

Build your life from the inside out

THE PLANNER

undated · 52 weeks · 12 months · 5 steps

PREVIEW COPY

OIKONOVA

Flip through The Oikonova Planner

This is a preview copy of the printed planner. You see 19 of its 186 pages: the opening pages, the Oikonova Wheel, one full month and one week. For the other parts you see the first page.

The wheel, month 1 and week 1 are filled in as an example, in blue handwriting, so you can see right away how the planner works. The rest is blank, just like your own planner.

Click any part to jump to it.

Order the printed planner on Amazon | **Buy the digital planner**

In this preview copy

Cover	
Title page	p. 1
Welcome and Start here	p. 3
What is inside	p. 4
How the year works	p. 5
Your first hour and the year at a glance	p. 6–7
Step 1 Inspect, with an example wheel filled in	p. 8–10
Step 2 Clear Out (first page)	p. 17
Step 3 Design (first page)	p. 24
Step 4 Furnish (first page)	p. 37
Step 5 Maintain (first page)	p. 47
Month 1, complete and filled in as an example	p. 50–53
Week 1, filled in as an example	p. 102
The Method Guide (first page)	p. 170
Ready to keep building?	

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THE

Oikonova Planner

Build your life from the inside out

UNDATED · 52 WEEKS · 12 MONTHS · 5 STEPS

Goals · Habits · Reflection · Review

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WELCOME

Build your life from the inside out

Oikos is the Greek word for house. It means more than a building. It means a household, a whole way of living. *Nova* means new. Oikonova is a new house for your life, built from the inside out.

Most people try to change their lives from the outside. A new job, a new plan, a new set of goals. It helps for a few weeks. Then the old thoughts and habits underneath pull everything back. A house with a cracked foundation does not get stronger with a fresh coat of paint.

This planner works the other way around. It starts with an honest look at where you stand. It helps you clear what holds you back, design what you want to build, furnish your days with small habits that hold, and keep it all in good repair when life gets hard.

You will not do everything at once. That is the point. The method is built on one idea: you do not have to change everything, you have to lay one stone well. One stone this week. Another next week. In a year you will not recognize the house.

THE OIKONOVA METHOD: FIVE STEPS

1 Inspect	Look honestly at where you are. The Oikonova Wheel, your values, your vision.
2 Clear Out	Remove what holds you back. The declutter list, the Three Lists, the ABC sheet.
3 Design	Choose what to build. Life goals, one-year goals, three-month plans.
4 Furnish	Make it daily. Rituals, habits, 21-day experiments, the Build Hour.
5 Maintain	Keep it standing. Monthly and weekly reviews, a relapse plan, a support circle.

Every page tells you what to do. For the full explanation, with examples, turn to The Method Guide at the back (page 170).

START HERE IN THREE STEPS

1. **See where you stand**
   Fill in the Oikonova Wheel on page 9. It takes about ten minutes.

2. **Choose one stone**
   Choose one area and one small step for this week. Write it down in Week 1, on page 102.

3. **Come back every week**
   Take twenty minutes each week to look back and plan the next week. Missed a week? Just carry on.

Have more time? On page 6, Your first hour takes you further, step by step.

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WELCOME

What is inside

Start here 6
Your first hour, the year at a glance

Step 1 Inspect 8
Wheel, awareness, values, vision, dreams

Step 2 Clear Out 17
Declutter list, Three Lists, ABC sheets, people map

Step 3 Design 24
Life goals, one-year goals, vision board, SMART, 3-month plans, strategy

Step 4 Furnish 37
Rituals, 21-day experiments, habit trackers, Build Hour

Step 5 Maintain 47
Relapse plan, support circle

12 months 50
A quote, a calendar and a review for every month

Wheel re-checks 98
Re-score your wheel every three months

Year in review 100
Look back, then look ahead

52 weeks 102
One page per week

Notes 154
Lined, grid and dotted pages

The Method Guide 170
Detailed instructions and worked examples for every tool

If you need more than a planner 185
Support and crisis resources

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WELCOME

How the year works

This planner runs on five rhythms. Each one is short. Together they keep you moving without overwhelming you. Full details in the Method Guide.

Guide p. 171

RHYTHM	TIME	WHAT YOU DO	WHERE
Daily	5 minutes	Morning ritual. Do your one stone. Evening: tick your habits, note one win.	Weekly page, ritual page
Weekly	20 minutes	Plan the week on Sunday or Monday. Choose one main goal. Look back on Sunday.	52 weekly pages
Monthly	45 minutes	Set the month's focus. Fill the calendar. At month end, review honestly.	Monthly pages
Quarterly	90 minutes	Set three goals for three months. Re-score your wheel. Hold a Build Hour.	Quarter plans, wheel re-check
Yearly	2 hours	Look back. Re-do the wheel, values and vision. Set next year's direction.	Year in review

THE GOLDEN RULE: ONE STONE

When life gets busy, do not drop the planner. Shrink it. Choose one stone, the smallest useful step toward your main goal, and do only that. A small step done beats a perfect plan abandoned. If you miss a day, or a week, do not start over. Open to the current week and carry on. The only rule is: never miss twice.

