

obsessed on purpose

hot girl hibernation era

How many times have you set a new goal for yourself? How many times have you told yourself that this week, this month, this year is going to be different? Now, how many times have you actually stayed consistent?

We do this over and over again, falling in love with the idea of a brand new version of ourselves. Setting the goals, daydreaming about that perfect life, but never actually seeing it become a reality.

You can speak your goals into existence a million times, you can manifest until you're blue in the face, you can want it so fucking bad . . . but if you don't set yourself up for success and make intentional choices that align with that future version of yourself, then you will never actually see that reality.

We end up taking the easy way out because the path towards our goals looks too daunting. But guess what? It's only daunting because you don't have a plan yet.

I can't tell you how many times I've been there. Trying and failing over and over again, feeling like my dream life is just out of reach. But, I knew it wasn't impossible, because I could envision it. I could feel it. It wasn't until I started breaking these goals down into bite-sized pieces that I was finally able to start seeing progress. This journal is meant to give you the stepping stones over the next 90 days to get that much closer to your dream life. Over the next three months, we will not only set goals, but we will create structures and systems that allow you to take action – making your goals inevitable.

For the next 30 days, you will be obsessed on purpose . . . are you ready?

Brianna Kaylynn, Founder of OOP

goal planning

choose your priorities

30 day goals:

Goal Setting Guide

Specific – What exactly do I want to create or change in the next 90 days, and why does it matter to me?

Measurable – What signs of progress will remind me I'm getting closer?

Achievable – What steps or habits will make this goal realistic and doable?

Relevant – Does this goal align with the version of me I'm becoming?

Timebound – What timeline feels both exciting and achievable?

Goal 1: My Priority

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

Goal 2: My Growth Area

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

Goal 3: My Soul Goal

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

bingo

obsessed on purpose

*use this bingo board to track small wins over the next 30 days.
complete a row, column, or diagonal, then pause and reward yourself for showing up.*

build your

fill this out to plan ahead.

set your 30 goals, then break each one into the steps required to make it happen.

print images that represent both the goal and the work it takes to get there, and paste them directly onto this page.

visualizing the process makes follow-through inevitable.

30 days

goal:

why this matters:

action step 1:

action step 2:

action step 3:

goal:

why this matters:

action step 1:

action step 2:

action step 3:

goal:

why this matters:

action step 1:

action step 2:

action step 3:

vision board

what has been holding me back?

what patterns am i ready to outgrow?

what do i want to do better this season?

what am i no longer available for?

what does my best self need more of right now?

what changes do I need to make to become obsessed with my goals?

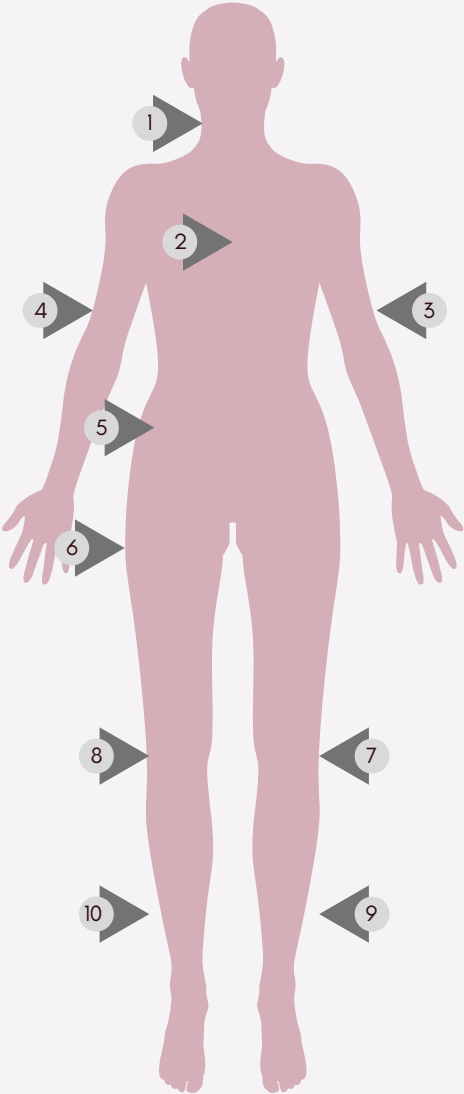
progress tracker

before

date:

weight:

1	neck	
2	chest	
3	left arm	
4	right arm	
5	waist	
6	hips	
7	left thigh	
8	right thigh	
9	left calf:	
10	right calf	



after

date:

weight:

