

The Life Edit Planner

A Comprehensive System for Intentional Living

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Life by the Shore

Premium Edition | \$47
Comprehensive Life Planning System

Introduction

The word "edit" carries power. Writers edit manuscripts, removing what doesn't serve the story. Directors edit film, keeping only the scenes that move the narrative forward. Yet when it comes to life, many people never take the editor's pencil in hand.

This planner invites a different approach: editing your life with intention.

The Life Edit Planner is built on a simple premise: your life is worth deliberate design. Not in a way that feels rigid or controlling, but in the way a well-edited story feels true and compelling. Every element serves a purpose. Every commitment aligns with what matters most.

Over the coming weeks, this workbook will guide the process of auditing where life currently stands, envisioning what could be, and creating systems that turn vision into reality. The tools here are practical, from monthly planning templates to weekly review structures to daily intention setters.

The goal is not perfection. It's clarity. It's reducing the noise and increasing the signal. It's building a life that feels intentional because it has been edited with care.

Part 1: The Audit

Before editing, assessment is required. This section invites a clear-eyed look at eight core life areas. Rate each on a scale of 1-10, noting what's working and what's draining energy.

LIFE AREA	RATING (1-10)	WHAT'S WORKING	WHAT NEEDS EDITING
Career & Work			
Relationships			
Health & Energy			
Finances			
Creativity & Growth			
Environment & Home			
Joy & Recreation			
Personal Development			

Reflection Questions:

Which areas scored lowest? What patterns do the low scores reveal? Where is energy flowing? Where is it blocked? What would a 10 in each area actually feel like?

Part 2: The Vision

With awareness of current reality, the next step is envisioning what's possible. This section creates a bridge between where life is now and where it can become.

Five-Year Vision Mapping

In five years, looking back, what will have shifted? What achievements matter? What relationships have deepened? How does the daily experience of life feel different? Write freely, without editing or second-guessing.

Five-Year Vision (Career):

Five-Year Vision (Personal Life):

Five-Year Vision (Health & Wellbeing):

Annual Theme

Rather than a list of resolutions, choose a single theme for the year. This theme acts as a filter for decisions and priorities. Examples: The Year of Clarity, The Year of Connection, The Year of Creation.

This Year's Theme:

Why This Theme?

Part 3: Monthly Planning System

Twelve monthly planning templates follow. Each month, use this structure to align actions with vision. The goal is not to plan every moment, but to identify the few priorities that matter most.

Sample Monthly Planning Template

MONTH: _____ **THEME:** _____

Monthly Intentions (3-5 key focuses):

1. _____
2. _____
3. _____

Priority Projects:

Habits to Build:

- _____
- _____

Relationship Check-Ins (who needs attention?):

Self-Care Commitments:

Month-End Review (What worked? What to adjust?):

Part 4: Weekly Rhythm

The week is where monthly intentions become daily reality. This section provides a framework for structuring the work week and protecting time for what matters.

Energy Management

Not all hours are equal. Understanding personal energy patterns allows for strategic scheduling. When is peak focus time? When does energy dip? Build important work during peak windows; schedule meetings and admin during lower-energy times.

Personal Energy Audit:

- Best focus time: _____ Peak duration: _____
- Second peak: _____ Time of day: _____
- Lowest energy: _____ Typically: _____

Weekly Time-Blocking Strategy:

Monday: _____
Tuesday: _____
Wednesday: _____
Thursday: _____
Friday: _____

Part 5: Daily Essentials

The day unfolds in hours, but intention is set in moments. Morning and evening rituals bookend the day, creating stability and presence.

Morning Routine Builder

A morning routine is not about waking at 5am or following someone else's formula. It's about choosing how the day begins.

Current Morning Routine (typical flow):

Time: _____	Activity: _____
Time: _____	Activity: _____
Time: _____	Activity: _____
Time: _____	Activity: _____

What Shifts Needed?