UNDATED MEANS YOU START WHEN YOU ARE READY

There are no printed dates. Begin on any day of any month. Write the month and the dates in yourself. If you skip a week, simply turn the page. There is no "behind" in this planner. Only the next stone.

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START HERE

Your first hour

Do these in order. Each takes five to fifteen minutes. Tick them as you go. If you only have ten minutes today, do the first one.

Guide p. 171

- ◯ **Fill in the Oikonova Wheel** — p. 9
  Score eight areas of life from 1 to 10.
- ◯ **Read your wheel** — p. 10
  Notice your highest and lowest scores. Choose one area to start with.
- ◯ **Write your values** — p. 13
  Circle the values that matter most. Choose your top five.
- ◯ **Describe your perfect ordinary day** — p. 15
  Not a fantasy. A normal day that feels right.
- ◯ **Start your declutter list** — p. 18
  Write down everything that clutters your life. Do not fix anything yet.
- ◯ **Set one three-month goal** — p. 32
  Just one is fine. Write why it matters and a reward.
- ◯ **Plan this week** — p. 102
  Open to Week 1. Pick a main goal and one stone.
- ◯ **Set a time to meet yourself** — p. 102
  Put a weekly planning time in your calendar. Same day, same time.

Tip. Use a pencil for the first pass. Your answers will change as you learn more about yourself. That is not a mistake. It is the method working.

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START HERE

My year at a glance

Write the months in the order you will use them. Give each month one focus word and one thing you want to be true by the end of it.

Month 1

Month: _____

Focus word: _____

By the end: _____

Month 2

Month: _____

Focus word: _____

By the end: _____

Month 3

Month: _____

Focus word: _____

By the end: _____

Month 4

Month: _____

Focus word: _____

By the end: _____

Month 5

Month: _____

Focus word: _____

By the end: _____

Month 6

Month: _____

Focus word: _____

By the end: _____

Month 7

Month: _____

Focus word: _____

By the end: _____

Month 8

Month: _____

Focus word: _____

By the end: _____

Month 9

Month: _____

Focus word: _____

By the end: _____

Month 10

Month: _____

Focus word: _____

By the end: _____

Month 11

Month: _____

Focus word: _____

By the end: _____

Month 12

Month: _____

Focus word: _____

By the end: _____

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STEP 1 OF 5

1

Inspect

Look honestly at where you are now. You cannot plan a route without knowing your starting point.

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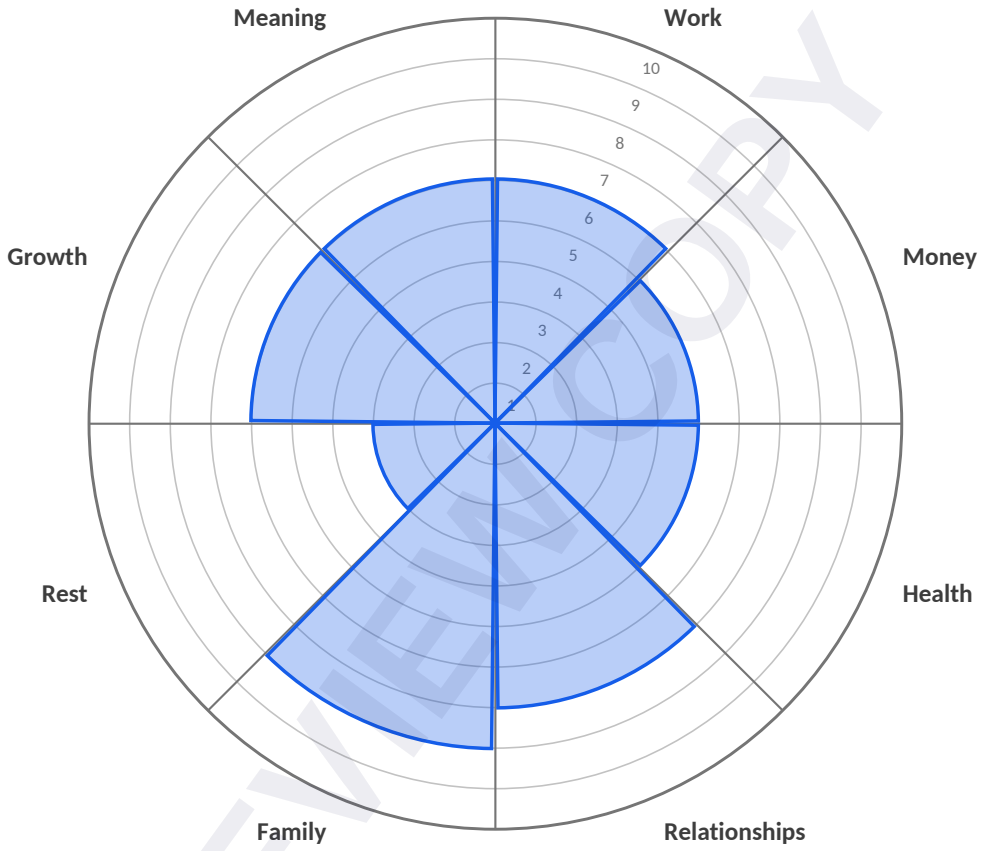
You cannot repair what you refuse to look at.
Look first. Judge later.

