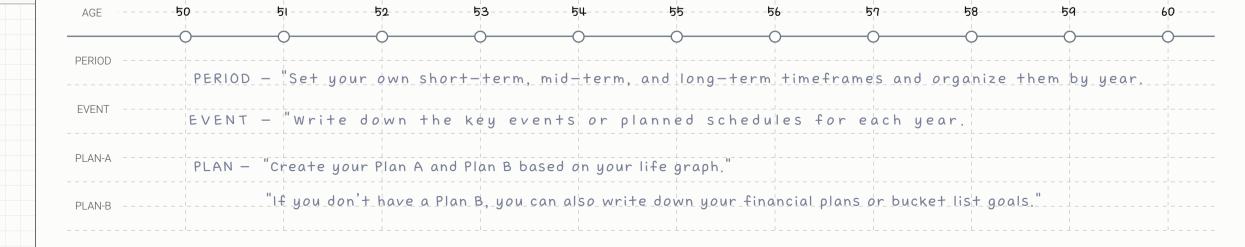
for 10 years "WRITE BUCKETLIST!"

- Travel for over 100 days
- Master 5 languages
- professional certification
- Read over 20,000 books
- Publish my own book
- build a branded bookstore



NOTES





DREAM	START [DREAM VISION	5-STEPS YEA	RLY ANNUAL	CHECK REVIE	W NOTES	1 2	3 4	5	6 7 8 9 10 11 12
MANDAL-ART	l will crea	te a lxx million	monthly inco	me pipeline by	20xx and buil	d Ixx million in	funds!	"Se+ you	r one-yed	ar goal or a daily phrase to keep you motivated."
SHORT-TERM GOALS for 1 years "short-term goals for the next 1~2 years" "Write your short-, mid-, and long-term	RUNNING 5KM	GOOD HABIT	WAKE 5AM	Program	100 BOOKS	GRADUATE	Action Plan	Action Plan	Acti Pla	"Mandanat camas from
plans once on the left, then simply copy and paste them into the Dream & Vision 5-Step page!" - Study programming	SWIMMING	HEALTH	Н.Т	WRITING	STUDY	LEARN ENGLISH	Action Plan	Detailed Goal	Acti Pla	n "write your final goal or '20xx' in
 Sell digital planners Get an internship after graduating from university 	VITAMIN	WATER	SPROTS	STUDY	TEPS	LEARN JAPANESE	Action Plan	Action Plan	Acti Pla	
MID-TERM GOALS for 5 years "Mid-term goals to achieve within 5 years" — Six major world marathons	FULL MARATHON	WORLD TRAVEL	NEW HOBBY	HEALTH	STUDY	Detailed Goal	ACCOUNT	PLANNER	ADSE	place them in the center of their own grid, and write down specific actions or execution plans to achieve them."
 Publish an e-book Graduate from graduate school Accumulate xxxxx in assets 	COMPETITION	CHALLENGE	EXHIBITION	CHALLENGE	20xx	FINANCES	BITCOIN	FINANCES	PIPEL	"The short—, mid—, and long—term plans on the left only need to be written once
Get marriedBuy a car for my father as a gift	TRACKING	ABOARD	DIGITAL PLANNER	SOCIAL	MIND	HOBBY	BUY A HOUSE	STUDY	BUSIN FUN	ESS you can simply copy and paste them
for 10 years "WRITE BUCKETLIST!" — Travel for over 100 days	NEW YEARS	CALLING FAMILY	NURSING	AFFIRMATION	MEDITATE	VISUALIZE	SKETCH	PICTURE	READ	ING
 Master 5 languages professional certification Read over 20,000 books 	Volunteer	SOCIAL	FAMILY TRIP	Challenge	MIND	Create vision board	TRAVEL	HOBBY	GUIT	AR
Publish my own bookbuild a branded bookstore	GOOD RELATION	gratitude	Connect with society	mindset	strong mentality	JOURNAL	SKI	COOK	EXHIBI	TON

SHORT-TERM GOALS

for 1 years "short-term goals for the next 1~2 years"

"Write your short-, mid-, and long-term plans once on the left, then simply copy and paste them into the Dream & Vision 5-Step page!"

- Study programming
- Sell digital planners
- Get an internship after graduating

from university

MID-TERM GOALS

for 5 years "Mid-term goals to achieve within 5 years"

- six major world marathons
- Publish an e-book
- Graduate from graduate school
- Accumulate xxxx in assets
- Get married
- Buy a car for my father as a gift

LONG-TERM GOALS

for 10 years "WRITE BUCKETLIST!"

- Travel for over 100 days
- Master 5 languages
- professional certification
- Read over 20,000 books
- Publish my own book
- build a branded bookstore

"Visualize your short-term, mid-term, and long-term goals through a vision board! This space allows you to vividly picture your dreams every day by looking at inspiring images."

"You've already set the goals you want to achieve in your life plan. Now, imagine yourself achieving them and fill your vision board with images that reflect that future."











(Six Major Marathons)

(Go Abroad for Language)

(PLANNER)

< Save 100 Million>









<Go on a Year-End Trip>











(Travel the World in First Class)



(Become a Billionaire)



<Buy My Own Home >

Become a Best-Selling Author

(Yacht Trip)

(Business Success)

