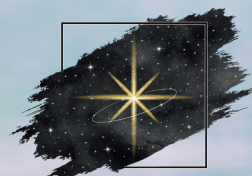


Manage

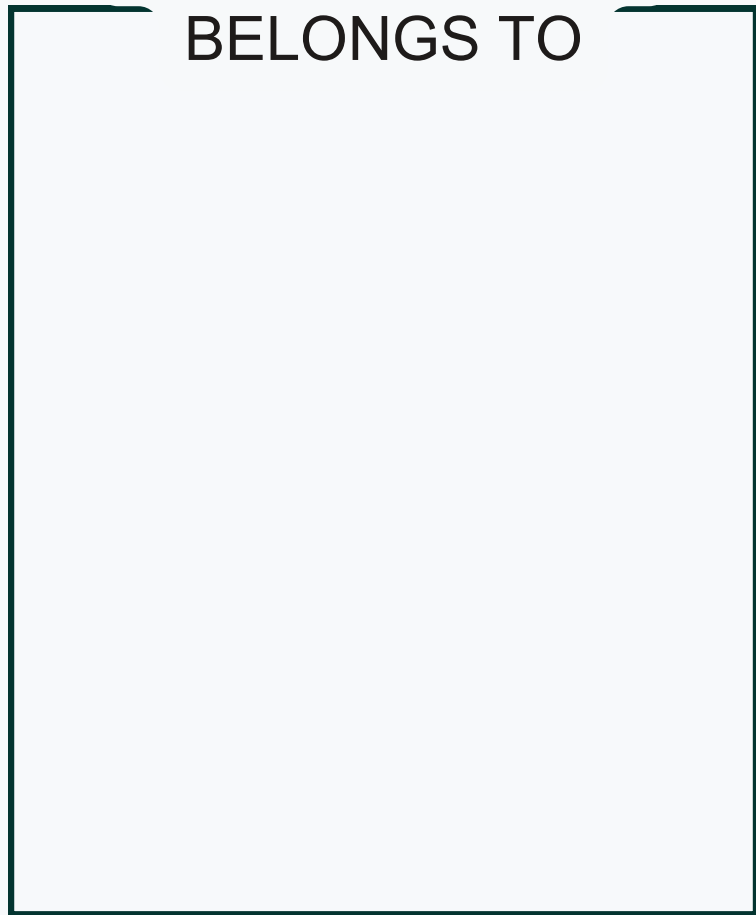
Overwhelm

PLANNER



EPIPHANY
FINANCIAL THERAPY™

THIS WORKBOOK
BELONGS TO



Welcome to Your Journey Towards Simplicity and Clarity

In today's fast-paced world, it's easy to feel swamped by endless tasks, expectations, commitments, and demands from every direction. At first we feel we can cope, but as they say, the reward for doing a great job is more work!

No wonder that overwhelm can creep in slowly until one day you're frozen, your clarity is clouded and peace is a distant memory. Even taking a single next step seems impossible. So, congratulations for taking the step to even open this planner. It's a gentle guide back to yourself.

This planner is about reclaiming your time, focus, and joy. It's designed with one core philosophy: simplicity is the antidote to overwhelm. By mindfully choosing and focussing on your daily, weekly, and monthly activities, this planner helps you navigate life's complexities with ease and grace.

It helps reduce overwhelm in three ways:

1. **Prioritize with Purpose:** Each day, you'll choose just three main tasks. This approach encourages you to focus on what truly matter.
2. **Reflect and Grow:** Daily and monthly reflection sections offer a moment of pause in your busy life.

3. **Breathe and Realign:** Weave mindfulness into your daily routine with weekly tips and a simple breathing technique guide.

These practices are designed to help you stay grounded, reduce stress, and approach each day with a calm and clear mind.

A Powerful Tool

You'll use a powerful tool in a few pages, and will use it again and again throughout the planner: the Brain Dump.

It's an essential first step in managing overwhelm, allowing you to express, reflect, and then organize your thoughts so you can begin with a clear mind and an open heart, ready to tackle each day with renewed clarity and purpose.

Here's to finding peace in the middle of the hustle, clarity in the chaos, and joy in every day.

