



*the guide for easy*

**UPLOADING  
PRINTING  
& USING**  
*your planner*



OPTIMISTIC\_THERAPIST



PLANNERTHERAPY\_



PLANNERTHERAPYCO.COM

FOR PERSONAL  
USE ONLY

*happy planning!*

*-Alexa Baliski*

LICENSED MARRIAGE & FAMILY  
THERAPIST

IF INTERESTED IN COMMERCIAL USE, VISIT  
[PLANNERTHERAPYCO.COM](http://PLANNERTHERAPYCO.COM)



IT IS ILLEGAL TO SHARE,  
SELL, REDISTRIBUTE, OR  
IMITATE PLANNER  
THERAPY PRODUCTS



# PRINT GUIDE

FOR PRINTING YOUR  
PRINTABLE TEMPLATES

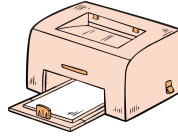
## HOW TO USE YOUR DIGITAL DOWNLOADS



*Digital  
Planner*



*DIY Planner  
with binder*



*Print free  
form sheets as  
needed*



*Use with happy  
planner rings +  
punch*



*Smartphone  
Compatible*

- All pages are 8.5 x 11 (LETTER SIZE)
- Move pages around to put them in an order that works for you
- This planner is created with versatility in mind. Therapists can combine multiple resources from all over the internet in addition to your purchase of @plannertherapy\_ organization sheets! You can use this bundle as a starting point to organize your worksheets, handouts, important information, etc!
- **love having things organized? Follow @plannertherapy\_ on Instagram and get documentation hacks, educational tidbits, and new product drops. You can find the entire digital library on [www.plannertherapyco.com](http://www.plannertherapyco.com)**

## WHAT PROGRAM CAN I USE MY PLANNER IN?

### ACCESS THESE IN YOUR APP STORE OR THEIR WEBSITE

•GOODNOTES •NOTESHELF •ONENOTE •EVERNOTE • QUICKNOTES X •NOTO • NOTABLE

**"I DON'T HAVE ACCESS TO THOSE APPS BECAUSE I DON'T HAVE A MAC/APPLE PRODUCT!" ----->**

### YOU CAN EDIT THEM WITH MICROSOFT / WINDOWS IN:

PDFESCAPE.COM •PDFFILLER • ADOBE ACROBAT •SMALLPDF.COM

## HOW TO USE YOUR DIGITAL APP

1. import PDF directly into the app you've chosen from above!  
Combine all desired files for one neat layout.

Get started by writing on it directly with your Apple Pencil, the 'text' feature within the app, or using the voice to text feature.

Yay! Get ready for that new planner feeling without paper piles everywhere!

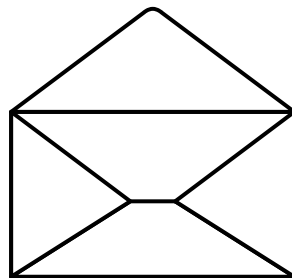
## HOW TO PRINT



1. Download file as a PDF & print
2. Make sure your printer settings are matched to print "LETTER SIZE"
3. Decide what method you will use to put it together from the section 'how to use your planner'.

# THANK YOU!

IF YOU ENJOYED THIS PRODUCT,  
PLEASE FEEL FREE TO LEAVE A  
REVIEW ON MY ETSY SHOP :)



I'VE INCLUDED A LINK TO A LIBRARY OF FREE  
WORKSHEETS. I HOPE YOU FIND THEM HELPFUL!

# Freebies!

CLICK HERE

*Alexa Baliski*

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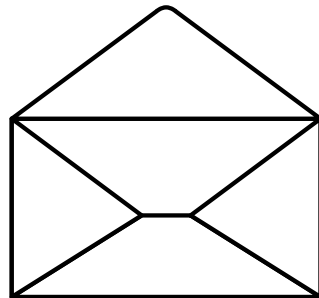
 [PLANNERTHERAPYCO.COM](http://PLANNERTHERAPYCO.COM)

IF IT DOESN'T WORK, DIRECT LINK HERE! [HTTPS://WWW.PLANNERTHERAPYCO.COM/FREEBIES](https://www.plannerttherapyco.com/freebies)

# LET'S BE FRIENDS!

I'D LOVE TO HEAR FROM OTHER PROFESSIONALS TO SHARE YOUR PERSONAL RECOMMENDATIONS (AND YOUR OWN CREATIONS/SERVICES!) OF QUALITY PODCASTS, BOOKS, YOUTUBE CHANNELS, SOCIAL MEDIA ACCOUNTS, NETWORKING + THERAPY SERVICES, CREATIVE PROJECTS, CONSULTATION / SUPERVISION GROUPS, ETC.

I REGULARLY UPDATE ALL PRINTED PRODUCTS. IT'S A FREE MARKETING OPPORTUNITY :)



# Freebies!

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I've worked  
hard on these for the  
last few years & I'm so  
excited to share them  
with you!

-Alexa