

LIFE NOTED™

With Life Noted™, Quo Vadis offers a new generation of planners to address today's organizational challenges and time management demands.

Created to help the user: develop self-awareness - focus on priorities - set, achieve and track goals - organize and manage time.

The Life Noted™ planner is your all-in-one-tool, the perfect place to:

- Assess and take stock of your life
- Determine priorities for growth
- Establish specific goals for the year, month and week
- Set yearly, monthly, weekly and daily plans of action
- Record and celebrate your achievements

Annual assessment, priorities, goals and action pages.

PLANNING SYSTEM

The image displays four pages from the Life Noted planner, each with a teal header and a spiral binding on the right side. The pages are:

- 2017-2018 ASSESSMENT:** Contains handwritten text under the heading "Assess:". The text includes: "Feeling bored at work. Need greater challenges.", "Tired and run down. Focus more on health & wellbeing.", "Need more time with family. Time to plan for Billy's college.", "When can I retire? I need a plan!", and "Find a creative outlet and have more fun!".
- 2018-2019 PRIORITIES:** Contains handwritten text under the heading "Priorities:". The text includes: "Get a promotion or change department.", "Lose weight / Get in shape - start jogging?", "Plan fun stuff with family.", and "Save money every month.".
- GOALS FOR 2018-2019:** Contains handwritten text under the heading "Goals:". The text includes: "Look for online business courses.", "Look for jogging clubs near me.", "Save extra \$250 each month.", "Open college savings plan in January.", "Research weekend spots nearby.", and "Look for a local art club/class.".
- ACTION / NOTES FOR 2018-2019:** Contains handwritten text under the heading "Action:". The text includes: "Register to one class for the spring.", "Call jogging club contact and get going.", "Call broker and increase 401k contributions.", "Set up online savings for Billy's college fund.", and "Book rentals for May and August.".

Dedicated pages after and before each month to evaluate where you are, where you're going and how to get there.

The image shows a monthly planner page for August 2018. The page is divided into three main sections: "Assessment" (top left), "Goals" (top right), and "Action / Notes" (bottom). The "Assessment" section has a header "2018 AUGUST REVIEW" and a sub-header "Assessment". The "Goals" section has a header "2018 AUGUST REVIEW" and a sub-header "Goals". The "Action / Notes" section has a header "2018 AUGUST REVIEW" and a sub-header "Action / Notes". The page is spiral-bound on the right side.

Not sure what to write or have extra room? Make it your own with sketches, doodles, musings, quotes, notes or whatever is on your mind!