1	neck	
2	chest	
3	left arm	
4	right arm	
5	waist	
6	hips	
7	left thigh	
8	right thigh	
9	left calf:	
10	right calf	

goals

daily *routine* builder

morning routine



daily exercise goals

total minutes:

total steps:

daily nutrition goals

total calories:

total protein:

daily sleep goals

total hours:

daily _____ goals

total _____:

daily _____ goals

total _____:

daily _____ goals

total _____:

daily _____ goals

total _____:

night time routine



let go of the things that are
stopping you from growing

@obsessedonpurpose

monthly planning

your month at a glance

month:

2026

sunday	monday	tuesday	wednesday	thursday	friday	saturday

notes

this month's goals

personal

health &
fitness

mental

finance

career

other

actionable steps

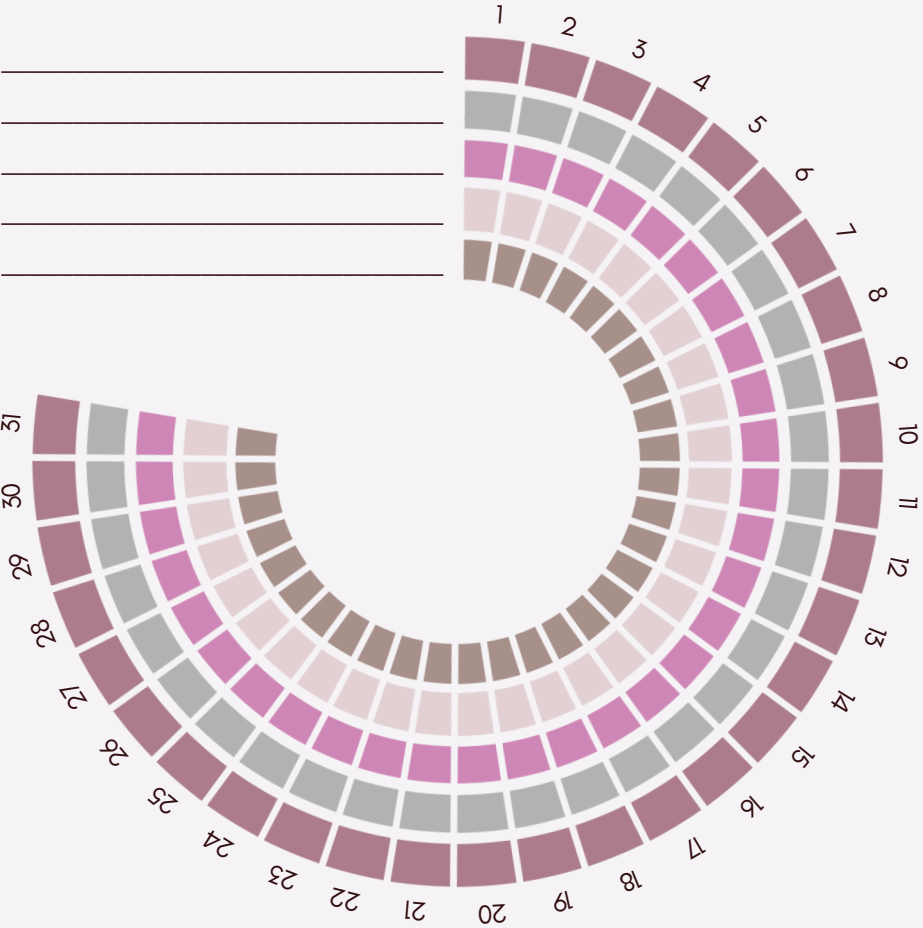
notes

notes

habit tracker

*what habits can you incorporate this month to
create a life you look forward to experiencing?*

month:



brain dump

be the person that 13 year old
you would think is cool as f*ck

@obsessedonpurpose

weekly planning

your week at a glance

week of:

