

TWO THOUSAND

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This planner belongs to











This is your life. You can decide for yourself what you do with it.

You can do anything, but not everything.

So focus on what is essential for you, and ban everything from your

life that is holding you back from living the way you want to:

possessions, activities, relationships, eating habits or thoughts.

Don't let yourself be guided by convention, or by what other people expect of you.

Stand still for a moment and then go after what is important to you.

Make a conscious choice, every time.

Live a life true to yourself. Live an essential life.

essentialiving

Balance Creator

PART 1

How can you begin to get more balance in your life? The Essentialiving ***Balance Creator*** is a unique tool that helps you understand your daily routine in terms of time and tasks. You need to start by gaining new insights and making choices based on those insights. So take a minute to work out your current situation. On the next spread, we'll create the balance you've been looking for.



work—getting ready for work, commuting time, caring for children if you're a parent, education and household tasks



home – time spent at home (apart from the time mentioned under ‘work’), possibly with a partner and/or children



health—time spent on exercising and preparing nutritious meals



recreation – time spent on relatives, friends, hobbies or other nice things



you – time spent on personal development and relaxation ('me' time)

Step 1

Fill in how much time you think you spend on each category during an ordinary week.

Work

	hrs p/w
	hrs p/w
	hrs p/w
	hrs p/w
Total	hrs p/w

[Home](#)

	hrs p/w
	hrs p/w
	hrs p/w
	hrs p/w
Total	hrs p/w

Health

	hrs p/w
	hrs p/w
	hrs p/w
	hrs p/w
Total	hrs p/w

Recreation

	hrs p/w
	hrs p/w
	hrs p/w
	hrs p/w
Total	hrs p/w

You

	hrs p/w
	hrs p/w
	hrs p/w
	hrs p/w
Total	hrs p/w

Step 2

Now that you've gained an insight into the amount of time you spend on each category, you can compare and contrast them easily. What do you find? Write down your thoughts.

Step 3

Draw your conclusions. What would you like to do differently in the future? Write it down.

2026 at a glance

January

	M	T	W	T	F	S	S
01				<u>01</u>	02	03	04
02	05	06	07	08	09	10	11
03	12	13	14	15	16	17	18
04	19	20	21	22	23	24	25
05	26	27	28	29	30	31	

February

	M	T	W	T	F	S	S
05							01
06	02	03	04	05	06	07	08
07	09	10	11	12	13	14	15
08	16	17	18	19	20	21	22
09	23	24	25	26	27	28	

March

	M	T	W	T	F	S	S
09							01
10	02	03	04	05	06	07	08
11	09	10	11	12	13	14	15
12	16	17	18	19	20	21	22
13	23	24	25	26	27	28	29
14	30	31					

July

	M	T	W	T	F	S	S
27			01	02	03	04	05
28	06	07	08	09	10	11	12
29	13	14	15	16	17	18	19
30	20	21	22	23	24	25	26
31	27	28	29	30	31		

August

	M	T	W	T	F	S	S
31						01	02
32	03	04	05	06	07	08	09
33	10	11	12	13	14	15	16
34	17	18	19	20	21	22	23
35	24	25	26	27	28	29	30
36	31						

September

	M	T	W	T	F	S	S
36		01	02	03	04	05	06
37	07	08	09	10	11	12	13
38	14	15	16	17	18	19	20
39	21	22	23	24	25	26	27
40	28	29	30				

April

	M	T	W	T	F	S	S
14			01	02	<u>03</u>	04	<u>05</u>
15	<u>06</u>	07	08	09	10	11	12
16	13	14	15	16	17	18	19
17	20	21	22	23	24	25	26
18	<u>27</u>	28	29	30			

May

	M	T	W	T	F	S	S
18					01	02	03
19	04	<u>05</u>	06	07	08	09	10
20	11	12	13	<u>14</u>	15	16	17
21	18	19	20	21	22	23	<u>24</u>
22	<u>25</u>	26	27	28	29	30	31

