FREE PRINTABLE

January

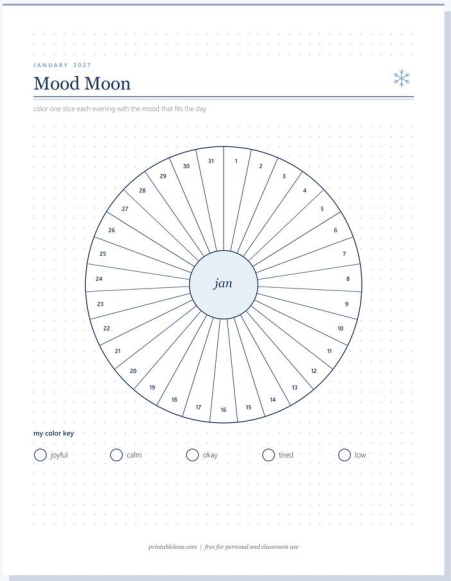
BULLET JOURNAL SETUP

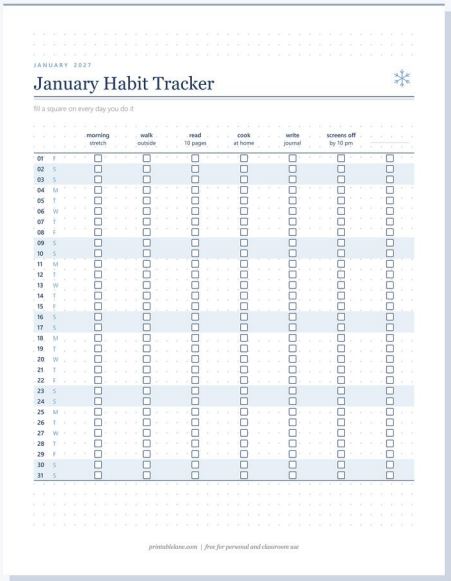
10 dot grid spreads to start 2027

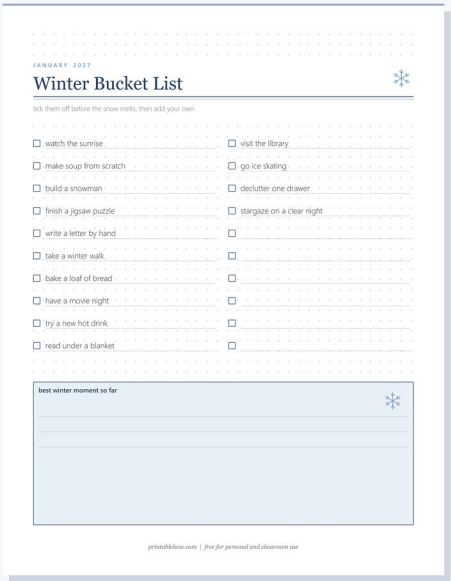








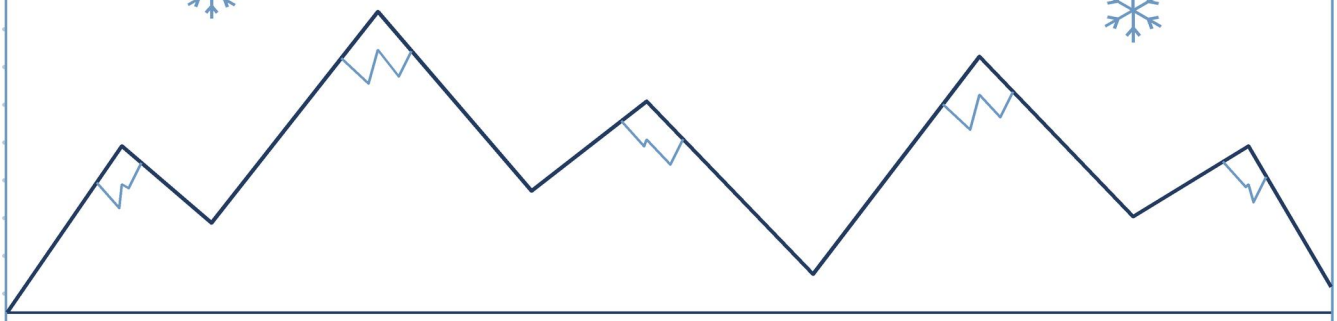




January

2027

a fresh page · a slow start · small steps



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JANUARY 2027

2026 Look Back

one highlight per month, then three honest answers

jan	*feb*	*mar*
apr	*may*	*jun*
jul	*aug*	*sep*
oct	*nov*	*dec*

the best part of 2026

what I learned

what I'm leaving behind

JANUARY 2027

Word of the Year & 2027 Goals

one word to steer the year, small first steps for each area

MY WORD FOR 2027

why this word:

health & energy

goal

first steps in january

- [ ]
- [ ]
- [ ]

home & people

goal

first steps in january

- [ ]
- [ ]
- [ ]

work & money

goal

first steps in january

- [ ]
- [ ]
- [ ]

learn & create

goal

first steps in january

- [ ]
- [ ]
- [ ]