m o n d a y

t u e s d a y

w e d n e s d a y

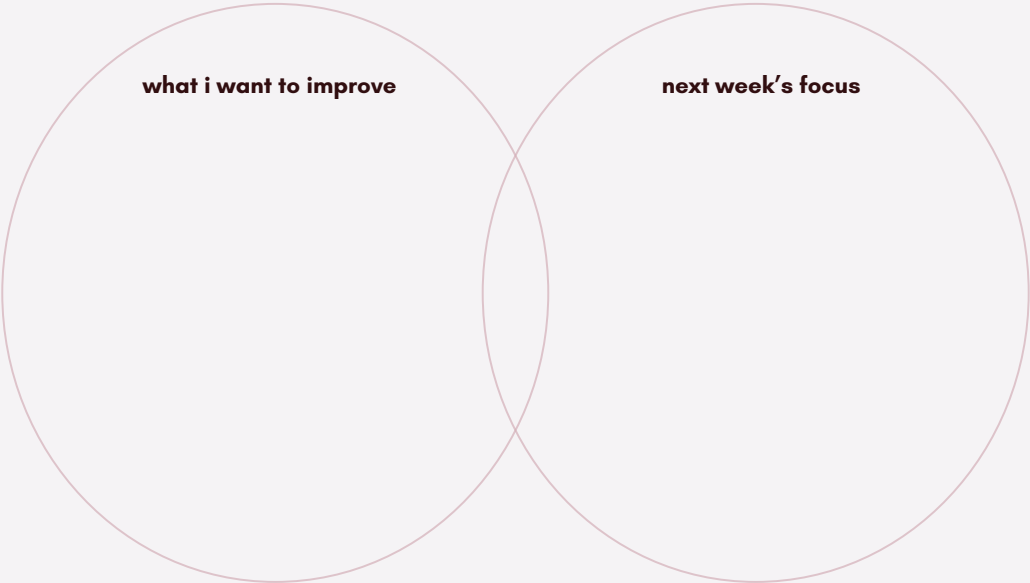
t h u r s d a y

f r i d a y

s a t u r d a y | s u n d a y

weekly reflection

this week's wins				what i learned this week			
challenges i faced				things that brought me joy			
focus & discipline	Low	01	02	03	04	05	High
self care	Low	01	02	03	04	05	High
productivity	Low	01	02	03	04	05	High



week of:

m o n d a y

t u e s d a y

w e d n e s d a y

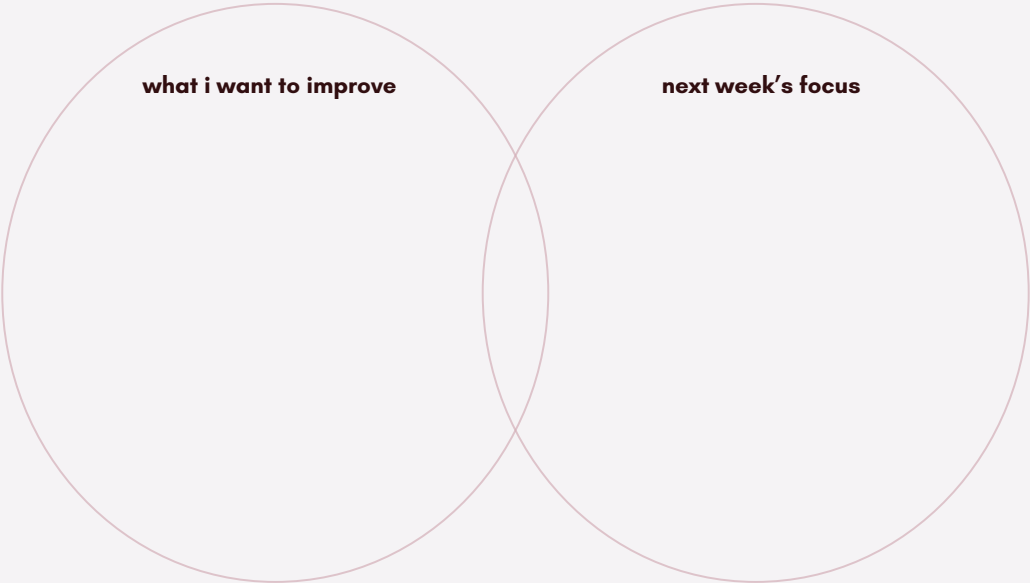
t h u r s d a y

f r i d a y

s a t u r d a y | s u n d a y

weekly reflection

this week's wins				what i learned this week			
challenges i faced				things that brought me joy			
focus & discipline	Low	01	02	03	04	05	High
self care	Low	01	02	03	04	05	High
productivity	Low	01	02	03	04	05	High



week of:

