

## The weekly PLaN

Prioritising the sacred -  
that is what we are here  
for.

So last week we freed up some of our time by mitegating, delegating or eliminating thisngs that no longer serve us.

Over the last 4 weeks we have dived deep on what is most important to, us, what lights us up, what drives us nuts and spending time doing things for you!

So let's put that into action in a weekly plan!!

One of my fave humans, Emma Issacs, talks about how each day she starts by asking herself "What would make today great?". She keeps that to 2-3 things and off she goes. No to-do list, but the intention of making the day great.

We are going to run a similar things - but for a week.

What would make this week great?

If you sat back at the end of the week and only achieved a couple of things, what would make you say - "Yep, this week was great".

Use your values, your soul nourishing lists and set your intentions for the week!

And yes, there will be weeks where it all goes belly up, and the plan goes out the window. But there is nothing wrong with having the intention, and not getting there!

# Weekly Plan : Step one

## Wins from last week

List a couple of things that were really great about last week.

Reflect and find the gold, no matter how tiny the sparkle. It matters!

It could be annnnnyything!

## The things that drove me nuts

It is important to let go of the things that grind your gears.

Dump them here and leave them behind!

Can you take any action?

Reflect, consider, let it go

## What would make this week great?

This where your intentions come into it!

What would really make this week great?

Think about your values and what nourishes your soul!

## My mantra for the week?

What will keep you on track?

Is it staying clam? Is it eating well?

Is it a quote that resionates?

Is it a particular goal?

This really can be anything! So long as it draws you back to your intention for the week!

# Weekly Plan

Monday

Tuesday

Wednesday

Thursday

This is where we list the "Big things"  
for the week.  
Work, school, study...

Think about where you would like to  
pop in the "What would make this  
week great" actions.

Friday

Where could you fit the soul  
nourishing?

Saturday

Sunday

If there is time...

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Wins from last  
week

The things that drove me  
nuts

What would make this week  
great?

My mantra for the  
week?

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If there is time...

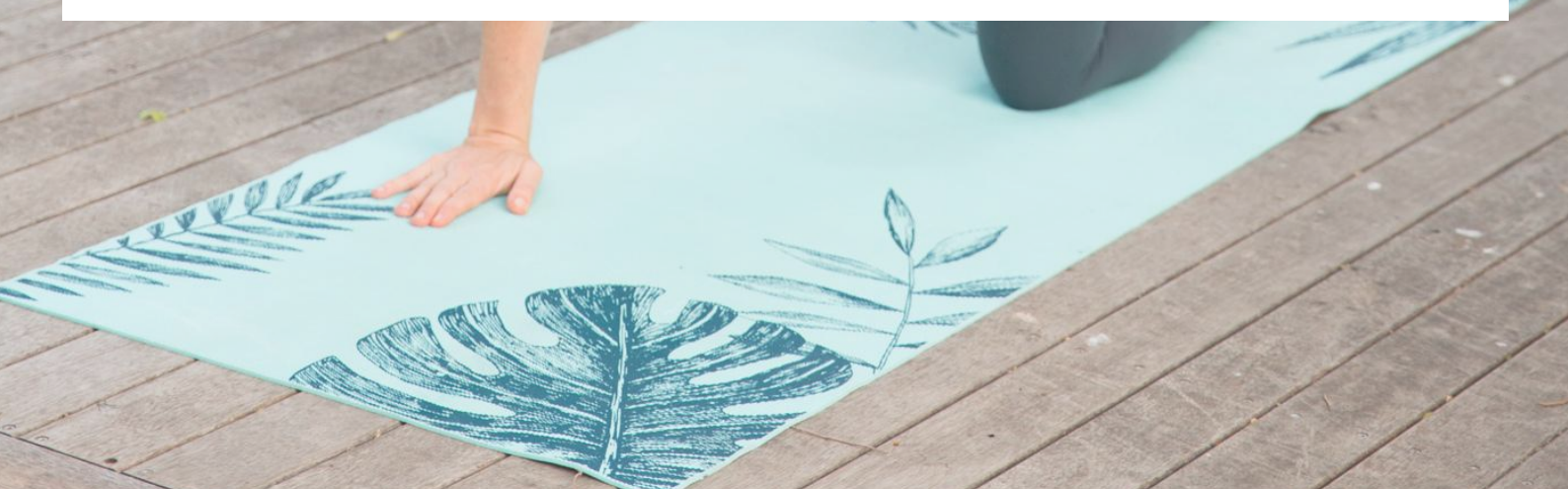


A background image featuring lush tropical plants, including large green leaves and white flowers, with a wooden deck visible at the bottom.

Remember – this is not a tool to beat your self  
up with!

Some weeks we nail it, others we don't.

BUT is we set our intention with what we value  
most, and what makes feel great, we are much  
more likely to balance our lives towards what  
makes us feel great!

A close-up of a person's hand resting on a light blue yoga mat with a dark blue leaf pattern. The mat is laid on a wooden deck.