5-STEPS	START DREAM VISION 5-STEPS YEAR	RLY ANNUAL CHECK REVIEW NOTES	1 2 3 4 5 6	7 8 9 10 11 12
5-STEPS GOAL	"You can systematize your dreams and go	oals through the 5—step method.		
O OTEL O OUAL	If you proceed in the order of 'short/mi	d/long—term goal → category → 20xx goal	\rightarrow how to do \rightarrow daily habit & specific plan'	, you can get even closer to your dream!"
SHORT-TERM GOALS	CATEGORY	THIS YEAR GOALS	HOW TO DO	DAILY HABIT / Deadline
for 1 years "short—term goals for the next 1∼2 years"	"Write categories that are related to your	"Write the specific goals you want to	"Write a specific method and direction	"Write down habits you can do every
"Write your short-, mid-, and long-term	short/mid/long-term dreams and goals."	achieve this year."	to achieve your 2025 goals."	day to implement your plans."
plans once on the left, then simply copy	Examples: Health / Career / Finance / Study	Write the one thing you most want		
and paste them into the Dream & Vision				
5-Step page!"	<category> → MAIN GOALS</category>	O THIS YEAR GOALS	o Specific methods	o Daily Habbits
- Study programming	- write goals related categories	- Write the specific goals you want	- How to do	- Write down the habits
- Sell digital planners	- short/mid/long term goals			- write down specific times and
- Get an internship after graduating	- Shor Trimoriong Term goals	to achieve this year.	- time/goal/contents	
from university				deadlines.
	<health> → physically mentally</health>	o Build a consistent lifestyle habit		
MID-TERM GOALS	— Maintain a healthy body	- Lose 5kg of body fat	- Record running 10km and complete it	- Run 10km every morning
for 5 years "Mid-term goals to achieve within 5 years"	- Complete the 6 major marathons	— challenge a full marathon	- the goal of running 200km	- Do strength training for at least 2
- six major world marathons	- Try various sports	- Go to swimming class	- Regularly attend swimming lessons	hours a week
- Publish an e-book	<career> → A successful person</career>	O Gain certifications and insights		- swimming lessons at 7 PM
- Graduate from graduate school	- Become an expert in my field	- Organize related news articles	- journalist certification in March	- Study for at least 2 hours every
- Accumulate 5 billion KRW in assets	- Write a book	- Get a certificate in digital planning	- organizing current news articles	day after work
- Get married	- Pass a certification exam	- Summarize into blog content	- Summarize into blog posts daily	- summarize I topic per week
- Buy a car for my father as a gift				- Speak at least once a week
	<edu> → professional knowledge</edu>	O Master Languages conversation		
	- Graduate from university	- Master pronunciation and fluency	- Organize into 2-3 phrases per week	- take a class for I hour every day
LONG-TERM GOALS	- Master 5 LANGUAGES	- Learn and use 300 daily expressions	- Role-play key expressions and idioms	- Memorize 10 English sentences daily
for 10 years "WRITE BUCKETLIST!"	- READ 10000 BOOKS	- Memorize 100+ daily English phrases	- Practice interviews	- Read for 1 hour every day
- Travel for over 100 days	- BESTSELLER	- write e-book	- Write a diary in English using the	- rite a review and thoughts
- Master 5 languages			planner daily	in a diary
	<finace> → A financially free</finace>	o monthly million pipeline		
- professional certification	- Save 100 million	- Start with one digital product	- Start with "planner"	- Launch a product in january
- Read over 20,000 books	- Automate my business	- Monetize through one platform	- Use Notion, blog, or YouTube	- Post on blog 2-3 times a week
— Publish my own book	— Publish a planner	- Actively use investment tools	- Complete 5 digital products	- Complete and upload 5 digital
— build a branded bookstore	- Build a passive income	- Launch planner	and upload them	products

– Launch planner

and upload them

products

- Build a passive income

YEARLY	START DREAM VISION 5-STEPS YEAR	RLY ANNUAL CHECK REVIEW NOTES	1 2 3 4 5 6	7 8 9 10 11 12
YEARLY PLAN	"One year from now, I built a mo and accomplished many goals."	nthly income pipeline , achieved fi	inancial freedom "Write one key sen	ntence that captures your I—year goal!"
YEARLY GOALS	O1 JANUARY	O2 FEBRUARY	O3 MARCH	O4 APRIL
"Refer to the annual goals you've	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S
already written, copy and paste them	1W 01 02 03 04	1W 01	1W 01	1W 01 02 03 04 05
here, and complete your yearly plan!"	2W 05 06 07 08 09 10 11 3W 12 13 14 15 16 17 18	2W 02 03 04 05 06 07 08 3W 09 10 11 12 13 14 15	2W 02 03 04 05 06 07 08 3W 09 10 11 12 13 14 15	2W 06 07 08 09 10 11 12 3W 13 14 15 16 17 18 19
o Establish a regular lifestyle	4W 19 20 21 22 23 24 25	4W 16 17 18 19 20 21 22	4W 16 17 18 19 20 21 22	4W 20 21 22 23 24 25 26
	5W 26 27 28 29 30 31	5W 23 24 25 26 27 28	5W 23/30 24/31 25 26 27 28 29	5W 27 28 29 30 marathon
- Run 10km every day	"To reach your I-year goal, divide it	- Accumulate 200km of running	- Accumulate 400km of running	- Accumulate 600km of running
- full marathon completion	into monthly milestones. Make sure each	- English expression challenge	- Memorize 600 English words	- Complete 300 English sentence
- Go swimming regularly	month's plan is clear and connected."	- Read 12 books	- Read 24 books total	- Read 36 books total
o Acquire certifications				
— Organize specialized knowledge	O 5 MAY	o 6 JUNE	O7 JULY	o 8 AUGUST
- Complete a portfolio	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S
- Organize architecture blog notes	1W 01 02 03 	1W 01 02 03 04 05 06 07 2W 08 09 10 11 12 13 14	1W 01 02 03 04 05 2W 06 07 08 09 10 11 12	1W 01 02
	3W 11 12 13 14 15 16 17	3W 15 16 17 18 19 20 21	3W 13 14 15 16 17 18 19	3W 10 11 12 13 14 15 16
o Master Languagesss	4W 18 19 20 21 22 23 24	4W 22 23 24 25 26 27 28	4W 20 21 22 23 24 25 26	4W 17 18 19 20 21 22 23
- Master expressions	5W 25 26 27 28 29 30 31	5W 29 30	5W 27 28 29 30 31	5W 24/31 25 26 27 28 29 30
— Watch English dramas	"You can mark and record events,	- Complete yearly planner	- Accumulate 800km of running	- Accumulate 1000km of running
- Post 100 English expressions	deadlines, or special occasions for each	- Take exam	- Memorize 1,500 English words	- Memorize 1,800 English words
- Write E-book	month."	- Read 60 books total / Post 100 English	- Read 72 books total Organize blog	- Read 84 books total End of project
o Create pipeline	og SEPTEMBER	10 OCTOBER	11 NOVEMBER	12 DECEMBER
- Create monthly income				
— Develop an asset map	1W 01 02 03 04 05 06	1W	1W T W T F S S	1W 01 02 03 04 05 06
- Utilize dividend stocks	2W 07 08 09 10 11 12 13	2W 05 06 07 08 09 10 11	2W 02 03 04 05 06 07 08	2W 07 08 09 10 11 12 13
- Promote the planner with a brand		3W 12 13 14 15 16 17 18	3W 09 10 11 12 13 14 15	3W 14 15 16 17 18 19 20
	4W 21 22 23 24 25 26 27 5W 28 29 30	4W 19 20 21 22 23 24 25 5W 26 27 28 29 30 31	4W 16 17 18 19 20 21 22 5W 23/30 24 25 26 27 28 29	5W 28 29 30 31
o Build I hobby habit				
- Play guitar for 10 minutes a day	"Each date on the calendar is hyperlinked, so you can tap it to jump	— Go on a diet	- Achieve 400 blog posts	- Go on a diet
— Take on 100 cooking challenges	directly to the corresponding weekly	- Start writing the book	- Overseas volunteer activity	- Start book writing
- Collect 100 sketch references	page."	- Begin planner production	- Finalize planner production	- Start planner sales and promotion