m o n d a y

t u e s d a y

w e d n e s d a y

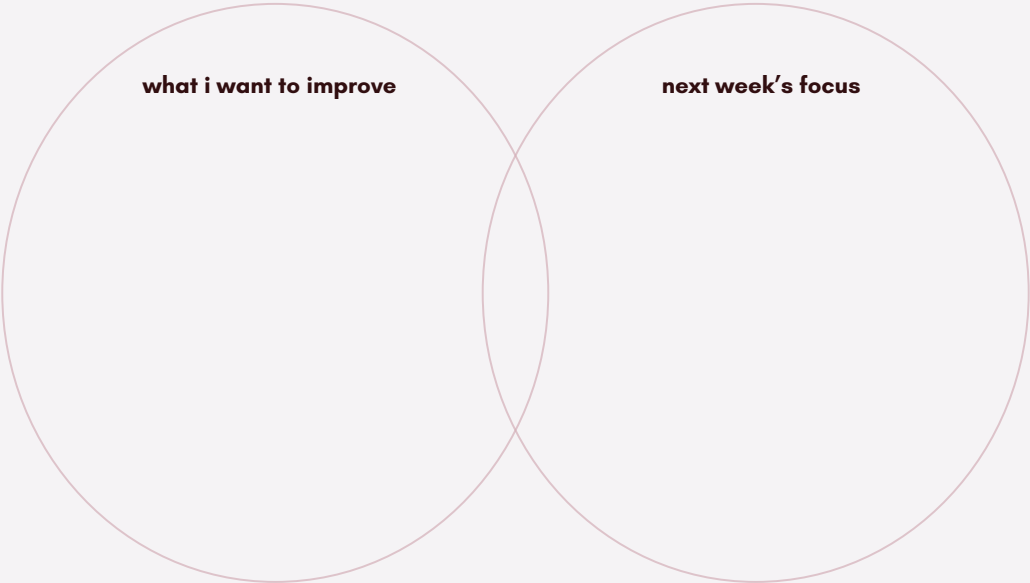
t h u r s d a y

f r i d a y

s a t u r d a y | s u n d a y

weekly reflection

this week's wins				what i learned this week			
challenges i faced				things that brought me joy			
focus & discipline	Low	01	02	03	04	05	High
self care	Low	01	02	03	04	05	High
productivity	Low	01	02	03	04	05	High



week of:

m o n d a y

t u e s d a y

w e d n e s d a y

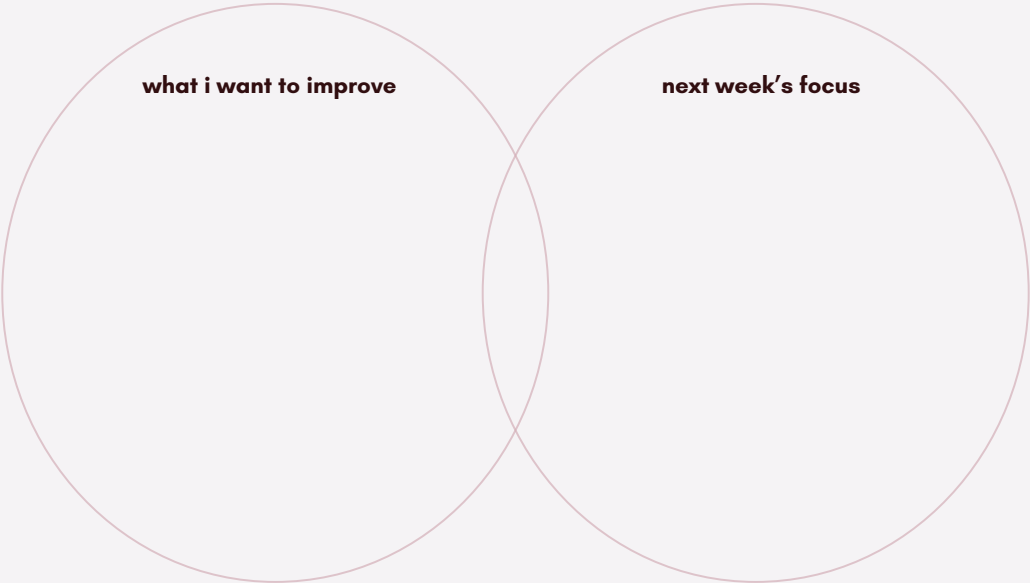
t h u r s d a y

f r i d a y

s a t u r d a y | s u n d a y

weekly reflection

this week's wins				what i learned this week			
challenges i faced				things that brought me joy			
focus & discipline	Low	01	02	03	04	05	High
self care	Low	01	02	03	04	05	High
productivity	Low	01	02	03	04	05	High



week of:

