

eyedeas.

For eye care professionals.

From an eye care professional.

Your year, your vision.

This diary is your space to plan your days, reflect on what you are building and keep your vision clear all year long.

Created by an eye care professional, for eye care professionals. Your eyedeas brings together the practical and personal sides of your week. A place for plans, notes from a CPD event, ideas from a team meeting or a moment to pause after a busy clinic.

Inspired by my own search for a planner that understood life in eye care, I hope these pages help you make space for your ambitions, recognise the small wins and look after yourself along the way.

A handwritten signature in black ink, reading 'Krupa'. The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

A little focus, one page at a time. Make these pages your own.

YOUR MONTH IN VIEW

Your calendar spans two pages. Add appointments, important dates and time for yourself.

THIS MONTH'S FOCUS & GOALS

Write what you want to focus on or achieve. Under "From vision to action", list small steps and tick them off as you go.

YOUR WEEK AHEAD

A full page for Monday–Sunday. Plan your clinics, everyday tasks and moments away from work.

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

Capture loose ends, such as checking a query has been answered. Tick them off as you go; keep patient details in your secure practice system.

I'M 20/20 (WHAT WENT WELL)

Look back on one weekly win: a clearer explanation, a new skill or a moment you felt proud of.

ONE WORD TO DESCRIBE YOUR WEEK

Sum up your week in one word. Perhaps "focused", "busy" or "rewarding".

THIS WEEK'S AFFIRMATION

A kind reminder: "I trust myself and what I bring."

YOUR NOTES

Space for your eyedeads, learning and anything on your mind, with eleven extra notes pages at the back.

MON	TUE	WED	THU
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

FRI	SAT	SUN
1	2	3
8	9	10
15	16	17
22	23	24
29	30	31

THIS MONTH'S FOCUS & GOALS

FROM VISION TO ACTION

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28 DEC - 3 JAN

MON	28	
TUE	29	
WED	30	
THU	31	
FRI	1	
SAT	2	
SUN	3	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

4 JAN - 10 JAN

MON	4	
TUE	5	
WED	6	
THU	7	
FRI	8	
SAT	9	
SUN	10	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

11 JAN - 17 JAN

MON	11	
TUE	12	
WED	13	
THU	14	
FRI	15	
SAT	16	
SUN	17	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

18 JAN - 24 JAN

MON	18	
TUE	19	
WED	20	
THU	21	
FRI	22	
SAT	23	
SUN	24	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

25 JAN - 31 JAN

MON	25	
TUE	26	
WED	27	
THU	28	
FRI	29	
SAT	30	
SUN	31	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

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15	16	17	18
22	23	24	25

FRI	SAT	SUN
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THIS MONTH'S FOCUS & GOALS

FROM VISION TO ACTION

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1 FEB - 7 FEB

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BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

8 FEB - 14 FEB

MON	8	
TUE	9	
WED	10	
THU	11	
FRI	12	
SAT	13	
SUN	14	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

15 FEB – 21 FEB

MON	15	
TUE	16	
WED	17	
THU	18	
FRI	19	
SAT	20	
SUN	21	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

22 FEB – 28 FEB

MON	22	
TUE	23	
WED	24	
THU	25	
FRI	26	
SAT	27	
SUN	28	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

MON	TUE	WED	THU
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15	16	17	18
22	23	24	25
29	30	31	

FRI	SAT	SUN
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THIS MONTH'S FOCUS & GOALS

FROM VISION TO ACTION

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1 MAR – 7 MAR

MON	1	
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BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

8 MAR – 14 MAR

MON	8	
TUE	9	
WED	10	
THU	11	
FRI	12	
SAT	13	
SUN	14	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

15 MAR - 21 MAR

MON	15	
TUE	16	
WED	17	
THU	18	
FRI	19	
SAT	20	
SUN	21	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

22 MAR - 28 MAR

MON	22	
TUE	23	
WED	24	
THU	25	
FRI	26	
SAT	27	
SUN	28	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