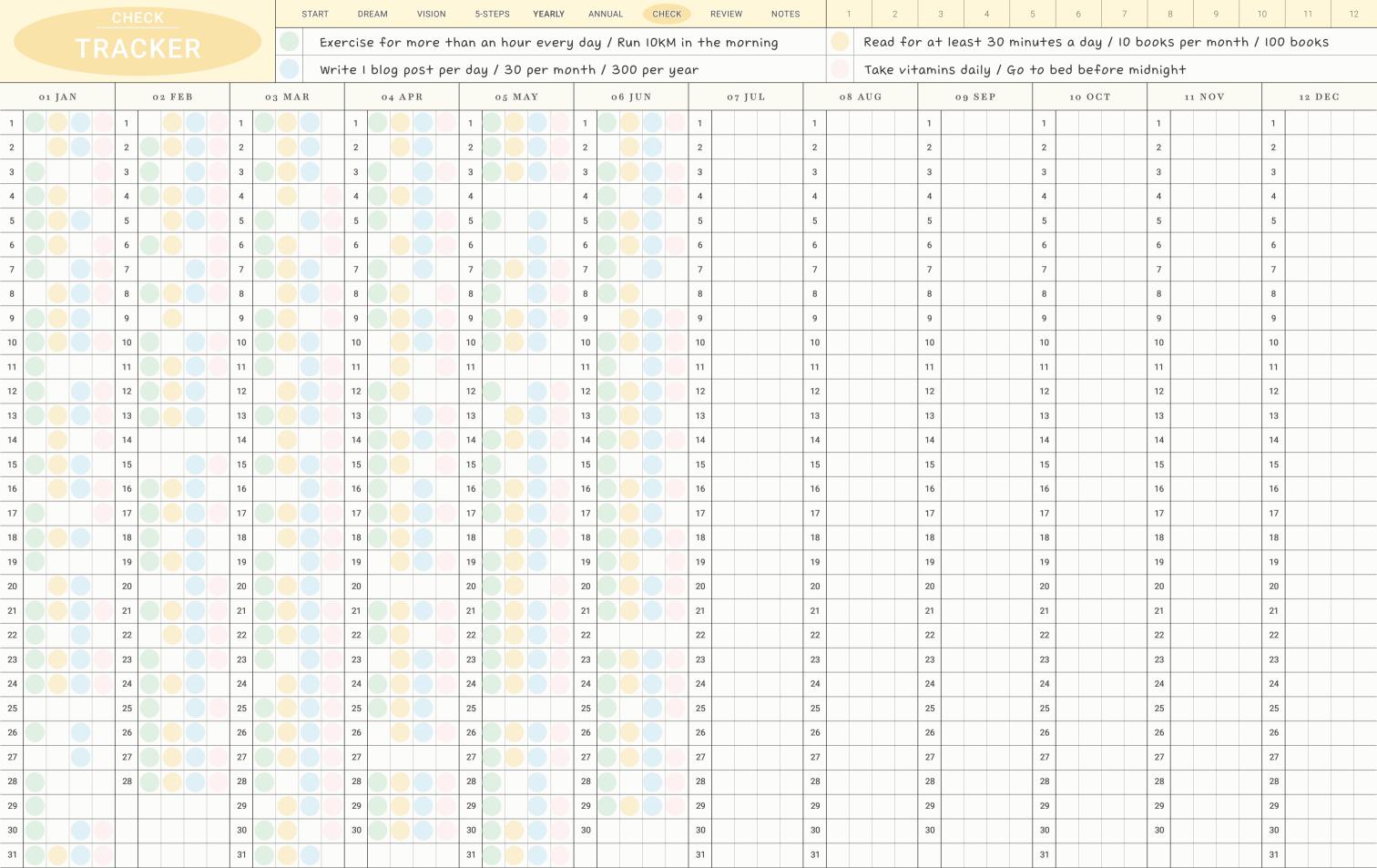
BUCKET LIST

"Write down the items on your bucket list that you want to achieve, and write out the details.

You can also list things you want, and describe in detail how you plan to achieve them."

Things Must Do	Things I Want to Buy	Places I Want to Go (Travel
- Film in a Studio	– Lap+op	– Tokyo, Japan
- Study English	- iPhone	— Stay in Jeju Island for a while
— Create a personalized planner	- Tablet	— Europe Travel
Fixing Bad Habits	Bucket list	Things I Want to See
 Make bedtime more consistent 	— Countdown in New York	- Watch Disney 100th anniversar
- Don't wake up late in the morning	- Participate Major Marathons	- Explore a new OTT platform
- Reduce Youtbe watch time	— full marathon this year	- OO Theater performance
	- Film in a studio - Study English - Create a personalized planner Fixing Bad Habits - Make bedtime more consistent - Don't wake up late in the morning	- Film in a studio - Study English - Create a personalized planner - Tablet Fixing Bad Habits Bucket list - Make bedtime more consistent - Don't wake up late in the morning - Laptop - iPhone - Tablet - Tablet - Countdown in New York - Participate Major Marathons