m o n d a y

t u e s d a y

w e d n e s d a y

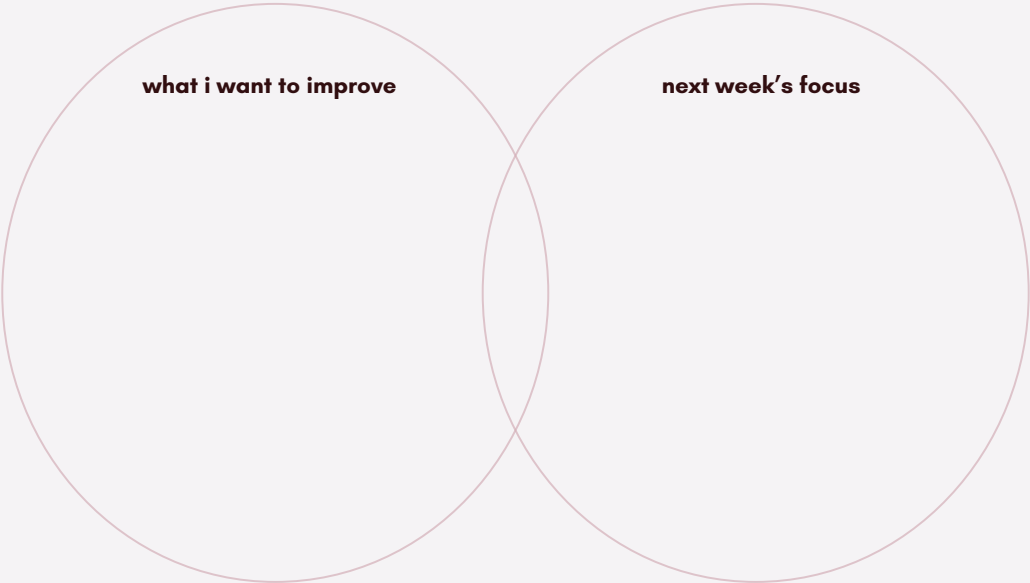
t h u r s d a y

f r i d a y

s a t u r d a y | s u n d a y

weekly reflection

this week's wins				what i learned this week			
challenges i faced				things that brought me joy			
focus & discipline	Low	01	02	03	04	05	High
self care	Low	01	02	03	04	05	High
productivity	Low	01	02	03	04	05	High



little by little, day by day
trust the process

@obsessedonpurpose

daily planning

your day at a glance

date:

daily check in - set your day up for success.

today's intention: *be more present, less screen time*

today's #1 priority: *answer all unread emails*

i am grateful for: *waking up another day*

today i feel: *sleepy, but ready to show up anyways*

today's focus



shade in your triangle for high priority tasks, outline it to represent mid priority, or leave it blank if the task can wait until tomorrow

■▲ Clear email inbox

■△

■△ finish laundry

■△

■△ try new face mask

■△

✗▲ finish deck for meeting

■△

■△

■△

■△

■△

■△

■△

■△

■△

■△

■△

■△

■△

- △ low priority
- △ mid priority
- ▲ high priority

my schedule

5:00	
6:00	wake up (don't snooze!)
7:00	gym, leg day
8:00	
9:00	
10:00	morning meeting
11:00	
12:00	
13:00	thinkin chipotle for lunch?
14:00	work block phone on DND
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	get in bed (don't scroll!!)

how will I move my body today	how will I fuel my body today
TWP Leg Day	150 g of protein
how will I rest today	how will I feed my soul today
get to bed early	20 minutes of reading

notes:

journaling prompt: "i wish I had the guts to . . ."

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “who do I want to become by the end of 2026?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what beliefs have held me back this year?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “when I think about success, what doubts immediately enter my mind?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “how would ‘next level’ me think? how can I adopt this mindset?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what traits must I embody to reach the next level?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “write, in detail, your perfect day.”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what can I do to add more opportunity in my life?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what can I do to add more fun in my life?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “how can I show myself more love today?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



■ ▲

■ ▲

■ ▲

my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “where in my life do I need start saying no?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what is circling in my mind today?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what does self care mean to me?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: "how can I nurture my creativity?"

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what negative emotions am I holding on to?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what are my strengths?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “if repercussions didnt exist, whats the first thing you would do?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what would you say to younger you?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what parts of myself do I hide from others? why?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what boundaries do I need to set in my life?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “where am I giving away my power out of fear or habit?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what excuses to I tell myself to keep myself small or safe?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “things I want to get better at . . .”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “things I should stop doing . . .”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “i wish I had the guts to . . .”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: "how do I express my passion?"

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what do I feel today?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what are my dreams and goals for the end of 2026?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “something that happened in the past that you thought about recently?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what mood are you in right now?”

date:

daily check in - *set your day up for success.*

today's *intention*:

today's #1 *priority*:

i am *grateful* for:

today i *feel*:

today's focus



my schedule

5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	

how will I move my body today	how will I fuel my body today
how will I rest today	how will I feed my soul today

notes:

journaling prompt: “what is your idea of peace?”

the mindset you carry shapes
the life you create

@obsessedonpurpose

journaling

your place to dump it all out

