GHOST GROWTH LAB ACADEMY · BONUS GUIDE 04

The GGL Planner Pack

Printable planning pages for your business and your life - print as many as you like, forever.

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GHOST GROWTH LAB

Welcome

This pack turns everything you learned into pages you can hold in your hands.

Hi friend - welcome to the last stop of the Ghost Growth Lab Academy. Lessons taught you the path; this pack keeps you walking it. Inside you'll find a monthly planner, weekly and daily pages, a content planner, a money tracker, a 90-day goal page, and notes pages.

Print the pages you need, as often as you need them. They're yours to use for your own business - and if you hold a resell license for your products, you may adapt the idea for your own buyers too (write your own license terms; see Lesson 04).

One rule for the whole pack: a planner only works if you look at it. Pick a day and time each week - Sunday evening with coffee is a favorite - and make your planning appointment as unmissable as a client call.

> GOOD TO KNOW
> Tip: print a week's worth of daily pages on Sunday and keep them on your desk. Ticking a printed box is strangely satisfying - and strangely motivating.

Monthly planner

One page per month. Fill it in on the first Sunday of the month.

This month's word or theme:

My 3 biggest goals this month:

Top 3 priorities - if only these happen, the month still counts:

Projects I will NOT touch this month (protect your focus):

Money intention - what I'll earn, save, or spend on the business:

Self-care I'm committing to this month:

Review on the last day of the month - what worked, what didn't, what I'll change:

Weekly planner

Copy this page as many times as you like - one per week.

Week of:

Dates

This week's one big win:

Content I will post (Mon Tue Wed Thu Fri Sat Sun - one line each):

Keep it realistic: 3-4 posts beats a perfect 7 you never make

Business tasks - the three things that move money:

Life stuff that also matters:

Friday review - what went well, what I'll do differently:

Daily page

For busy days. Five minutes in the morning, five at night.

Today's date and my one must-do:

Top 3 tasks:

Content or connection moment (one post, one reply, one email):

Water, movement, sunshine - one small thing for my body:

Evening note: today I'm proud that...

Content planner

Plan a week of posts in one sitting, using your four pillars: teach, inspire, relate, sell.

Day	Pillar	Idea / hook	Where
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

One idea I can reuse five ways (Reel, Story, post, email, pin):

Batch day: I'll create this week's content on (day and time):

Money tracker

One row per sale or expense. Totals at the end of the month.

Date	What it was	Sale (+) / expense (-)	Amount

This month I earned in total:

This month I spent in total:

What I'll do differently next month:

GOOD TO KNOW

This tracker is for your own planning, not for taxes. Keep receipts and records separately, and ask a tax professional about anything that matters.

90-day goal page

Big goals need three months, not three days.

90 days from today, my business looks like:

The one goal that would make the biggest difference:

Milestones - month 1 / month 2 / month 3:

What could stop me, and my plan for when it does:

First step I'll take tomorrow morning:

Notes

For ideas, wins, and things you don't want to forget.

You made it

Eight lessons, two guides, and a full planner pack - the whole Ghost Growth Lab Academy is yours. Keep planning, keep posting, keep going. We're cheering for you.

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With love,
The Ghost Growth Lab team