	Α	NN	UAL		START	DR	REAM VISION	5-9	STEPS YEARLY	AN	INUAL CHECK	F	REVIEW NOTES		1 2	3	4	5	6 7	8	9	10	11	12
					"Write d	low	n and check im	por	tant annual	even	nts, anniversa	ries	, birthdays, a	and	holidays."									
					"Hyperli	nks	are embedded	d, sa	you can click	(to	jump to the	corr	responding we	ekl	y page."									
	o1 JAN		o2 FEB		o3 MAR		04 APR		os MAY		o6 JUN		o7 JUL		o8 AUG		9 SEP		10 OCT		11 NOV		12	DEC
1	New Year's Day	1		1	D-day	1		1	work day	1		1		1		1		1		1		1		
2		2		2		2		2		2		2		2		2		2		2		2		
3		3		3		3	Friend's Birthday	3		3		3		3		3		3		3		3		
4		4		4		4		4		4		4		4	planner	4		4		4		4		
5		5	Family Dinner	5		5		5	d-100	5		5		5		5 N	leeting	5		5		5		
6	Sister's Birthday	6		6	Exam Period	6		6	Holiday	6	Election	6		6		6		6		6		6		
7		7		7		7		7		7	Project	7		7		7		7	Thanks	7		7		
8		8		8		8		8		8	Wedding	8		8		8		8		8		8		
9		9		9		9		9		9		9		9		9 1	leeting	9	Appointment	9		9		
10		10		10		10		10	birthday	10		10		10		10		10		10	Project	10	pla	nner
11	Overseas Travel	11		11		11		11		11		11		11		11		11		11		11	ma	king
12		12	Moving Day	12	Project Start	12		12		12		12		12		12		12	midterm	12		12		
13		13		13		13		13		13		13		13		13		13		13		13		
14		14		14		14		14		14		14		14	Holiday	14		14	faimily	14		14		
15		15		15		15		15		15		15		15	workshop	15 n	y birthday	15		15		15		
16		16		16		16	Deadline	16		16		16		16		16		16		16		16		
17		17	Meeting	17		17		17		17		17		17		17		17		17	Mid-Projec-	l 17		
18	Homecoming	18		18		18		18	birthday	18		18		18		18		18		18		18		
19		19	Project Deadline	19		19		19	deadline	19		19		19		19		19		19		19		
20		20		20	Birthday	20		20		20		20		20		20		20		20		20		
21		21		21		21		21		21		21	Project	21		21		21		21		21		
22		22		22		22		22		22		22		22		22		22		22	Flnal	22		
23		23		23		23		23		23		23		23	Final review	23		23		23		23		
24		24		24	Competition	24		24		24		24		24		24		24		24		24		
25		25		25		25	competiton	25		25		25		25		25		25		25		25	Chr	ristmas
26		26		26		26		26		26		26	Mid-term	26		26		26		26		26		
27		27		27		27		27		27		27		27		27		27	birthday	27		27		
28		28		28		28		28	Meeting	28		28		28		28		28		28		28	Par	+y
29	Lunar New Year			29		29		29		29		29		29		29		29		29		29		
30				30		30		30		30		30		30		30		30		30		30	New	v year Eve
31				31				31				31	Deadline	31				31				31		





#TIME METRIX -Wake-up Time: 6:00 AM -Bedtime: 11:00 PM -Total Sleep Duration: 7 hours -Work Hours: 9:00 AM -6:00 PM -Reading Time: 2 hours -Meals & Breaks: I hour

3:00 AM

4:00 AM

5:00 AM

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

11:00 PM

12:00 AM

1:00 AM

2:00 AM

DREAM

VISION

MON

5-STEPS YEARLY

ANNUAL

TUE

CHECK

WED

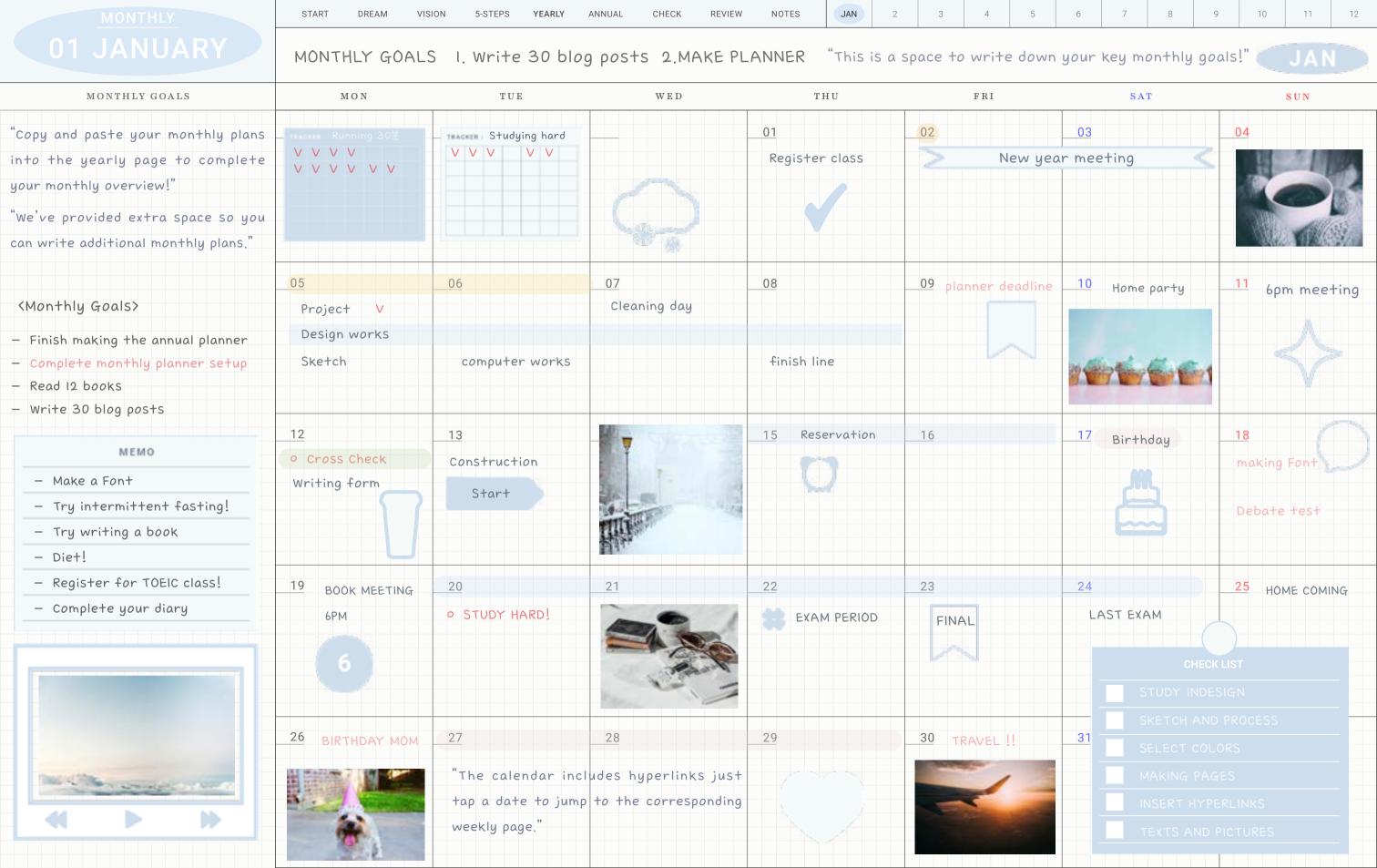
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FRI

