



Alleem 365⁺²

Resolutions Planner



Day 1 – Define Your Vision



Focus Word: **Vision**

Date

“A clear vision fuels purposeful action.”

Dr. Rashid Alleem

M T W T F S S

Today’s Resolution

Write down your ideal life for the rest of this year.

>

>

>

Why It Matters

Clarity in your vision helps direct every decision you make.

Micro-Action

Write three words that capture your year’s essence.

1

2

3

Mind | Spend 15 minutes visualizing your ideal year.

Body | Sit comfortably with good posture while journaling.

Spirit | Begin with gratitude for the opportunities ahead.

Reflection Question

What does my ideal life look and feel like?

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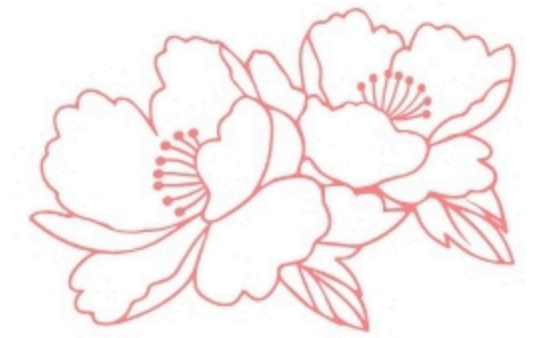
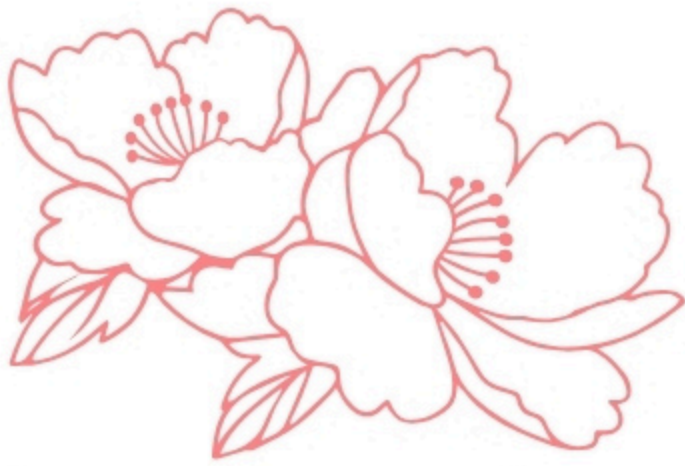
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Affirmation | I see my path clearly, and I walk it with purpose.



Evening Section

What I’m Grateful For	What I Achieved Today	Tomorrow’s Focus



DAY 32

Drink More Water

Date

Focus Word: **Hydration**

M T W T F S S

“
Water is life’s matter and matrix.
Albert Szent-Györgyi
”

Why It Matters
Hydration improves energy, focus, and health.

Today’s Resolution
Increase your water intake today.

Micro-Action
Add one extra glass of water to your day.

How does staying hydrated change my energy?

Four horizontal lines for writing a response to the question above.

Mind Keep a water bottle nearby as a reminder.

Body Drink a glass of water before every meal.

Spirit Be mindful and grateful with each sip.

Affirmation | I nourish my body with the water it needs.

 **Evening Section**

What I’m Grateful For	What I Achieved Today	Tomorrow’s Focus

Complete your hardest task first.

“
*You can do anything,
but not everything.*
David Allen
”

Today’s Resolution

Identify the three most important tasks for today.

1
2
3



Why It Matters

Clear priorities prevent overwhelm and wasted time.

How did focusing on my top three change my day?

Handwritten notes area with horizontal lines.

Mind

Write them down and keep them visible.

Body

Take a deep breath before starting each task.

Spirit

Commit to finishing what matters most.

Set Your Top 3 Priorities

1
2
3

Affirmation

I focus on what matters most and let go of the rest.



Evening Section

What I’m Grateful For

What I Achieved Today

Tomorrow’s Focus

DATE

M T W T F S S

DAY
91

**Read 10 Pages
of a Book**

Focus Word: **Knowledge**

Today's Resolution

Dedicate time to read 10 pages of a meaningful book.



*Reading is to the mind
what exercise is to the body.*

Joseph Addison



What's one new idea I learned from my reading?



Why It Matters

Consistent reading compounds into powerful learning.

Micro-Action

Pick a book aligned with your goals and start today.

Affirmation

I grow my mind through daily reading.

Today's Goals

Mind

Highlight or note key insights.

Body

Sit comfortably in a distraction-free spot.

Spirit

Appreciate the gift of gaining new perspectives.



Evening Section

What I'm Grateful For

What I Achieved Today

Tomorrow's Focus

Focus Word:
Reconnect

DAY 121

DATE: _____
M T W T F S S

“
Friendship is a plant we must water.
Dr. Rashid Alleem
”

Call a Friend You Haven't Spoken To In A While

Today's Resolution

Reach out to someone you've lost touch with.

Micro-Action

Send a message if you can't call.

Affirmation

I nurture the bonds that matter to me.

How did reconnecting make me feel? _____

Why It Matters


Relationships need nurturing to thrive.


MIND
Listen more than you speak.


BODY
Value the joy of rekindled bonds.

SPIRIT
Smile while talking – it changes your tone.

 **Evening Section**

 What I'm Grateful For

 What I Achieved Today

 Tomorrow's Focus

TODAY'S RESOLUTION

Record every expense for one day, no matter how small.

MICRO-ACTION

Use your phone's notes app to log spending.

AFFIRMATION

I am aware and intentional with my money.

Why It Matters

Awareness is the first step to control.

Track Every Dirham/Dollar Spent Today

What surprised me about my spending?

- _____
- _____
- _____
- _____

MIND

Be honest and detailed.

BODY

Keep receipts or notes.

SPIRIT

Value the resources you have.



What gets measured gets managed.

Peter Drucker



Evening Section



What I'm Grateful For



What I Achieved Today



Tomorrow's Focus