How to Make the Most of This Planner

This planner is designed to help you regularly check in with yourself so you can make sure you're focusing on what's important to you. This focus can help you be more effective with managing stress and overwhelm.

1. Initial Brain Dump:

Start your journey with the planner by doing an initial brain dump. Take your time to write down all your thoughts, feelings, worries, and ideas. This sets the stage for a clear and focused planning experience.

2. Monthly Kick-Start:

At the beginning of each month, set your intentions and outline your focus areas, especially around managing stress and overwhelm.

3. Weekly Brain Dump:

Each week, before you start planning, do a brief brain dump to clear your mind of any new thoughts or concerns that have arisen.

4. Weekly Planning:

After your weekly brain dump, use the insights you've gathered to inform your weekly planning. Prioritize tasks and set goals for the week.

5. Daily Planning:

Every day, pick the top few tasks that will help you stay on track with your weekly and monthly goals. In the evening, take a moment to think about how your day went, especially how you handled stress.

6. Monthly Review and Check-In:

At the end of the month, go deeper into your reflection. Look back at what you achieved, the challenges you faced, and what you learned about handling stress. This helps you understand what worked well and what you might want to do differently next month.

7. Annual Reflection:

Conclude your year with a comprehensive reflection on how you managed stress and overwhelm, celebrating your growth and planning for the year ahead.

Additional Tips for Effective Use

- **Be Flexible:** Remember that it's okay if not everything goes as planned. Use your planner as a guide, not a strict rulebook.
- **Stay Consistent:** Try to make planning a regular part of your routine, whether it's first thing in the morning, during your lunch break, or before bed.
- **Personalize Your Experience:** Feel free to add personal touches to your planner, like stickers, color coding, or additional notes that make the experience more enjoyable for you.

Why now?

This is where you can explore your motivations and aspirations, and envision a clear and intentional path for the days ahead.

Every journey starts with a reason. Your reason for picking up this planner is unique to you — it might be a desire for better organization, a need to manage stress, or a goal to achieve greater work-life balance. Whatever it is, being clear on and acknowledging your 'why' is the first step in making this planner a transformative tool in your life.

What is my current experience with overwhelm and stress?

How are these feelings of overwhelm affecting my daily life, both personally and professionally?

What specific events or realizations prompted me to address my overwhelm now?

Why is this particular moment the right time for me to focus on managing my overwhelm?

What are my specific goals for managing or reducing overwhelm using this planner?

How do I envision this planner helping me achieve a more balanced and less stressful life?

What challenges or obstacles have I faced in managing stress and overwhelm in the past?

How do I plan to overcome these challenges with the help of this planner?

What kind of support and resources do I currently have or need to help me manage overwhelm?

How can this planner complement these resources and support my journey?

The Brain Dump

In the whirlwind of daily life, our minds often become cluttered with endless thoughts, tasks, and concerns. A 'Brain Dump' is a great way to empty your thoughts and offload everything that's on your mind. It's a mental declutter, a simple yet effective way to bring clarity to your thoughts and priorities.

The beauty of a brain dump lies in its simplicity and power. It's about getting all your thoughts – big and small, significant and trivial – out of your head and onto paper. What felt overwhelming can feel more manageable, your anxiety can be reduced, and you can start to see more clearly what your priorities are, like your self-care.

How to Use This Space

1. **Let It Flow:** Write down whatever comes to mind. Tasks, worries, ideas, plans – everything goes. There's no structure or rules here.
2. **Be Regular:** Make it a habit. Regular brain dumps can significantly help in managing your mental space.
3. **Review and Organize:** After each brain dump session, take some time to look over your notes. What needs immediate action? What can you plan for later? What can you let go of?

The Brain Dump

What's on my mind right now

Tasks I must remember

What I'm worried about

Ideas and inspirations

The Brain Dump

Write or draw whatever comes to mind



How do I feel after this brain dump?

Self-Care Activities

Add to this as you find activities that help you manage feelings of overwhelm, or prevent overwhelm from appearing.

4-7-8 Breathing

The 4-7-8 Breathing Technique, also known as the Relaxation Breath, is a simple yet powerful tool to help you relax and fall asleep faster. Developed by Dr. Andrew Weil, this technique is based on pranayama, an ancient Indian practice that means "regulation of breath".

