

AB4LIFE

A DAILY COMPANION

Faith & Purpose

Daily Planner

A Daily Companion for Intentional Living with God

Activated by Faith. Backed by Grace.

AB4LIFE.COM

WELCOME

Dear Friend,

If you've opened this planner, it's no accident. God has been preparing your heart for a season of intentional living — a rhythm where faith leads, peace anchors, and purpose unfolds one day at a time.

This isn't just a place to track tasks. It's a sacred space where your to-do list meets your prayer list. Where the gentle voice of the Holy Spirit reshapes how you spend your hours. Where the small "yes" you say to God today becomes the testimony you carry tomorrow.

You don't have to have it all figured out. You don't need a perfect morning or a quiet house. You only need a willing heart and a few honest minutes to come home to Him.

May every page remind you: you are deeply loved, fully forgiven, and beautifully called.

"Commit your work to the Lord, and your plans will be established."

PROVERBS 16:3 (ESV)

With love,

Angela · AB4Life

How to Use This Planner

1. Begin in His Presence

Before opening to today's page, pause. Take three slow breaths. Whisper, "Lord, lead me through this day."

2. Anchor in Scripture

Each Daily page invites you to record a verse. Let one short passage shape your perspective rather than racing through chapters.

3. Plan Around Your Purpose

Identify your Top 3 Priorities — not your longest list. Faith-led people do fewer things with greater intention.

4. Live the Rhythm

Use the Morning, Midday, and Evening prompts as soft check-ins, not a performance. Grace is the goal.

5. Reflect Weekly & Monthly

Look back to see God's hand. Look forward to recommit your steps. Use the trackers to celebrate progress, not chase perfection.

6. Keep It Honest

Write the prayers you actually pray. Record the lessons you actually learned. This planner becomes a record of His faithfulness.

MAKE IT YOURS

This Planner Belongs To

NAME

EMAIL

SEASON / YEAR

A WORD GOD IS SPEAKING TO ME

MY WHY

MY PRAYER OVER THIS SEASON

Today, I walk with God.

TODAY'S SCRIPTURE

"Be still, and know that I am God."

PSALM 46:10

MORNING PRAYER

TOP 3 PRIORITIES

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FAITH FOCUS

PURPOSE GOAL TODAY

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"The Lord is my shepherd; I shall not want."

PSALM 23:1

MORNING PRAYER

TOP 3 PRIORITIES

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FAITH FOCUS

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"I can do all things through him who strengthens me."

PHILIPPIANS 4:13

MORNING PRAYER

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Trust in the Lord with all your heart."

PROVERBS 3:5

MORNING PRAYER

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Cast all your anxieties on him, because he cares for you."

1 PETER 5:7

MORNING PRAYER

TOP 3 PRIORITIES

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"My grace is sufficient for you."

2 CORINTHIANS 12:9

MORNING PRAYER

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FAITH FOCUS

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"The joy of the Lord is your strength."

NEHEMIAH 8:10

MORNING PRAYER

TOP 3 PRIORITIES

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FAITH FOCUS

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"She is clothed with strength and dignity."

PROVERBS 31:25

MORNING PRAYER

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"In quietness and in trust shall be your strength."

ISAIAH 30:15

MORNING PRAYER

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Wait for the Lord; be strong, and let your heart take courage."

PSALM 27:14

MORNING PRAYER

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Delight yourself in the Lord, and he will give you the desires of your heart."

PSALM 37:4

MORNING PRAYER

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WINS · LESSONS · EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Let the peace of Christ rule in your hearts."

COLOSSIANS 3:15

MORNING PRAYER

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FAITH FOCUS

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Seek first the kingdom of God and his righteousness."

MATTHEW 6:33

MORNING PRAYER

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Do not be anxious about anything."

PHILIPPIANS 4:6

MORNING PRAYER

TOP 3 PRIORITIES

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FAITH FOCUS

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"The steadfast love of the Lord never ceases."

LAMENTATIONS 3:22

MORNING PRAYER

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Be strong and courageous. Do not be frightened."

JOSHUA 1:9

MORNING PRAYER

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"This is the day that the Lord has made."

PSALM 118:24

MORNING PRAYER

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FAITH FOCUS

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Come to me, all who labor, and I will give you rest."

MATTHEW 11:28

MORNING PRAYER

TOP 3 PRIORITIES

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WINS · LESSONS · EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Whatever you do, work heartily, as for the Lord."

COLOSSIANS 3:23

MORNING PRAYER

TOP 3 PRIORITIES

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FAITH FOCUS

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"The Lord will fight for you, and you have only to be silent."

EXODUS 14:14

MORNING PRAYER

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FAITH FOCUS

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Let your light shine before others."