STEP 1 · INSPECT

The Oikonova Wheel

For each area, ask: how satisfied am I right now? Shade the segment from the center outward up to your score (1 to 10). Be honest, not generous. Score what is true today.

Guide p. 172



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1–3	4–6	7–8	9–10
Attention now	Growth zone	On track	Strength

My scores

Work 6 / 10	**Money** 5 / 10	**Health** 5 / 10	**Relationships** 7 / 10
Family 8 / 10	**Rest** 3 / 10	**Growth** 6 / 10	**Meaning** 6 / 10

Date: March 1, 2027

Overall feeling when I look at my wheel: Rest stands out.

Example: what it can look like

STEP 1 · INSPECT

Reading my wheel

Do not rush to fix the lowest score. Look for the area where one small step would help the most, or the one that quietly affects others.

Guide p. 172

My highest scores, and what is working there

Family (8) and relationships (7). We eat together most nights.

And I have a few friends I can really call.

My lowest scores, and what I notice about them

Rest (3). I go to bed late and keep scrolling on my phone.

Money and health (5): no clear overview and little exercise.

Which areas affect each other? (for example: poor rest lowers my work and my mood)

Too little sleep makes me tired at work.

And at home I get short-tempered faster.

The one area I choose to start with, and why

Rest. If I sleep better, my work and my family will notice

it too.

If this area improved by one point, what would be different in my week?

I wake up less tired and have more patience in the evening.

MY FIRST STONE (THE SMALLEST USEFUL STEP)

At 10:30 pm my phone goes on the charger in the kitchen.

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STEP 2 OF 5

2

Clear Out

Remove what holds you back, before you add anything new. Space comes first.

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Space is not empty. It is where the next good thing gets built.

STEP 3 OF 5

3

Design

Decide what you want to build, then break it into pieces small enough to start.

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A plan is a promise you make to the person you will be in a year.

STEP 4 OF 5

4

Furnish

Turn your plans into daily life with small rituals, habits and experiments.

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What you do every day builds the home you live in.

STEP 5 OF 5

5

Maintain

Keep what you have built in good repair. Review, adjust, and ask for help.

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A fall is information. Get up, read it, and take the next step.

Example: what it can look like

MONTH 1

Month: March

Begin where you stand. The first stone needs no permission.

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What stands out to me in this quote? I don't have to wait until everything is right.

Where do I see it in my life right now? I've wanted better sleep for months, but I keep saying "Monday."

One thing I will do because of it: Tonight I put my phone away at 10:30 pm.

MONTH 1 • PLAN

Month: March Year: 2027

THIS MONTH'S GOALS

- [ ] Phone away at 10:30 pm every night
- [ ] Walk for 30 minutes, three times a week
- [ ] Put all my monthly bills on one list

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Walk	2	3 Walk	4 Late shift	5	6 List monthly bills	7
8	9 Dentist 9:00	10	11	12	13 Grandma's birthday	14
15	16	17 School night 7:30	18	19	20 Walk	21
22	23	24	25	26	27 Bike ride with the family	28
29	30	31 Month review				

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NOTES AND TO-DO

Move the charger to the kitchen

Banking app: look up monthly bills

Check my walking shoes

Example: what it can look like

MONTH 1 · ACTIONS

My actions to make this month successful

For each area, write one small action. You do not need to fill every box. Leave areas that are fine for now.

WORK

Close my laptop at 5:30 pm.

MONEY

List all monthly bills (Saturday, March 6).

HEALTH

Walk for 30 minutes, three times a week.

RELATIONSHIPS

Call my sister, just to catch up.