JANUARY 2027

Month at a Glance

Monday-start calendar for January 2027

mon	tue	wed	thu	fri	sat	sun
				1 New Year's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 MLK Jr. Day	19	20	21	22	23	24
25	26	27	28	29	30	31

this month's focus

dates to remember

JANUARY 2027

January Habit Tracker

fill a square on every day you do it

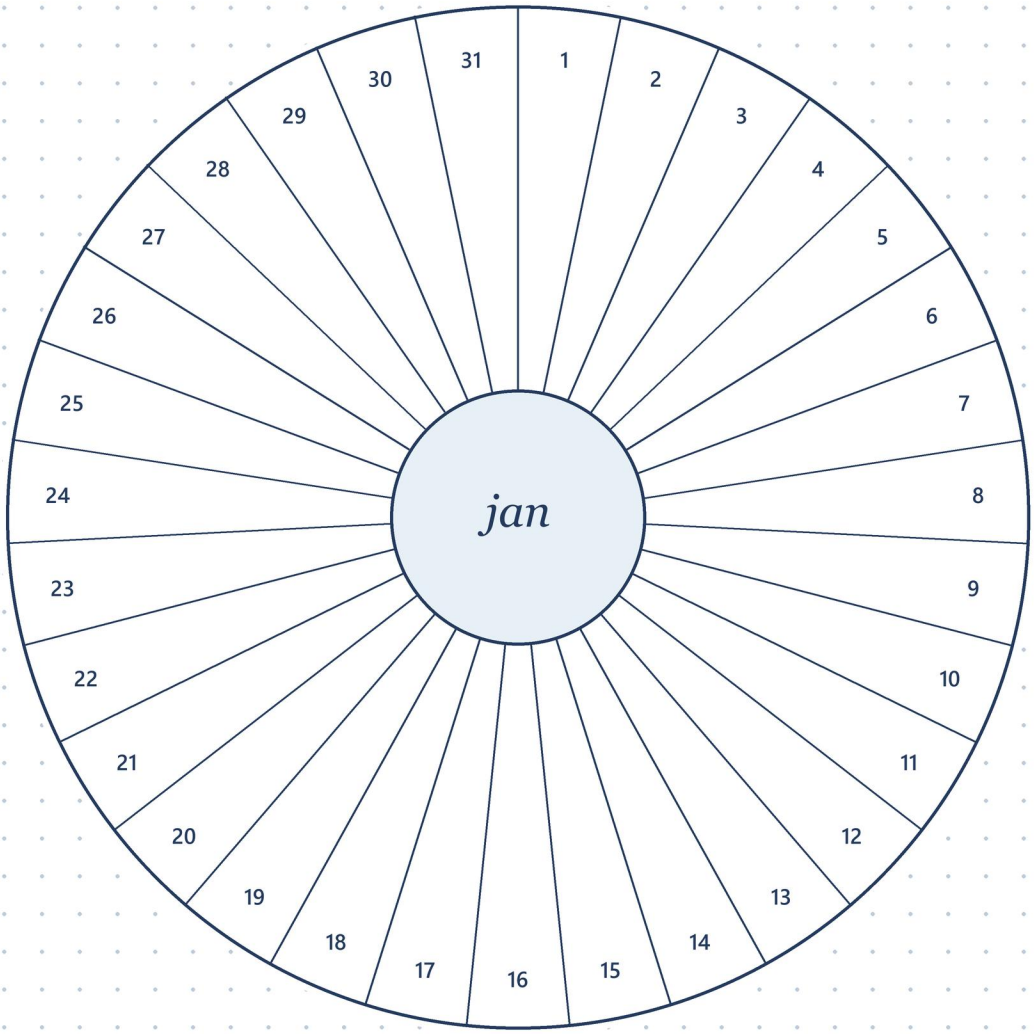
		morning stretch	**walk** outside	**read** 10 pages	**cook** at home	**write** journal	**screens off** by 10 pm	
01	F	☐	☐	☐	☐	☐	☐	☐
02	S	☐	☐	☐	☐	☐	☐	☐
03	S	☐	☐	☐	☐	☐	☐	☐
04	M	☐	☐	☐	☐	☐	☐	☐
05	T	☐	☐	☐	☐	☐	☐	☐
06	W	☐	☐	☐	☐	☐	☐	☐
07	T	☐	☐	☐	☐	☐	☐	☐
08	F	☐	☐	☐	☐	☐	☐	☐
09	S	☐	☐	☐	☐	☐	☐	☐
10	S	☐	☐	☐	☐	☐	☐	☐
11	M	☐	☐	☐	☐	☐	☐	☐
12	T	☐	☐	☐	☐	☐	☐	☐
13	W	☐	☐	☐	☐	☐	☐	☐
14	T	☐	☐	☐	☐	☐	☐	☐
15	F	☐	☐	☐	☐	☐	☐	☐
16	S	☐	☐	☐	☐	☐	☐	☐
17	S	☐	☐	☐	☐	☐	☐	☐
18	M	☐	☐	☐	☐	☐	☐	☐
19	T	☐	☐	☐	☐	☐	☐	☐
20	W	☐	☐	☐	☐	☐	☐	☐
21	T	☐	☐	☐	☐	☐	☐	☐
22	F	☐	☐	☐	☐	☐	☐	☐
23	S	☐	☐	☐	☐	☐	☐	☐
24	S	☐	☐	☐	☐	☐	☐	☐
25	M	☐	☐	☐	☐	☐	☐	☐
26	T	☐	☐	☐	☐	☐	☐	☐
27	W	☐	☐	☐	☐	☐	☐	☐
28	T	☐	☐	☐	☐	☐	☐	☐
29	F	☐	☐	☐	☐	☐	☐	☐
30	S	☐	☐	☐	☐	☐	☐	☐
31	S	☐	☐	☐	☐	☐	☐	☐