MATTHEW 5:16

MORNING PRAYER

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FAITH FOCUS

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Walk by faith, not by sight."

2 CORINTHIANS 5:7

MORNING PRAYER

TOP 3 PRIORITIES

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FAITH FOCUS

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WINS · LESSONS · EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Set your minds on things that are above."

COLOSSIANS 3:2

MORNING PRAYER

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WINS · LESSONS · EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

*"Be kind to one another, tenderhearted,
forgiving."*

EPHESIANS 4:32

MORNING PRAYER

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WINS · LESSONS · EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"The Lord is near to all who call on him."

PSALM 145:18

MORNING PRAYER

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Whoever sows bountifully will also reap bountifully."

2 CORINTHIANS 9:6

MORNING PRAYER

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WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"Let us not grow weary of doing good."

GALATIANS 6:9

MORNING PRAYER

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MEALS

B: _____ D: _____

L: _____ Snack: _____

WINS • LESSONS • EVENING REFLECTION

Today, I walk with God.

TODAY'S SCRIPTURE

"He has made everything beautiful in its time."

ECCLESIASTES 3:11

MORNING PRAYER

TOP 3 PRIORITIES

☐ _____

☐ _____

☐ _____

FAITH FOCUS

PURPOSE GOAL TODAY

APPOINTMENTS

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

TO-DO LIST

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WATER

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MEALS

B: _____ D: _____

L: _____ Snack: _____

WINS • LESSONS • EVENING REFLECTION

Looking Back. Leaning In.

"Search me, O God, and know my heart! Try me and know my thoughts!"

PSALM 139:23 (ESV)

Where did I see God show up this week?

What did He teach me?

Where did I strive instead of trust?

What is He inviting me into next week?

WEEKLY PRAYER

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WEEKLY PRAYER

Monthly Goal Setting

"For I know the plans I have for you, declares the Lord."

JEREMIAH 29:11 (ESV)

SPIRITUAL GOAL

PERSONAL GOAL

FAMILY GOAL

WORK / CALLING GOAL

HEALTH GOAL

MONTHLY PLANNING

Habit Tracker

Scripture Memory

WEEK 1 • VERSE

WHAT IT MEANS TO ME

WEEK 2 • VERSE

WHAT IT MEANS TO ME

WEEK 3 • VERSE

WHAT IT MEANS TO ME

WEEK 4 • VERSE

WHAT IT MEANS TO ME

Vision Board

"Write the vision; make it plain." — Habakkuk 2:2

FAITH

FAMILY

HEALTH

WORK

REST

GIVING

Bible Reading Tracker

Color in a square for each chapter you read.

Genesis

Psalms

[illegible]

Proverbs

[illegible]

Matthew

[illegible]

John

[illegible]

Romans

[illegible]

Ephesians

--	--	--	--	--	--

Philippians

□ □ □ □

James

--	--	--	--	--

1 John

--	--	--	--	--

TRACKERS

Prayer Tracker

Answered Prayer Log

"I sought the Lord, and he answered me."

PSALM 34:4 (ESV)

DATE _____ PRAYER _____
HOW GOD ANSWERED _____

DATE _____ PRAYER _____
HOW GOD ANSWERED _____

DATE _____ PRAYER _____
HOW GOD ANSWERED _____

DATE _____ PRAYER _____
HOW GOD ANSWERED _____

DATE _____ PRAYER _____
HOW GOD ANSWERED _____

DATE _____ PRAYER _____
HOW GOD ANSWERED _____

DATE _____ PRAYER _____
HOW GOD ANSWERED _____

DATE _____ PRAYER _____

Blessings Log

"Give thanks in all circumstances."

1 THESSALONIANS 5:18 (ESV)

Small wins. Quiet mercies. Daily kindnesses.

01.

02.

03.

04.

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24.

Who Is God to Me Today?

"The Lord is my light and my salvation."

PSALM 27:1 (ESV)

REFLECTION

What Am I Letting Go Of?

"Cast all your anxieties on him."

1 PETER 5:7 (ESV)

REFLECTION

What Am I Saying Yes To?

"Here I am! Send me."

ISAIAH 6:8 (ESV)

Where Am I Seeing God's Faithfulness?

"Great is your faithfulness."

LAMENTATIONS 3:23 (ESV)

NOTES

Notes & Whispers

NOTES

Notes & Whispers

NOTES

Notes & Whispers

NOTES

Notes & Whispers

A FINAL WORD

Keep walking.
Keep trusting.
Keep believing.

"And let us not grow weary of doing good, for in due season we will reap, if we do not

GALATIANS 6:9 (ESV)

ACTIVATED BY FAITH. BACKED BY GRACE.

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