

# Welcome to Planner Duck.

A 10-page sample of how the full system works. Print it, write on it in GoodNotes, or just read it — whatever fits.

## How to use this sample

Each of the next five pages is a real template from the Planner Duck library. Run them for a week. The two essay pages after that explain the five planning principles the whole system rests on. The last two pages tell you where to go next if it works for you.

You did not pay for this. There is no upsell pressure here. The whole point is to give you something you can actually use today.

*Tip: print pages 2-6 and stack them on your desk. The week ahead will feel different.*

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# Today

Date

Mood (1-10)

## Top 3 priorities — if nothing else, these

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Other to-dos (optional)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Evening close — what slipped, what is pre-loaded for tomorrow

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# Today

Date

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## Hour by hour

07:00	
08:00	
09:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	

# This week

Week of

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## Three priorities this week

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## What am I pre-deciding?

Decisions you make NOW so Monday-you does not have to.

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## One small experiment to try

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# This month

Month / Theme

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**One outcome that would make this month a win**

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**Two or three smaller goals**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**End-of-month reflection (fill on the last day)**

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# Habits, one week

Pick 3 habits maximum. Smaller is better.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

## What got in the way?

Missing twice in a row is the diagnosis. The friction is the answer.

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# Five planning principles.

The whole Planner Duck system rests on these. If you only take one thing from this sample, take these.

## 1. Friction is the diagnosis

If a habit or routine collapses after week three, the problem is rarely willpower. It is usually friction. The morning routine that takes 22 minutes works on a normal Tuesday and dies on a stressed Tuesday. Shrink it. A daily ritual that takes five minutes can survive almost anything.

## 2. The review is the system

A planning system without a weekly review is just a fancier to-do list. The 20-minute weekly review is what catches the system before it collapses — what got done, what did not, what is coming, what to pre-decide. Without it, the rest is theater.

## 3. The quarterly cadence beats the annual one

Annual goals are too far. Daily to-dos are too close. The quarterly review — every 90 days — is the natural unit where intention meets follow-through. It is also why most January resolutions die in February. They needed an early March checkpoint they never got.

## 4. Match the tool to the data

Most "digital vs paper" debates are framed wrong. The real question is what kind of information you are capturing. Paper is faster for thinking through hard decisions and morning brain dumps. Digital is better for anything you need to search later. Use both, for different things. Stop being loyal to one tool.

## 5. Identity beats outcomes

James Clear is right about this in Atomic Habits. A planning system anchored to "I am the kind of person who plans my week" lasts longer than one anchored to "I want to be more productive." Identity-level questions are slower and quieter, but they survive.

*If those five make sense to you, the rest of the Planner Duck library makes sense too. They show up in every template, every ebook, every workbook.*

If you want to go deeper, the Daily Planning Foundations ebook (\$20 Starter Pack) is 40 pages on these exact ideas in practice.

# The four bundles.

All one-time purchases. Lifetime access. 7-day refund window.

## **Starter Pack — \$20**

40-page Daily Planning Foundations ebook + 5 printable planning templates (daily, weekly, monthly, habit tracker, goal worksheet). 6 files.

## **Essentials Bundle — \$32**

Everything in Starter, plus the Planner Duck Productivity OS for Notion, the Quarterly Review Workbook, and the Habit Stacking Guide. 9 files plus Notion template.

## **Pro Bundle — \$46**

Everything in Essentials, plus the GoodNotes Hyperlinked Planner, the Annual Planning Architecture ebook, and the Productivity Email Templates Pack. 12 files plus Notion template.

## **Complete Library — \$69 (most popular)**

Everything in Pro, plus the 100-page Complete Planning Master ebook, 12 monthly bonus packs (60+ extra templates), priority email support, and lifetime updates on every future product. 75+ files.

**Browse all bundles:** [moccromedia.com/pricing](https://moccromedia.com/pricing)

# Thanks for trying this.

If anything in here landed, or did not, or could be better — I want to hear it.

## Reply directly

Email [hello@moccromedia.com](mailto:hello@moccromedia.com). I read every message.

You can also find me on Instagram at [@planner\\_duck\\_](https://www.instagram.com/planner_duck) where I share the smaller ideas that do not make it into longer pieces.

## If you want the full system

The Daily Planning Foundations ebook (in the \$20 Starter Pack) explains the why behind every template you just used. The other bundles add Notion, the 60+ monthly templates, the hyperlinked GoodNotes planner, and the deeper ebooks.

[moccromedia.com/pricing](https://moccromedia.com/pricing)

## 7-day refund window on everything

If you ever buy something and it is not what you needed, email me within 7 days for a full refund. No questions.

— *Zakaria*

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