29 MAR - 4 APR

MON	29	
TUE	30	
WED	31	
THU	1	
FRI	2	
SAT	3	
SUN	4	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

MON	TUE	WED	THU
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19	20	21	22
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FRI	SAT	SUN
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THIS MONTH'S FOCUS & GOALS

FROM VISION TO ACTION

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5 APR - 11 APR

MON	5	
TUE	6	
WED	7	
THU	8	
FRI	9	
SAT	10	
SUN	11	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

12 APR - 18 APR

MON	12	
TUE	13	
WED	14	
THU	15	
FRI	16	
SAT	17	
SUN	18	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

19 APR - 25 APR

MON	19	
TUE	20	
WED	21	
THU	22	
FRI	23	
SAT	24	
SUN	25	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

26 APR - 2 MAY

MON	26	
TUE	27	
WED	28	
THU	29	
FRI	30	
SAT	1	
SUN	2	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

MON	TUE	WED	THU
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24	25	26	27
31			

FRI	SAT	SUN
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28	29	30

THIS MONTH'S FOCUS & GOALS

FROM VISION TO ACTION

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3 MAY – 9 MAY

MON	3	
TUE	4	
WED	5	
THU	6	
FRI	7	
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SUN	9	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

10 MAY - 16 MAY

MON	10	
TUE	11	
WED	12	
THU	13	
FRI	14	
SAT	15	
SUN	16	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

17 MAY - 23 MAY

MON	17	
TUE	18	
WED	19	
THU	20	
FRI	21	
SAT	22	
SUN	23	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

24 MAY - 30 MAY

MON	24	
TUE	25	
WED	26	
THU	27	
FRI	28	
SAT	29	
SUN	30	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

31 MAY – 6 JUN

MON	31	
TUE	1	
WED	2	
THU	3	
FRI	4	
SAT	5	
SUN	6	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

MON	TUE	WED	THU
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21	22	23	24
28	29	30	

FRI	SAT	SUN
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THIS MONTH'S FOCUS & GOALS

FROM VISION TO ACTION

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7 JUN - 13 JUN

MON	7	
TUE	8	
WED	9	
THU	10	
FRI	11	
SAT	12	
SUN	13	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

14 JUN - 20 JUN

MON	14	
TUE	15	
WED	16	
THU	17	
FRI	18	
SAT	19	
SUN	20	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

21 JUN - 27 JUN

MON	21	
TUE	22	
WED	23	
THU	24	
FRI	25	
SAT	26	
SUN	27	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

28 JUN - 4 JUL

MON	28	
TUE	29	
WED	30	
THU	1	
FRI	2	
SAT	3	
SUN	4	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

MON	TUE	WED	THU
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19	20	21	22
26	27	28	29

FRI	SAT	SUN
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THIS MONTH'S FOCUS & GOALS

FROM VISION TO ACTION

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5 JUL - 11 JUL

MON	5	
TUE	6	
WED	7	
THU	8	
FRI	9	
SAT	10	
SUN	11	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

12 JUL – 18 JUL

MON	12	
TUE	13	
WED	14	
THU	15	
FRI	16	
SAT	17	
SUN	18	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

19 JUL – 25 JUL

MON	19	
TUE	20	
WED	21	
THU	22	
FRI	23	
SAT	24	
SUN	25	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

26 JUL - 1 AUG

MON	26	
TUE	27	
WED	28	
THU	29	
FRI	30	
SAT	31	
SUN	1	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

MON	TUE	WED	THU
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16	17	18	19
23	24	25	26
30	31		

FRI	SAT	SUN
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THIS MONTH'S FOCUS & GOALS

FROM VISION TO ACTION

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2 AUG - 8 AUG

MON	2	
TUE	3	
WED	4	
THU	5	
FRI	6	
SAT	7	
SUN	8	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

9 AUG - 15 AUG

MON	9	
TUE	10	
WED	11	
THU	12	
FRI	13	
SAT	14	
SUN	15	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