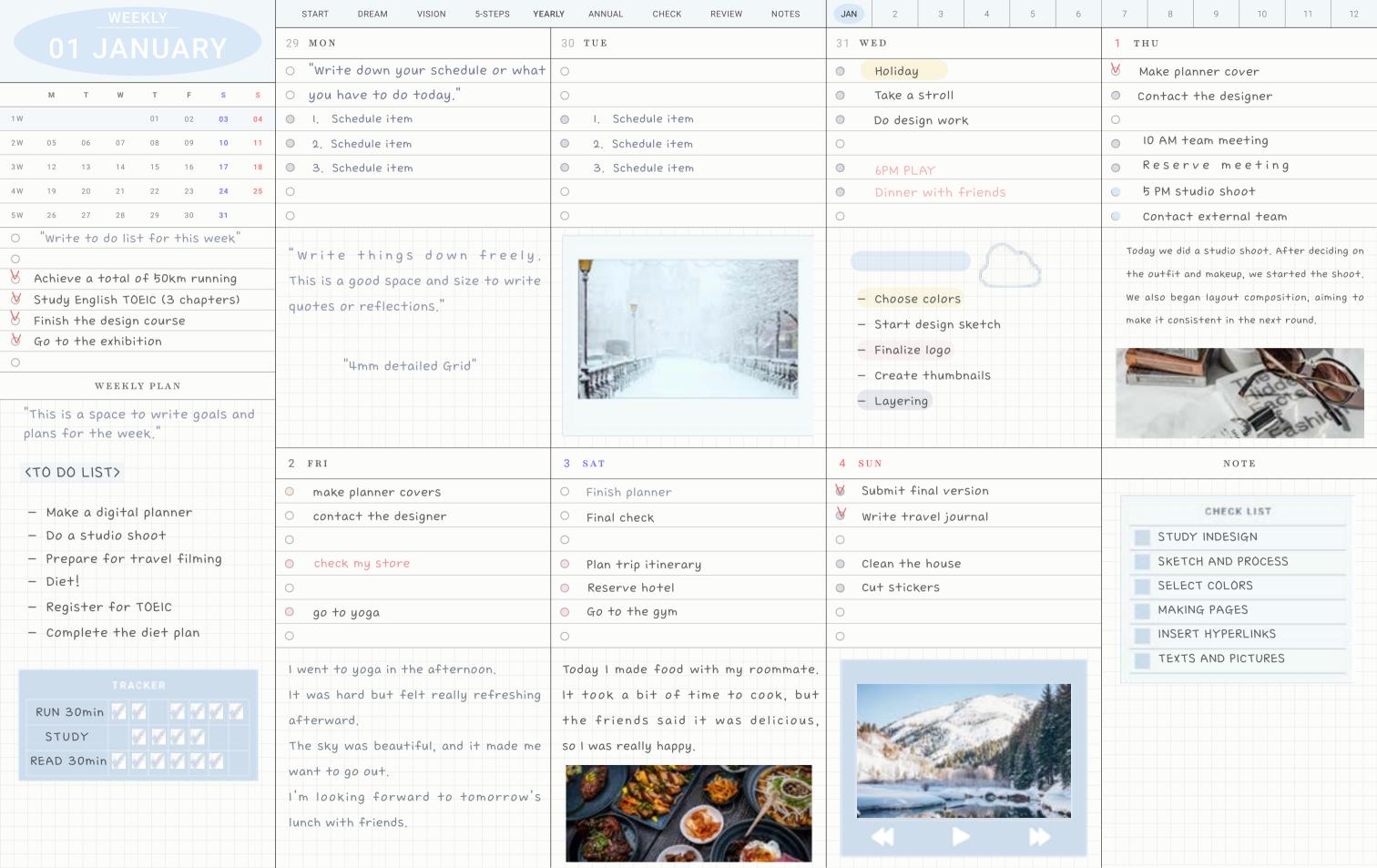
SAT

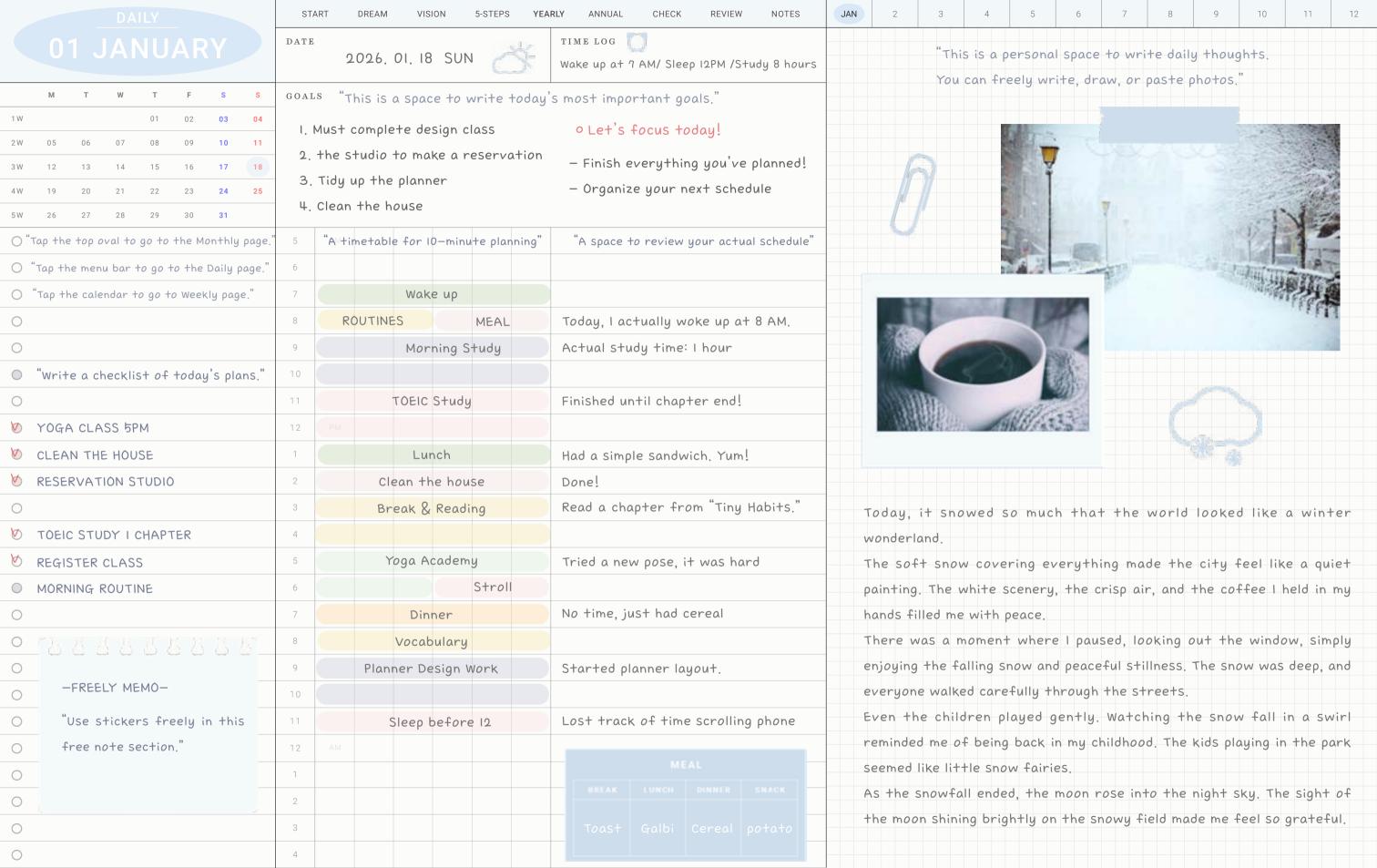
SUN

"You can plan your weekly schedule in 10-minute intervals. Allocate the full 24 hours to organize your day."



WEEKLY	START DREAM VISI	ON 5-STEPS YEARLY A	ANNUAL CHECK REVIEW	NOTES JAN 2	3 4 5	6 7 8 9	10 11 12
01 JANUARY	29 MON	30 TUE	31 WED vacation	1 THU	2 FRI	3 SAT	4 SUN
	"write down the		Holiday	Work start 10 AM	Planner cover design	Planner sale start	Submit project
M T W T F S S	schedule of the day"	"Each box fits a monthly	go shopping	Book hotel in advance	Contact same industry	Find initial buyers	
1W 01 02 03 04	I. Daily content	block perfectly,	Design works				Travel packing
2W 05 06 07 08 09 10 11	2. Possible to paste	so you can easily copy		Studio shoot 5PM	Complete sample pages	Pack for trip	Print photos
3W 12 13 14 15 16 17 18		and paste your monthly	6Pm Dinner	Contact external		Book hotel	
4W 19 20 21 22 23 24 25		schedule here."	Meet with friends	clients	Go to yoga	Go to gym	Clean house
5W 26 27 28 29 30 31			New Year gathering				
O "WRITE DAILY ROUTINE"	O "Write down your time	0	0	0	0	0	0
0	Oblocks separately."	0	0	0	0	0	0
O Run 10km every day	0	Morning Run 10km	0	Morning Run 10km	Morning Run 10km	O Morning Run 10km	0
O Study English TOEIC	♥"check your routines."	▼ TOEIC 1 chapter	▼ TOEIC 2 chapters	O TOEIC 3	▼ TOEIC 4 chapters	O TOEIC 5 chapters	♥ TOEIC 6 chapters
O Finish planner production	0	O Planner cover	♥ Planner sketch	→ Planner draft I	O Planner draft 2,	♥ Complete Planner	0
O Read for more than I hour a day	0	Small habit	Small habit	futureself	futureself	O Organize habits	O Organize future
0	0	0	0	0	0	0	0