Ideal Morning Routine (time frame: _____ minutes):

Time: _____	Activity: _____
Time: _____	Activity: _____
Time: _____	Activity: _____
Time: _____	Activity: _____

Evening Routine Builder

The evening sets the stage for quality sleep and tomorrow's start. An intentional evening routine creates a transition out of work mode into rest.

Ideal Evening Routine (time frame: _____ minutes):

Time: _____	Activity: _____
Time: _____	Activity: _____
Time: _____	Activity: _____
Time: _____	Activity: _____

Part 6: Reflection & Review

Planning without review is like editing without reading the final manuscript. Review creates the feedback loop that makes the system work.

Weekly Review Template

Set aside 15 minutes each week—ideally Sunday evening—to review the week and prepare for what's ahead.

What Went Well This Week?

Challenges or Energy Drains:

Key Accomplishments:

- ---
- ---

Adjustments for Next Week:

Monthly Review Template

A deeper review at month's end assesses progress against monthly intentions.

Monthly Intentions Review (were they accomplished?):

Lessons Learned:

What to Continue / What to Stop:

Habit Tracker Templates

Habits are the compound interest of small actions. Track key habits over a month to build consistency.

Week 1	Week 2	Week 3	Week 4

Financial Wellness Worksheets

Financial health is part of life harmony. These worksheets support clarity around money and intentional spending.

Budget Framework

CATEGORY	MONTHLY ALLOCATION	NOTES
Housing & Utilities	\$ _____	
Food & Groceries	\$ _____	
Transportation	\$ _____	
Healthcare & Wellness	\$ _____	
Debt Payments	\$ _____	
Savings & Investments	\$ _____	
Recreation & Entertainment	\$ _____	
Personal Development	\$ _____	
Gifts & Contributions	\$ _____	
Miscellaneous	\$ _____	
TOTAL MONTHLY	\$ _____	

Savings Goals

Goal 1: _____ Target Amount: \$ _____ Timeline: _____

Goal 2: _____ Target Amount: \$ _____ Timeline: _____

Goal 3: _____ Target Amount: \$ _____ Timeline: _____

Spending Audit (Where does money actually go?)

Relationship Nurture Plan

Relationships require intentional investment. This section identifies key relationships and creates a system for staying connected.

Core Relationships (people who matter most):

- | | |
|----------|---------------------|
| 1. _____ | Last connect: _____ |
| 2. _____ | Last connect: _____ |
| 3. _____ | Last connect: _____ |
| 4. _____ | Last connect: _____ |
| 5. _____ | Last connect: _____ |

Quarterly Connection Plan (intentional outreach):

- Q1: _____
- Q2: _____
- Q3: _____
- Q4: _____

Conversation Starters (to deepen connections):

- What's bringing you joy lately?
- What challenge are you working through?
- What's something you've learned recently?
- How have you changed in the past year?
- What are you looking forward to?

Self-Care Menu

Self-care is not indulgence—it's maintenance. Having a prepared menu removes decision fatigue when energy is low.

Quick Recharge (10-20 minutes)

- Take a bath or long shower
- Walk outside
- Journal or write freely
- Stretch or gentle yoga
- Read something nourishing
- Create something (art, music, cooking)
- Call a friend
- Meditate or breathe mindfully
- Make tea and sit quietly
- Dance to favorite songs

Deeper Reset (1-3 hours)

- Day trip to somewhere beautiful
- Massage or bodywork
- Extended creative project
- Meal preparation/cooking
- Social time with close friends
- Reading for pleasure
- Spa experience at home
- Nature immersion
- Workshops or classes
- Solo adventure or exploration

My Personalized Self-Care Toolkit

When Stressed, I Will: _____

When Overwhelmed, I Will: _____

When Tired, I Will: _____

When Lonely, I Will: _____

When Uninspired, I Will: _____

Remember: Editing life is a practice, not a destination. Use this planner as a guide, not a rigid script. Adjust what doesn't serve. Celebrate what works. Trust the process.