

# ultimate notion life planner 2026 — all-in-one dashboard — setup guide

> 64+ pages · 4 themes · planner, finance, wellness, self-care & more.

Thank you for purchasing! This guide walks you through setting up your Notion Life Planner in under 30 minutes.

## what's included

Folder	Contents
<code>sections/</code>	64 markdown template pages organised by life area
<code>covers/</code>	4 colour theme palette references
<code>SETUP-GUIDE.md</code>	This guide
<code>HOW-TO-DUPLICATE.md</code>	Quick-start instructions
<code>database-schema.json</code>	Full page catalog reference

## quick start (5 minutes)

1. **Create a new Notion page** — name it `Life Planner 2026`
2. **Add a cover image** using your chosen theme colour (see `covers/` folder)
3. **Create sub-pages** for each section by copying the markdown content
4. **Import sample data** from the markdown tables into Notion databases
5. **Link your Dashboard** — add links to all section pages from `sections/Planner/dashboard.md`

## section guide

### planner (12 pages)

Page	Purpose
<a href="#">dashboard.md</a>	Central hub: live stats, quick links, daily overview widget
<a href="#">daily-planner.md</a>	Time-blocked daily schedule with priorities and notes
<a href="#">weekly-planner.md</a>	Weekly overview with habit check-ins and focus theme
<a href="#">monthly-planner.md</a>	Monthly calendar view with goal progress and key events
<a href="#">yearly-overview.md</a>	Year-at-a-glance with quarterly themes and milestones
<a href="#">habit-tracker.md</a>	30-day habit grid with streaks and completion rate
<a href="#">routine-builder.md</a>	Morning and evening routine templates with time slots
<a href="#">brain-dump.md</a>	Freeform capture page to clear mental clutter instantly
<a href="#">task-master.md</a>	Kanban-style task board with priority, deadline, and status
<a href="#">birthdays-contacts.md</a>	Contact list with birthdays, relationships, and gift ideas
<a href="#">cleaning-schedule.md</a>	Weekly and monthly cleaning task checklist
<a href="#">decision-journal.md</a>	Log decisions, reasoning, and outcomes for later review

## finance (10 pages)

Page	Purpose
<a href="#">budget-tracker.md</a>	Monthly income vs expenses with auto-calculated balance
<a href="#">income-log.md</a>	Record all income sources: date, amount, category, notes
<a href="#">expense-tracker.md</a>	Detailed expense log with category tags and receipt notes
<a href="#">savings-goals.md</a>	Visual savings progress bars for multiple goals simultaneously
<a href="#">debt-tracker.md</a>	Debt snowball/avalanche tracking with projected payoff dates
<a href="#">subscription-tracker.md</a>	All subscriptions with renewal dates and monthly cost total
<a href="#">savings-challenge.md</a>	52-week and 26-week savings challenge trackers
<a href="#">wishlist.md</a>	Prioritised wishlist with price, priority, and save-by date
<a href="#">net-worth-tracker.md</a>	Assets vs liabilities snapshot updated monthly
<a href="#">financial-goals.md</a>	SMART financial goals with milestone checkpoints and review

## wellness (12 pages)

Page	Purpose
<a href="#">mood-tracker.md</a>	Daily mood log with influencing factors and trend view
<a href="#">sleep-tracker.md</a>	Sleep duration and quality log with weekly trend chart
<a href="#">workout-planner.md</a>	Weekly workout schedule with exercise library reference
<a href="#">workout-log.md</a>	Log sets, reps, and weight per session with progress
<a href="#">fitness-challenge.md</a>	30-day fitness challenge with daily check-in boxes
<a href="#">fitness-progress.md</a>	Body measurements and progress photos log over time
<a href="#">meal-planner.md</a>	Weekly meal plan grid with recipe links and shopping list
<a href="#">recipe-book.md</a>	Personal recipe database with category tags and ratings
<a href="#">grocery-list.md</a>	Smart grocery list organised by store section
<a href="#">hydration-tracker.md</a>	Daily water intake log with goal progress indicator
<a href="#">medication-tracker.md</a>	Medication schedule with dose, time, and refill reminders
<a href="#">skincare-tracker.md</a>	Morning and evening skincare routine with product log