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JANUARY 2027

Mood Moon

color one slice each evening with the mood that fits the day



my color key

- ◯ joyful
- ◯ calm
- ◯ okay
- ◯ tired
- ◯ low

JANUARY 2027

Weekly Spread: Jan 4 – 10

Monday, January 4 to Sunday, January 10, 2027

mon 4

tue 5

wed 6

thu 7

fri 8

sat 9

sun 10

focus

to do

notes

JANUARY 2027

Winter Bucket List

tick them off before the snow melts, then add your own

- [ ] watch the sunrise
- [ ] make soup from scratch
- [ ] build a snowman
- [ ] finish a jigsaw puzzle
- [ ] write a letter by hand
- [ ] take a winter walk
- [ ] bake a loaf of bread
- [ ] have a movie night
- [ ] try a new hot drink
- [ ] read under a blanket
- [ ] visit the library
- [ ] go ice skating
- [ ] declutter one drawer
- [ ] stargaze on a clear night
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

best winter moment so far

JANUARY 2027

No-Spend January

shade a square on each day you buy nothing beyond essentials

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

bills due in january

bill	due	amount	paid
			☐
			☐
			☐
			☐
			☐
			☐
			☐

essentials allowed

- _____
- _____
- _____
- _____

no-spend days

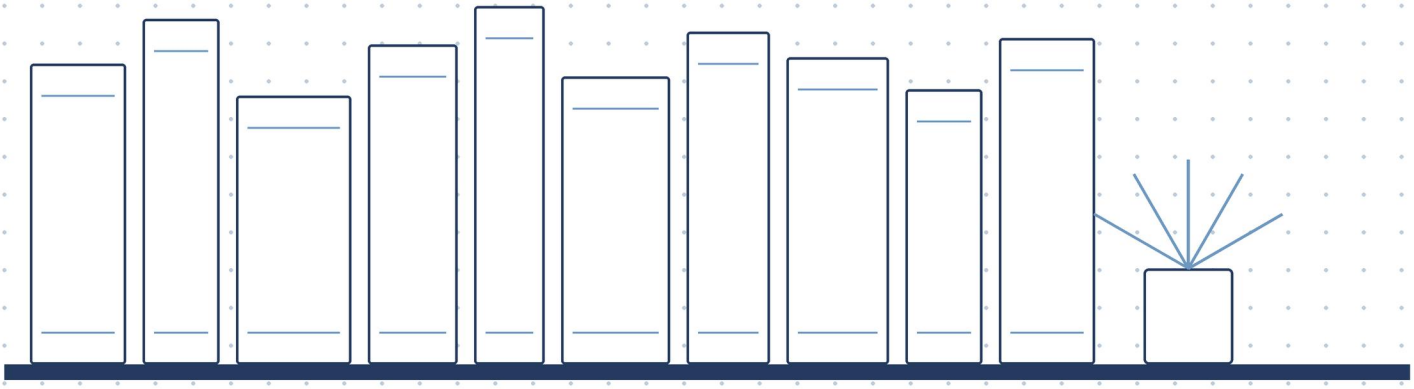
total: _____ / 31

saved: $ _____

JANUARY 2027

January Reads

write each title on a spine, then log it below



title	author	pages	rating
			☆ ☆ ☆ ☆ ☆
			☆ ☆ ☆ ☆ ☆
			☆ ☆ ☆ ☆ ☆
			☆ ☆ ☆ ☆ ☆
			☆ ☆ ☆ ☆ ☆
			☆ ☆ ☆ ☆ ☆
			☆ ☆ ☆ ☆ ☆
			☆ ☆ ☆ ☆ ☆

books finished: ____ pages read: _____ 2027 reading goal: ____ books