June

	M	T	W	T	F	S	S
23	01	02	03	04	05	06	07
24	08	09	10	11	12	13	14
25	15	16	17	18	19	20	21
26	22	23	24	25	26	27	28
27	29	30					

October

	M	T	W	T	F	S	S
40				01	02	03	04
41	05	06	07	08	09	10	11
42	12	13	14	15	16	17	18
43	19	20	21	22	23	24	25
44	26	27	28	29	30	31	

November

	M	T	W	T	F	S	S
44							01
45	02	03	04	05	06	07	08
46	09	10	11	12	13	14	15
47	16	17	18	19	20	21	22
48	23	24	25	26	27	28	29
49	30						

December

	M	T	W	T	F	S	S
49		01	02	03	04	05	06
50	07	08	09	10	11	12	13
51	14	15	16	17	18	19	20
52	21	22	23	24	<u>25</u>	<u>26</u>	27
53	28	29	30	31			

Holidays 2026

Official holidays in the Netherlands

01 - 01	New Year's Day
03 - 04	Good Friday
05 - 04	Easter Sunday
06 - 04	Easter Monday
27 - 04	King's Day
05 - 05	Liberation Day
14 - 05	Ascension Day
24 - 05	Whit Sunday
25 - 05	Whit Monday
25 - 12	Christmas Day
26 - 12	Boxing Day

Other holidays

Next year's calendar

2027

January

	M	T	W	T	F	S	S
53					<u>01</u>	02	03
01	04	05	06	07	08	09	10
02	11	12	13	14	15	16	17
03	18	19	20	21	22	23	24
04	25	26	27	28	29	30	31

February

	M	T	W	T	F	S	S
05	01	02	03	04	05	06	07
06	08	09	10	11	12	13	14
07	15	16	17	18	19	20	21
08	22	23	24	25	26	27	28

March

	M	T	W	T	F	S	S
09	01	02	03	04	05	06	07
10	08	09	10	11	12	13	14
11	15	16	17	18	19	20	21
12	22	23	24	25	<u>26</u>	27	<u>28</u>
13	<u>29</u>	30	31				

April

	M	T	W	T	F	S	S
13				01	02	03	04
14	05	06	07	08	09	10	11
15	12	13	14	15	16	17	18
16	19	20	21	22	23	24	25
17	26	<u>27</u>	28	29	30		

May

	M	T	W	T	F	S	S
17						01	02
18	03	04	<u>05</u>	<u>06</u>	07	08	09
19	10	11	12	13	14	15	<u>16</u>
20	<u>17</u>	18	19	20	21	22	23
21	24	25	26	27	28	29	30
22	31						

June

	M	T	W	T	F	S	S
22		01	02	03	04	05	06
23	07	08	09	10	11	12	13
24	14	15	16	17	18	19	20
25	21	22	23	24	25	26	27
26	28	29	30				

July

	M	T	W	T	F	S	S
26				01	02	03	04
27	05	06	07	08	09	10	11
28	12	13	14	15	16	17	18
29	19	20	21	22	23	24	25
30	26	27	28	29	30	31	

August

	M	T	W	T	F	S	S
30							01
31	02	03	04	05	06	07	08
32	09	10	11	12	13	14	15
33	16	17	18	19	20	21	22
34	23	24	25	26	27	28	29
35	30	31					

September

	M	T	W	T	F	S	S
35			01	02	03	04	05
36	06	07	08	09	10	11	12
37	13	14	15	16	17	18	19
38	20	21	22	23	24	25	26
39	27	28	29	30			

October

	M	T	W	T	F	S	S
39					01	02	03
40	04	05	06	07	08	09	10
41	11	12	13	14	15	16	17
42	18	19	20	21	22	23	24
43	25	26	27	28	29	30	31

November

	M	T	W	T	F	S	S
44	01	02	03	04	05	06	07
45	08	09	10	11	12	13	14
46	15	16	17	18	19	20	21
47	22	23	24	25	26	27	28
48	29	30					

December

	M	T	W	T	F	S	S
48			01	02	03	04	05
49	06	07	08	09	10	11	12
50	13	14	15	16	17	18	19
51	20	21	22	23	24	<u>25</u>	<u>26</u>
52	27	28	29	30	31		

Fun things

Write down the fun things you want to do in 2026 and make sure to plan them.