## lifestyle (8 pages)

Page	Purpose
<a href="#">travel-planner.md</a>	Trip itinerary builder with packing list and budget tracker
<a href="#">places-visited.md</a>	Travel journal with photos, memories, and ratings
<a href="#">bucket-list.md</a>	Life bucket list with categories and completion ticks
<a href="#">reading-journal.md</a>	Book log with ratings, notes, and reading challenge tracker
<a href="#">reading-challenge.md</a>	Annual reading goal tracker with genre category badges
<a href="#">tv-films.md</a>	Watch list with ratings and notes for TV shows and movies
<a href="#">wardrobe-organiser.md</a>	Capsule wardrobe planner with outfit ideas and cost-per-wear
<a href="#">kitchen-inventory.md</a>	Pantry stock tracker with expiry dates and reorder notes

## productivity (9 pages)

Page	Purpose
<a href="#">work-hub.md</a>	Work dashboard with projects, tasks, and time tracking
<a href="#">project-tracker.md</a>	Project kanban with deadlines, status, and linked tasks
<a href="#">meeting-notes.md</a>	Structured meeting notes with action items and follow-ups
<a href="#">learning-hub.md</a>	Courses, certifications, and study schedule tracker
<a href="#">pomodoro-log.md</a>	Focus session log with distraction notes and completion %
<a href="#">work-timesheet.md</a>	Billable hours log with client and project breakdown
<a href="#">second-brain.md</a>	Zettelkasten-style note capture with linked references
<a href="#">content-ideas.md</a>	Content idea bank with platform, status, and publish date
<a href="#">master-todo.md</a>	Global to-do inbox with priority filtering and categories

### future you (6 pages)

Page	Purpose
<a href="#">goals.md</a>	SMART goal framework with milestones and review dates
<a href="#">vision-board.md</a>	Digital vision board with image galleries and affirmations
<a href="#">manifestation-journal.md</a>	Daily manifestation prompts and gratitude journaling
<a href="#">values-identity.md</a>	Core values definition and personal identity statement
<a href="#">life-audit.md</a>	Life wheel assessment across 8 areas with action plan
<a href="#">quarterly-review.md</a>	13-week review: wins, lessons, pivots, and next focus

### self-care (7 pages)

Page	Purpose
<a href="#">my-journal.md</a>	Free-form daily journal with optional guided prompts
<a href="#">gratitude-journal.md</a>	Daily 3-item gratitude practice with category tags
<a href="#">dream-journal.md</a>	Dream log with symbols, recurring themes, interpretations
<a href="#">period-tracker.md</a>	Cycle tracker with symptoms, flow, and mood correlation
<a href="#">symptom-tracker.md</a>	Health symptom log with severity and trigger tracking
<a href="#">self-care-menu.md</a>	Self-care activity bank organised by energy level
<a href="#">therapy-notes.md</a>	Session notes, insights, and between-session actions

### colour themes

Four themes are included — apply via page cover and callout block colours:

- **Neutral** — Minimal off-white with charcoal — clean and professional · Accent: #2D2D2D
  - **Rose** — Soft pink tones — warm, feminine, and motivating · Accent: #C05B6B
  - **Sage** — Earthy greens — calming and nature-inspired · Accent: #4A7C59
  - **Mocha** — Warm coffee tones — cosy and grounding · Accent: #7C5A3E
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## tips for power users

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- Use Notion's **Linked Database** feature to show the same database in multiple views
  - Add a **Gallery view** to your Reading Journal for a visual bookshelf
  - Connect your Habit Tracker to your Daily Planner via linked databases
  - Use **Select** and **Multi-select** properties for quick filtering
  - Pin your Dashboard to the Notion sidebar for instant access
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