

• LIFE PLANNING · REFLECTION

Reflection, *by voice.*

Close the day in your own words —
speak, don't type.

A voice command guide from VoiceFirstPlanner

FREE

Reflection takes two minutes and changes how the next day goes. Log that you did it with one line, and speak your answers straight into the page.

1 · Log that you reflected

A single line ticks your reflection habit for the day.

 "Morning reflection done"

 "I did my morning reflection"

 "I journalled today"

 "I meditated"

What happens: Your reflection habit is ticked for today.

2 · Speak your answers (in the app)

Each question in the Reflect tab has its own mic — tap and talk.

What happens: Speak into each one: what went well · what to improve tomorrow · what you're grateful for · tomorrow's intention.

GOOD TO KNOW

- "Morning reflection done" is the quickest way to log it; "journalled" and "meditated" work too.

PREMIUM

Go unlimited

Daily reflection is part of Premium's voice planning, alongside values, roles and goals. Premium unlocks the whole planner with no limits — unlimited tasks, habits, projects, goals, notes, reminders and named lists — plus the full recurring schedule and use on up to 2 devices.

\$9.99 value — free download. Premium from \$7.99/mo · or \$99 once for lifetime (first 1,000 members).