16 AUG - 22 AUG

MON	16	
TUE	17	
WED	18	
THU	19	
FRI	20	
SAT	21	
SUN	22	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

23 AUG - 29 AUG

MON	23	
TUE	24	
WED	25	
THU	26	
FRI	27	
SAT	28	
SUN	29	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

30 AUG - 5 SEP

MON	30	
TUE	31	
WED	1	
THU	2	
FRI	3	
SAT	4	
SUN	5	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

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20	21	22	23
27	28	29	30

FRI	SAT	SUN
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24	25	26

THIS MONTH'S FOCUS & GOALS

FROM VISION TO ACTION

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6 SEP - 12 SEP

MON	6	
TUE	7	
WED	8	
THU	9	
FRI	10	
SAT	11	
SUN	12	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

13 SEP – 19 SEP

MON	13	
TUE	14	
WED	15	
THU	16	
FRI	17	
SAT	18	
SUN	19	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

20 SEP – 26 SEP

MON	20	
TUE	21	
WED	22	
THU	23	
FRI	24	
SAT	25	
SUN	26	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

27 SEP – 3 OCT

MON	27	
TUE	28	
WED	29	
THU	30	
FRI	1	
SAT	2	
SUN	3	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

MON	TUE	WED	THU
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

FRI	SAT	SUN
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THIS MONTH'S FOCUS & GOALS

FROM VISION TO ACTION

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4 OCT - 10 OCT

MON	4	
TUE	5	
WED	6	
THU	7	
FRI	8	
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SUN	10	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

11 OCT - 17 OCT

MON	11	
TUE	12	
WED	13	
THU	14	
FRI	15	
SAT	16	
SUN	17	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

18 OCT - 24 OCT

MON	18	
TUE	19	
WED	20	
THU	21	
FRI	22	
SAT	23	
SUN	24	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

25 OCT - 31 OCT

MON	25	
TUE	26	
WED	27	
THU	28	
FRI	29	
SAT	30	
SUN	31	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

MON	TUE	WED	THU
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30		

FRI	SAT	SUN
5	6	7
12	13	14
19	20	21
26	27	28

THIS MONTH'S FOCUS & GOALS

FROM VISION TO ACTION

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1 NOV – 7 NOV

MON	1	
TUE	2	
WED	3	
THU	4	
FRI	5	
SAT	6	
SUN	7	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

8 NOV – 14 NOV

MON	8	
TUE	9	
WED	10	
THU	11	
FRI	12	
SAT	13	
SUN	14	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

15 NOV – 21 NOV

MON	15	
TUE	16	
WED	17	
THU	18	
FRI	19	
SAT	20	
SUN	21	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

22 NOV - 28 NOV

MON	22	
TUE	23	
WED	24	
THU	25	
FRI	26	
SAT	27	
SUN	28	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

29 NOV – 5 DEC

MON	29	
TUE	30	
WED	1	
THU	2	
FRI	3	
SAT	4	
SUN	5	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

MON	TUE	WED	THU
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

FRI	SAT	SUN
3	4	5
10	11	12
17	18	19
24	25	26
31		

THIS MONTH'S FOCUS & GOALS

FROM VISION TO ACTION

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6 DEC - 12 DEC

MON	6	
TUE	7	
WED	8	
THU	9	
FRI	10	
SAT	11	
SUN	12	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

13 DEC - 19 DEC

MON	13	
TUE	14	
WED	15	
THU	16	
FRI	17	
SAT	18	
SUN	19	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

20 DEC - 26 DEC

MON	20	
TUE	21	
WED	22	
THU	23	
FRI	24	
SAT	25	
SUN	26	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

27 DEC - 2 JAN 2028

MON	27	
TUE	28	
WED	29	
THU	30	
FRI	31	
SAT	1	
SUN	2	

BLIND SPOTS, THOUGHTS & PATIENT FOLLOW UPS

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I'M 20/20 (WHAT WENT WELL)

ONE WORD TO DESCRIBE YOUR WEEK

THIS WEEK'S AFFIRMATION

