

ICON PLANNER - 'Current Week'

**Are you ready, and extremely excited to use this life changing tool ?!!
You should be !!**

It is easy to squeeze too many things into our days, our weeks and our years, only to feel overwhelmed and not 'have time' for the things we really want to do. The more things we 'have on' and on the 'to do list', the faster time goes, and in some cases we may find ourselves over exerted, running on empty – less than thriving, and possibly moving in a different direction than we had hoped we would be.

This tool is very powerful. I created it when I was a full time student at 30+ years old (studying full time for 6 years), trying to grow a business and support myself with a job to bring money in and keep me afloat while working a job in my chosen field to gain experience and clinical hours. It was all too much and I was spreading myself thin - I couldn't see the forest for the trees and I was exhausted. This visual tool saved me and helped me create clarity of the dream life I envisioned, and now it continues to help so many. I'm excited for it to support you on your journey to manifesting your dream week. Take your time with this and know that you don't need to add absolutely everything to your planner - just the main big things. And if you're feeling a little stuck, work backwards. Begin with your IDEAL PLANNER - this is the fun part anyway and allows you to get clear on what your dream week actually looks like!

Your cup

You are doing a dis-service to Yourself and others (and through your service), if your cup is not filled first. If your cup is running low you cannot show up for yourself, your family, your work, your community, your world – anyone or anything. Always remember the example of the plane airmask - put yours on first, then you can help others.

Often, especially as females (and mama's !!), we may think it is selfish to rest, to do something for us, say no to things, put our priorities first. This is a conditioning and is not serving most women to be their fullest, happiest and healthiest version. And is complete craziness. Let's rewrite this!

ICON PLANNER - 'Current Week'

Think : "do you want more energy, drive, clarity, passion, sex drive, physical freedom e.g. pain free living, moving with ease etc ?"

In order for your body (your soft machine) to serve you best, it needs to be acknowledged and treated kindly - it needs routine and healthy structure. To be able to create our dream days we first need to get clear on **how** we are utilising our time and where we can tweak things to improve flow and create our dream life – yes, this is totally possible.

Remember : 'everyone gets the same 24 hours in a day'

How incredible is that! I believe understanding this is one of the biggest keys to managing our time more efficiently - What do you do with your 24 hours ?

What do you want to do with your 24 hours ?

Things to consider

If you are a mama, or have a family, you can create an Icon Planner with your kids of their week including chores, afternoon activities / sports, school etc - let the child / children choose their own icons and / or create a family Icon Planner for clear communication within your household. Example: you could have different colours for different family members so each day and time of day can still be distinct.

If you have commitments and things that stretch over a fortnight period follow the same principles and do 2 Current Icon Planners. Once you've done a rough draft you can draw up a neater version on a piece of paper or cardboard.

In your journal, use the Icon Planner concept to create your *CURRENT WEEK*

- this is just the initial planner so it can be a rough layout / sketch
- choose your icons so they relate to You
Example: square, circle, dollar sign for work, love heart for spare time / self time, sun for exercise, diamond for accounting / paper work
- make sure you add the **main** things you are currently doing in your week
- fill in the sections of your week – dividing the day into morning, midday, evening
- don't make it complicated - just add the big things and specific times you do them - little things may fit together into 1 icon depending on your schedule or be excluded as they aren't all the time or very small to-do's
- later you can print the planner out and fill it in or create your own

MY CURRENT ICON PLANNER

M T W T F S S

morning

midday /
afternoon

afternoon /
evening

MY ICONS

MIM: here are my planners as an example - I have been refining this over the years so my weeks are quite aligned with how I would like to spend them. There are some adjustments I'd like to incorporate into my week right now to better support me, which I've added to my Ideal Icon Planner to make them happen.

MY CURRENT ICON PLANNER ♡♡								7.11.21
	M	T	W	T	F	S	S	
even	✂	✂	✂	✂	✂	✂	△	
	□	\$	◇	\$/□	□	♡	△	
lunch	□	\$/○	III	\$	□	♡	♡	
			♡		♡	♡	♡	
evening	♡	\$	♡	\$				

MY ICONS	
✂ exercise (yoga/gym/mt.) zahn	□ admin/stock
\$ clinic	△ markets (farmer) I+A
○ I+A + A+A	◇ clean house/ washing
III French class	♡ self/family time

spontaneity!

MY IDEAL ICON PLANNER ♡♡							
	M	T	W	T	F	S	S
even	✂	✂	✂	✂	✂	✂	✂
	□	\$	◇	\$	□	♡	△
lunch	♡	\$/○	III	\$/□	♡	♡	♡
	□	\$	♡	\$	□	♡	♡
evening	♡		♡				

Aiming for

- yoga sundays
- streamline online
- no I+A markets

- stricter times for admin & stock
- more time for gardening

ICON PLANNER - 'Ideal Week'

Using what you have learnt from the concept of the Icon Planner, play around with what your **IDEAL days and week** look like. You may find this easy or you may find there are deeper questions you might need answered, which will be covered in the upcoming modules and can be worked on through your journaling.

Take some time, to feel into what parts of your Current Icon Planner (aka your current life) you like and which ones you may want to change and swap around.

- you may see a pattern of several particular icons
- you may see a lot of icons which aren't leaving you with much space for spontaneity or inviting new opportunities into your life
- you may see certain days you'd prefer to do other things on and have free'd up

Know this

- you can change or edit your version of the Icon Planner whenever you like !!
- notice if you are holding back from truly wanting your IDEAL day - maybe it seems unachievable or unrealistic
- Dream Big !! *"If you can see it in your mind, you can hold it in your hand."*
- leave plenty of room for spontaneity – otherwise we are too rigid
take into account having a balance : yin yang
- creating space encourages new opportunities >>> with people, work / business / fun
so don't overfill your icon planner
- choose an icon (I prefer lovehearts for this) to block out areas to leave as spontaneous free time to do whatever you desire at the time
- only You know what is best for You – so if it no longer resonates then move things around until you feel more at ease and happier with it

Very important !

This planner is based on YOUR life. Consider what is best for Your situation

- if you have young children you have different priorities to consider
- if you are retired verse if you are a young student / employed full time or a business owner you will have different priorities, wants and needs
- the icon planner is not about comparing to other peoples lives, it is about feeling into what feels good to You - at this very moment

Work SMARTER not HARDER = use this planner to structure your day

- Feel into 'What is working for me ?' 'What isn't working for me ?'
- How can I create *space* in my day for me and spontaneity AND be productive and have the necessary things done and organised ? = ICON PLANNER

MY IDEAL ICON PLANNER

M T W T F S S

morning

midday /
afternoon

afternoon /
evening

MY ICONS