WEEKLY PLAN	5 AM	5 AM	5 AM	5 AM Wake up	5 Make up	5 AM	5 AM
	6 "24hours timetable"	6 Wake up	6 Wake up	6 routine Breakfast	6 routine Breakfast	Wake up	6
"Tap the oval at the top to go to the monthly view."	7	7 routine Breakfast	7 routine Breakfast	⁷ Morning Run	⁷ Morning Run	⁷ routine Breakfast	7
"Tap the menu bar to go to the daily view."	8 "You can plan in	8 ready for work	8 rest	8 ready for work	8 ready for work	8 Morning Run	8 Wake up
"Tap the calendar to move to weekly page."	9 10-minute intervals."	9 work	9	9 Work	9 Work	9	9 Breakfast
"This is a space to write down	10	10	Design Work	10 meeting	10	10 planner final	10 study
your goals or plans for the week."	11	11	11	11	11	11	11 test
	12 PM	12 PM Lunch	12 PM Lunch	12 PM Lunch	12 PM Lunch	12 PM Lunch	12 PM
TRACKER	1	1	1 teps I	1	1	1 trip packing	1 Lunch
RUN 30min / / / / / /	2	2	2	Work	2 Work	2	2 cleaning
Studying / / /	3	3 Work	3 planner plan	3	3	3 planner final	3 final test
	4	4	4 ready	4	4	4 gym	4
Reading W W W W W	5	5	read a book	5 studio shooting	5 go home	5 gym	5 packing
	7	6 go home	appointment	go home	6 yoga	6 appointment	trip packing
CHECK LIST	7	7 gym	7 with friends	7 study	7 study		
Making Fonts	8	8 Dinner	8 rest	8 Dinner	8 Dinner	8 rest	8 reading
Pictures studio	10	9 study	study read & journal	9 writing blog	9 make planner	9 read & journal	10
	11	journal		read & journal	10 read & journal	read & journal	
traveling	12 AM	11 Sleep	11 Sleep	11 Sleep	11 sleep	11 Sleep	11 Sleep
Diet!	1	1	1	1		1	1
Register class	2 "today Reviews"	2	I had a relaxing day	2	1 I woke up late this	2	2
Complete planner	3	3	off today. I watched	3	morning, so i couldn't	3	3
	4	4	a play. nice day!	4	go running.	4	4
	4	7		7	7	7	4