Benefits

- Reduces anxiety
- Helps with falling asleep
- Manages stress
- Calms the mind and body

Tips

- Focus on maintaining a steady rhythm throughout the exercise.
- Try to practice at least twice a day, but avoid doing it too frequently in the beginning.
- Use this technique whenever anything upsetting happens, or when you are aware of internal tension.
- Use it to help you fall asleep.

How To Do It

- **Find a Comfortable Position:** Sit with your back straight or lie down on a flat surface.
- **Prepare for the Breath:** Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there throughout the exercise.
- **Exhale:** Completely exhale through your mouth, making a whoosh sound.
- **Inhale:** Close your mouth and inhale quietly through your nose to a mental count of four.
- **Hold Your Breath:** Hold your breath for a count of seven.
- **Exhale:** Exhale completely through your mouth, making a whoosh sound to a count of eight.
- **Repeat:** This completes one cycle. Repeat the cycle three more times for a total of four breaths.

Safety

If you feel lightheaded at any time, pause and resume normal breathing. Consult a healthcare professional if you have any respiratory conditions or other health concerns.

Advanced Practice

Once you have mastered the technique, you can gradually increase the number of cycles and practice it as part of your daily stress-reducing routine.

January Kickstart

Monthly Goal/Intention	Major Tasks/Objectives	
Self care Plan	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I am in control of my schedule and my peace.

February Kickstart

Monthly Goal/Intention	Major Tasks/Objectives	
Self care Plan	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Each day, I choose tasks that align with my calm and focus.

March Kickstart

Monthly Goal/Intention	Major Tasks/Objectives	
Self care Plan	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I am empowered to say no to what overwhelms me.

April Kickstart

Monthly Goal/Intention	Major Tasks/Objectives	
Self care Plan	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Simplicity is my chosen approach to each day's tasks.

May Kickstart

Monthly Goal/Intention	Major Tasks/Objectives	
Self care Plan	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I prioritize tasks that matter most and let go of unnecessary stress.

June Kickstart

Monthly Goal/Intention	Major Tasks/Objectives	
Self care Plan	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I embrace a balanced life, where work, rest, and play coexist.

July Kickstart

Monthly Goal/Intention	Major Tasks/Objectives	
Self care Plan	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

With each breath, I release anxiety and invite peace.

August Kickstart

Monthly Goal/Intention	Major Tasks/Objectives	
Self care Plan	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I focus on one task at a time, knowing this is the path to clarity.

September Kickstart

Monthly Goal/Intention	Major Tasks/Objectives	
Self care Plan	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I am stronger than my stress and bigger than my overwhelm.

October Kickstart

Monthly Goal/Intention	Major Tasks/Objectives	
Self care Plan	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I trust in my ability to navigate through busy days with ease.

November Kickstart

Monthly Goal/Intention	Major Tasks/Objectives	
Self care Plan	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My well-being is my top priority amidst life's demands.

December Kickstart

Monthly Goal/Intention	Major Tasks/Objectives	
Self care Plan	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I am capable of handling challenges with serenity and confidence.

Weekly Brain Dump

Use this page throughout the week to capture the busyness and demands. Circle or tick high priority items to use in your weekly planning in the next step.

What's on my mind right now

Tasks I must remember

What I'm worried about

Ideas and inspirations

Write or draw whatever comes to mind

How do I feel after this brain dump?

Weekly Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Key Focus Areas (from brain dump)

Self-Care for the week

Notes

Monday

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Focus for Today

Brain Dump

To Do

	Time	Activity
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Self-Care Today

How did my day go?

Tuesday

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Focus for Today

Brain Dump

To Do

	Time	Activity
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Self-Care Today

How did my day go?

Wednesday

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Focus for Today

Brain Dump

To Do

	Time	Activity
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Self-Care Today

How did my day go?

Thursday

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Focus for Today

Brain Dump

To Do

	Time	Activity
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Self-Care Today

How did my day go?

Friday

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Focus for Today

Brain Dump

To Do

	Time	Activity
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Self-Care Today

How did my day go?