FAMILY

Going well. Nothing for now.

REST

Phone on the charger at 10:30 pm.
Put a book on my nightstand.

GROWTH

Read one chapter a week.

MEANING

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MONTH 1 · REVIEW

My monthly review

Hold this review at the end of the month. Sit somewhere quiet. Be curious, not harsh. You are looking for patterns, not for blame.

Guide p. 182

What did I learn this month?

A set time works better than a good intention.

On busy days, a 15-minute walk is fine too.

My wins, big and small

My monthly bills are on paper.

Called my sister twice.

What got in the way?

Late shifts. Then I still grabbed my phone in bed.

What will I do differently next month?

On late-shift days, an alarm at 10:15 pm as a reminder.

Boundaries: where did I say yes when I meant no?

I said yes to an extra shift while I was tired.

Relationships: who did I invest in? Who needs repair?

My sister. I still want to make things right with my neighbor.

QUICK WHEEL CHECK: SCORE EACH AREA NOW (1 TO 10)

Work	Money	Health	Relationships	Family	Rest	Growth	Meaning
6	6	5	7	8	4	6	6

Three moments of joy or gratitude this month

A bike ride with the kids. Cake at Grandma's.

A sunny morning walk.

Who or what supported me? How did I look after my body and mind?

My partner joined me in the phone rule.

I slept in on Sunday.

Ideas and notes

April: more vegetables at lunch?

Combine walking with grocery runs.

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Example: what it can look like

WEEK 1

Week of: 03 / 01 / 27

Month: March

THIS WEEK'S MAIN GOAL

Phone on the kitchen charger at 10:30 pm every night.

MY ONE STONE

Move the charger to the kitchen today.

MONDAY 03/01

- Walk at lunch
- Laptop closed at 5:30

TUESDAY 03/02

- Groceries
- Son to soccer 6:30

WEDNESDAY 03/03

- Walk
- Free evening

THURSDAY 03/04

- Late shift until 8:00

FRIDAY 03/05

- Pizza night with the family

SATURDAY 03/06

- Walk
- List monthly bills

SUNDAY 03/07

- Call my sister
- Plan next week

HABITS

	M	T	W	T	F	S	S
Phone away 10:30	●	●	●	○	●	●	●
Walk 30 minutes	●	○	○	○	○	●	○
Read in bed	●	○	●	○	○	○	●
	○	○	○	○	○	○	○

WORK TO-DO

- [x] Send the April schedule
- [ ] Email team about vacation
- [ ] Clean up my files
- [ ]
- [ ]

PERSONAL TO-DO

- [x] Charger to the kitchen
- [x] Card for Grandma
- [ ] Banking app: bills
- [ ]
- [ ]

MINDSET: the thought I will practice

I don't have to do everything today.

THIS WEEK'S SUCCESS

Phone away 6 of 7 nights.
Walked twice.

NEXT WEEK'S GROWTH

Stop on time after Thursday's late shift too.

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THE METHOD GUIDE

How to use this planner well

This guide explains every tool in the planner: what it is, why it works, exactly how to use it, and what it looks like filled in. The examples come from real experiences, changed so that no one can be recognized. Yours will look different, and that is fine.

Five principles

- **Start small.** One stone a week beats a plan you abandon in February. If you are unsure how much to do, do less.
- **Meet yourself on a schedule.** Choose a weekly planning time, for example Sunday at 6 p.m. Put it in your calendar like an appointment.
- **Be honest, not harsh.** The wheel, the reviews and the ABC sheet only work if you write what is true. Treat yourself the way you would treat a friend.
- **Use a pencil at first.** Your answers will change as you learn. Changing an answer is progress, not failure.
- **Never miss twice.** Missing a day is normal. What matters is the next day. If you miss a week, open to the current week and carry on. Nothing is "behind".

Three ways to use it

- **Full (about 45 minutes a week).** Weekly planning and review, daily ritual, habit tracking. Best when you have energy and want fast progress.
- **Light (about 10 minutes a day).** Fill in the weekly page, tick your habits, write one win each evening. Best for busy seasons.
- **Minimum (2 minutes).** Write one stone for the day. That is all. Best for hard seasons. You are still building.

Your first week. Do the pages in "Start here" in order, then open to Week 1. You will not feel finished and you do not need to. The planner is designed to be learned by using it.

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Ready to keep building?

The full planner has 186 pages: all five steps, 12 months, 52 weeks, 16 notes pages and The Method Guide, with instructions and worked examples for every tool.

No dates, so you start whenever you are ready.

Order the printed planner on Amazon

Prefer your phone or tablet? The digital planner has the same content and works in your browser.

Buy the digital planner

Want to try it first? Open the free preview

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