

Parenting Book to Planner Worksheet

Turn Your Favorite Parenting Book into a Personalized Planning Strategy Using Artful Agenda

BOOK BREAKDOWN

Title

Author(s)

One-sentence summary or main takeaway

TOP 3 INSIGHTS OR TIPS

1. _____

2. _____

3. _____

BRING IT INTO YOUR PLANNER

Insight #1

What will you do? (habit, boundary, self-care, strategy)

Where will you implement it in Artful Agenda?

☐ Habit Tracker ☐ Weekly Schedule ☐ Daily Tasks ☐ Lists ☐ Shared Calendar

Additional notes:

BRING IT INTO YOUR PLANNER

Insight #2

What will you do? (habit, boundary, self-care, strategy)

Where will you implement it in Artful Agenda?

☐ Habit Tracker ☐ Weekly Schedule ☐ Daily Tasks ☐ Lists ☐ Shared Calendar

Additional notes:

BRING IT INTO YOUR PLANNER

Insight #3

What will you do? (habit, boundary, self-care, strategy)

Where will you implement it in Artful Agenda?

☐ Habit Tracker ☐ Weekly Schedule ☐ Daily Tasks ☐ Lists ☐ Shared Calendar

Additional notes:

CHECK IN WITH YOURSELF

- | | |
|--|--|
| <input type="checkbox"/> I feel more calm and intentional | <input type="checkbox"/> My days feel less chaotic |
| <input type="checkbox"/> I'm showing up the way I want to | <input type="checkbox"/> My routines are becoming habits |
| <input type="checkbox"/> I'm remembering what matters—even in the mess | |

YOUR PARENTING PLANNER MANTRA

Add a phrase or quote to keep at the top of your daily planner as a reminder.