Saturday

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Focus for Today

Brain Dump

To Do

	Time	Activity
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Self-Care Today

How did my day go?

Sunday

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Focus for Today

Brain Dump

To Do

	Time	Activity
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Self-Care Today

How did my day go?

January Review

Achievements to celebrate

Lessons learned

Obstacles faced

Upcoming challenges

Reflection and adjustment

I celebrate the moments this month where I chose calm over chaos.

February Review

Achievements to celebrate

Lessons learned

Obstacles faced

Upcoming challenges

Reflection and adjustment

I am learning to find balance in both busy and quiet times.

March Review

Achievements to celebrate

Lessons learned

Obstacles faced

Upcoming challenges

Reflection and adjustment

Each challenge faced is proof of my resilience and strength.

April Review

Achievements to celebrate

Lessons learned

Obstacles faced

Upcoming challenges

Reflection and adjustment

I acknowledge my efforts in managing daily pressures with grace.

May Review

Achievements to celebrate

Lessons learned

Obstacles faced

Upcoming challenges

Reflection and adjustment

My journey includes learning from stress and growing stronger.

June Review

Achievements to celebrate

Lessons learned

Obstacles faced

Upcoming challenges

Reflection and adjustment

I give myself credit for navigating this month's complexities.

July Review

Achievements to celebrate

Lessons learned

Obstacles faced

Upcoming challenges

Reflection and adjustment

In reflection, I find understanding and power to move forward.

August Review

Achievements to celebrate

Lessons learned

Obstacles faced

Upcoming challenges

Reflection and adjustment

I am committed to making space for rest and self-care.

September Review

Achievements to celebrate

Lessons learned

Obstacles faced

Upcoming challenges

Reflection and adjustment

My experiences this month teach me valuable lessons in balance.

October Review

Achievements to celebrate

Lessons learned

Obstacles faced

Upcoming challenges

Reflection and adjustment

I am proud of myself for prioritizing my peace and mental health.

November Review

Achievements to celebrate

Lessons learned

Obstacles faced

Upcoming challenges

Reflection and adjustment

I let go of what overwhelmed me and cherish what brought me peace.

December Review

Achievements to celebrate

Lessons learned

Obstacles faced

Upcoming challenges

Reflection and adjustment

I step into the new month ready to embrace simplicity and joy.

Annual Review

To make the most of this annual reflection, schedule some time for yourself. Create a quiet space in your life and a serene and mindful space for yourself. Perhaps make a cup of your favorite tea or coffee, find a comfortable spot, and give yourself the gift of uninterrupted time.

This is a special moment to look back on your year — to celebrate your achievements, to acknowledge the hurdles you've overcome, and to ponder your growth and wisdom gained from all your experiences. This reflection is a crucial step in understanding your journey, appreciating your growth, and preparing for the year ahead. Approach this exercise with an open heart and gentle kindness towards yourself so that each insight can be a valuable light guiding your path forward.

What were my key experiences with overwhelm this year and how did I address them?

Which strategies or habits were most effective for me?

What challenges related to overwhelm did I face and what growth did they inspire?

How did mindfulness and self-care practices impact my ability to manage overwhelm?

What have I learned about my stress triggers and coping mechanisms this year?

Based on this year's experiences, what changes or continued practices will I use to better manage overwhelm in the future?

Celebrating Your Journey

As you turn this final page, take a moment to appreciate the journey you've taken with this planner. Each word written, each task completed, and each moment of reflection has been a step in your journey towards managing overwhelm and embracing a life of clarity and purpose.

Celebrate Your Growth

Reflect on the growth you've experienced, the challenges you've navigated, and the moments of peace you've found. You've shown resilience in the face of stress and have learned invaluable lessons about balancing life's complexities. Ultimately you're the only person who can give yourself this peace, and you're doing it!

Look Forward with Hope

While this planner may be complete, your journey continues. Carry forward the habits, insights, and strategies that have served you best. The pace of life is not going more slowly, so the risk of overwhelm trots right next to us every day. But, you're getting better at managing yourself every day too. You've learned to use new tools so your challenge from here on will be remembering to use them!

Here's to you and the wonderful journey ahead!

Notes