	REVIEW	START	DREAM VIS	ION 5-STEPS	S YEARLY ANNUAL CHECK	RE	VIEW NOTES		1 2	3	4	5	6	7	8	9	10	11 12
	BOOK LOG	"Read II	00 b <i>oo</i> ks i	n 20xx and	organize my reading no	tes!	" Write do	own yo	ur reading g	oal for t	he year. Yo	u can in	clude the	number	~ of boo	ks or spe	ecific readir	ıg habits!"
	TITLE	AUTHOR	START	FINISH	COMMENTS			ТІТІ	, E		AUTHO	R	START	FII	NISH		COMMEN	TS
	" WRITE DOWN TITLE"	NAME	DATE	DATE	COMMENTS													
l	The Power of Tiny Habits	JAMES	2025.1.2	2025.1.5	A book worth re-reading													
2	TREND KOREA	KIMNANDÓ	2025.1.7	2025.1.12	Check economic trends													
3	NEXUS	Yuval Harari	2025.1.15	2025.1.22	Understand the history													
4	FUTURESELF	Benjamin Hardy	2025.1.23	2025.1.27	Importance of identity													
5	Linchpin	Seth Godin	2025.2.2	2025.2.10	Book about the value													
6	Emotional Intelligence	AN ELEN	2025.2.21	2025.2.26	Brain science psychology book													
7	Knowledge Acquired	CHE	2025.3.2	2025.3.5	Understand life in depth													
8	When We Looked at the Stars	СНА	2025.3.12	2025.3.25	A healing book													
9	The Daily Laws	DAIL	2025.4.3	2025.4.5	A must—read again book													
10	No+ Special	CLARE	2025.4.10	2025.4.14	No need to be special!													
II	If Happiness Must Be Taught	HONG	2025.4.22	2025.4.27	A comforting book													
12	SayNo's Living Room	SAYNO	2025.1.2	2025.1.5	His unique warmth													
13	The Meaning of Life	TOMAS	2025.1.2	2025.1.5	7 meanings of life													
14	EBS Documentary Philosophy ClasS	EBS	2025.1.2	2025.1.5	basic philosophy													
เร	The Power of Writing	KIM	2025.1.2	2025.1.5	writing 100 times													
16	Science Study for Liberal Arts	Y00	2025.1.2	2025.1.5	The beauty of science													

REVIEW

CHECK LIST

"Check the books you want to read."

START

DREAM

"DETAIL"

VISION

Read 100 Books in 20xx, Summarize Them, and Follow One Good Habit from Each Book!

ANNUAL

FIRST BOOK

REVIEW

SECOND BOOK

NOTES

THIRD BOOK

"Write down your annual reading goal."

RECOMMENED RE-BOOK

1 2 3 4 5 6 7 8	The Power of Tiny Habits Trend Korea 20xx Nexus Future Self Linchpin Emotional Intelligence Knowledge Acquired When We Looked at the Stars	V V V V V V V V V V V V V V V V V V V	"COVER PICTURE"	THE PROPERTY OF THE PROPERTY O	ANAMEN (10) E렌드 코리아 2025 **********************************	비로 시스트 시스트 전체 시간 시스트 시간	FUTURE SELF 30만 부 기념 스페셜 에디션 (HORD NE + SHAD ART) 44	LIVERING OFFICE SHORT AND SET STREET OF STREET AND SET STREET STREET SHORT AND SET STREET STREET STREET SHORT AND SET STREET STRE
9	The Daily Laws	V -	DATE	20xx.01.01	20xx.01.03	20xx.01.07	20xx.01.20	20xx.01.28
10	Not Special If Happiness Must Be Taught	V	TITLE	ATOMIC HABITS	TREND KOREA 2025	NEXUS	Future Self	Linchpin
12	SayNo's Living Room	V	AUTHOR	JAMES	KIM	Yuval Harari	Benjamin Hardy	Seth Godin
	The Meaning of Life		CATEGORY	DEVELOP	DEVELOP	Self-help	Self-help	Self-help
14	EBS Philosophy Class		CHALLENGE	SCIENCE	SOCIAL	DEVELOPMENT	NOVEL	DEVELOP
	The Power of Writing Science Study for Liberal Arts		마음의 기술	지적대화를 위한 넓고 얕은 지식 >>>	변경가 구시가 장은 말을 바다본다면 ***********************************	이 간관계론 인간관계론 한 2000 대표 20 대 20 대 20 대 20 대 20 대 20 대 2	使を用えたを目的な中で) を日本の見 does net no polar et no not pit emple lands polar ten 12 aleman et	#이达의 카프레
			20xx.02.08 Emotional Intelligence	20xx.02.15 Knowledge Acquired	20xx.02.19 When We Looked at the Stars	20xx.02.25 The Daily Laws	20xx.03.23 No+ Special	20xx.03.28 SayNo's Living Room
			Daniel Goleman	CHAE	сна	DAIL	GWANG	SayNo
			Psychology	Humanities	Fiction	Self-help	Fiction	Self-help

