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Make your weekly plan

Revision 2026-10-10

Pick up to three focus goals and this week's actions, then submit the plan.

You need a **Submitted** weekly plan before you can write a daily entry. The app says: "Every week needs a weekly plan before you can write a daily journal entry."

Submit this week's plan

1. Tap **My Journal**, or from **Home** tap **Start weekly plan** / **Continue weekly plan**.
2. On **Plan this week**, tap **Add Goals**.
3. Pick up to 3 **Active** goals, then tap **Done**.
4. Write this week's actions in the text box.
5. Tap **Submit weekly plan**.

When the plan is **Submitted**, **My Journal** shows **Weekly plan complete** under **THIS WEEK'S PLAN**. You can open the plan again to review or update it.

Drafts

You can leave the plan unfinished and come back later. A **Draft** is not enough to unlock journaling. You must tap **Submit weekly plan**.

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