Maybe make a bucket list,
teach yourself how to juggle,
fly a kite, go puddle jumping
after the rain, play board
games with friends...

Mood tracker

Keeping an eye on your mood patterns can help you better understand how your moods vary due to different situations and circumstances, and regulate them.

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Select a dot each day to reflect your mood for that day.

At the end of the month, connect the dots. The resulting line will provide an instant visual representation of your mood throughout the month.

- 😊 Happy, excited, lively, cheerful
- 😊 Relaxed, carefree, calm, serene
- 😊 Tense, nervous, irritated, annoyed
- 😊 Sad, bored, weary, gloomy



A misty forest of evergreen trees, likely spruce or fir, with a soft, hazy atmosphere. The trees are dark green and silhouetted against a lighter, misty background. Large, white, serif text is overlaid on the right side of the image.

feb ru ar y

In the quiet
of the unknown,
clarity begins to bloom

Notes & thoughts

Monday 09	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
06	06	06	06	06	06	06
07	07	07	07	07	07	07
08	08	08	08	08	08	08
09	09	09	09	09	09	09
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
13	13	13	13	13	13	13
14	14	14	14	14	14	14
15	15	15	15	15	15	15
16	16	16	16	16	16	16
17	17	17	17	17	17	17
18	18	18	18	18	18	18
19	19	19	19	19	19	19
20	20	20	20	20	20	20
21	21	21	21	21	21	21
22	22	22	22	22	22	22
23	23	23	23	23	23	23

To do

Dinner

To do

Dinner

March

	M	T	W	T	F	S	S
09							01
10	02	03	04	05	06	07	08
11	09	10	11	12	13	14	15
12	16	17	18	19	20	21	22
13	23	24	25	26	27	28	29
14	30	31					

Balance check

This week's focus

This week's doodle





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Some things
are meant to be discovered

January	February	March	April	May	June	July	August	September	October	November	December
01	01	01	01	01	01	01	01	01	01	01	01
02	02	02	02	02	02	02	02	02	02	02	02
03	03	03	03	03	03	03	03	03	03	03	03
04	04	04	04	04	04	04	04	04	04	04	04
05	05	05	05	05	05	05	05	05	05	05	05
06	06	06	06	06	06	06	06	06	06	06	06
07	07	07	07	07	07	07	07	07	07	07	07
08	08	08	08	08	08	08	08	08	08	08	08
09	09	09	09	09	09	09	09	09	09	09	09
10	10	10	10	10	10	10	10	10	10	10	10
11	11	11	11	11	11	11	11	11	11	11	11
12	12	12	12	12	12	12	12	12	12	12	12
13	13	13	13	13	13	13	13	13	13	13	13
14	14	14	14	14	14	14	14	14	14	14	14
15	15	15	15	15	15	15	15	15	15	15	15
16	16	16	16	16	16	16	16	16	16	16	16
17	17	17	17	17	17	17	17	17	17	17	17
18	18	18	18	18	18	18	18	18	18	18	18
19	19	19	19	19	19	19	19	19	19	19	19
20	20	20	20	20	20	20	20	20	20	20	20
21	21	21	21	21	21	21	21	21	21	21	21
22	22	22	22	22	22	22	22	22	22	22	22
23	23	23	23	23	23	23	23	23	23	23	23
24	24	24	24	24	24	24	24	24	24	24	24
25	25	25	25	25	25	25	25	25	25	25	25
26	26	26	26	26	26	26	26	26	26	26	26
27	27	27	27	27	27	27	27	27	27	27	27
28	28	28	28	28	28	28	28	28	28	28	28
29		29	29	29	29	29	29	29	29	29	29
30		30	30	30	30	30	30	30	30	30	30
31		31		31		31	31		31		31