	REVIEW	START DF	REAM	VISION	5-STEPS	YEARLY	ANNUAL	CHECK	REVIEW	NOTES	S 1	1	2 3	4	5	6	7	8	9	10	11	12
BOOK	JOURNAL	Title	I. A	TOMIC HA	ABIT				Autho	r	JAMES C	Clear										
		Date	20x	(x.01.01 ~	20xx.01.0)3			Comme	nts	A single	e tiny h	nabit shape:	s who I ar	n. / Prac	ctice one	smal	l habit e	very day	J.		
PAGE		SENTENCES				С	OMMENTS		PAGE					SENTEN	CES					COMI	MENTS	
	We focus only on coming u	up with the bes	st appro	oach wit	thout	"Create sr	mall unit ha	bits and		59P)	When yo	ou beli	eve you ar	e a certa	ain type	of pers	on,		Buil	ding ha	bits	is the
chapter 1)	taking any action.					check the	m off on a	calendar		J 11 /			ct in ways						proc	ess of	shapin	ng who I
	Voltaire - "The best is the	he enemy of th	ie good.	99		every da	y (visuali:	ze your			All you h	have t	o do is beh	s behave like the kind of person you						l realize	e tha	t these
	Execution, as an act, lead	ls to results.				habits thr	ough the ca	alendar)."			already	believ	e yourself	to be.					habi	ts are w	hat de	efine my
						"				Habits shape identity.										ent self.		
19P)	We don't want to fail, and		y, we t	end to			titled The					•										
	postpone it as long as pos					of Small Habits. I'm curious The more you repeat an action, the more you reinforce the identity associated with it.								ou repeat an action, the more you reinforce the						truly wo		
	Motion is easy-it gives us	s the illusion t	hat we'	re maki	ng		one's life."								1 . 1 - 1 1			11 1				ıld prove
	progress.					intiuence	one s lite.						is through	your ha	bits the	at you be	ecom	ne that				racticing
34P)	"We often think that ach	nievina a aoal re	eauires	massive		We ofte	n believe	that			kind of p	perso	n.								abits	severy
3417	improvements and end up						a goal re												Singl	e day."		
	growth is invisible to the			improve				"Decide	who y	ou want to	become	2,										
						So we	tend to	o set					to yourse			ns."						
43P)	System vs. Goals					overwhel	lming plan	s, fail														
	If you want better resul-	ts, forget abou	ut sett	ing goal	s.	to follow	through, o	and end														
	Instead, focus on building	a system.		up feelir	ng discou	raged.	chapt	er 2)	"The fi	irst lo	w of behav	ior char	nge is: M	1ake it o	bviou	us.	"Righ	nt now,	do +	oo many		
	Both successful and unsu	he same	But The	Power of	Small			A clear	r visua	al cue capt	ures our	attent	ion and p	prom	ipts	thin	gs at th	ne san	ne desk.			
	goals —but what sets the	em apart is the	syster	m they t	follow.	Habits t	ells a dif-	ferent			habitual behavior."							I th	ink I ne	ed to	create	
						story -	one abou	ıt the			66										s eve	n at my
	Ashin in a seal sulu shewal			1.0-		invisible	1% grow-	th and				_	task in a s						desk	"		
46P)	Achieving a goal only char That is not the same as t			· II+e.		the comp	ounding po	ower it			mix, hat	ıbits m	ix too and	you end	up doing	g the ea	sier	task.				
	To create lasting results.	·		the sust	- One	holds over	r time.															
	that leads to those resul	-	nange i	The syst	em																	
	That leads to those resul	113,																				
h.a.	You've been focusing on	the wrong tar	aet ta (change		When u	ou change	e uour														
5เР)	Don't focus on what you						y, your h															
	want to become.						and you c															
	Instead of saying "I want	t to be slim," s	ay "l'm (already			out who yo															
	healthy person."					to beco	me, and	start														
	It's about shifting your	identity: This	is just ı	who I an	n!	thinking	and act	ing as														
						if you ar	re already	y that														
						person.																

Freely record your daily life-whether it's a special day, a movie, an exhibition, a concert, or a trip!

	"TITLE"	First E	xhibition of the Year	Second	Exhibition of the Year	Third Ex	thibition of the Year	Fourth	Exhibition of the Year	Fifth Ex	hibition of the Year
	"PICTURE"	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	THE CREAT PASSION				Designation of the second of t	2004. 18. 38. 2015. On 38. Auntilia & Pile Generalize, it Austilia Separation Convelle Viall Berker & Jay Wages = In- Training to the Provisit = In-	tin Life are used to the Life in Life and the Life in Life and Life in		경설지오그래픽 사진전 사진전 2012-8843 ((200
Title	TITLE	Title	VAN GOGH ART	Title	MUSEUM	Title	DISNEY 100	Title	ART IN LIFE	Title	NATIONAL G
Date	DATE	Date	20xx.01.22	Date	20xx.03.02	Date	20xx.02.25	Date	20xx.03.28	Date	20xx.04.10
SITE	SITE	SITE	H MUSEUM	SITE	A MUSEUM	SITE	K-MUSEUM	SITE	D MUSEUM	SITE	MUSEUM 209
CATEGORY	CATEGORY	CATEGORY	EXHIBITION	CATEGORY	EXHIBITION	CATEGORY	EXHIBITION	CATEGORY	EXHIBITION	CATEGORY	EXHIBITION
"W	RITE DOWN CONTENTS"	Gogh exhib with a fri There wer Van Gogh, famous pio	ard there was a Van Dition, I went there end. The works related to but not many of his eces were on display.	gallery, v Since I ha	the Arario In Space which I often go to. ad some time, I decided out the exhibition, as a nice one to enjoy	Exhibition a world wh As a lifelor thrilled to	he Disney 100 Special felt like stepping into ere dreams come true. ng Disney fan, I was see how the exhibition hagic, innovation,	artwork: need to v enjoy eve	ere so many diverse s that I thought I'd visit early to fully erything. ke I could experience ks with all my senses.		Have the second

I only realized that after looking them up once I got home.

I wished I had done a bit more



It made me think that I should take more opportunities like this.



and storytelling in such an unforgettable way. The exhibition was beautifully curated,



at a nearby shop.

There were many unique pieces, and I was happy to see some familiar works by Picasso.



There were so many cute photos-I really enjoyed it. The magazine I bought as a souvenir was a great purchase

If you like animals, it's definitely worth visiting at least once.