

This is an intuitive planner. It is a tool. There are planners designed to navigate linear time, to plan external activities and schedules. This planner is for navigating non-linear time.

It contains a template of a strategic process for aligning with your core (coeur) purpose. Everyday. By energetically aligning and choosing your daily tasks within that alignment, you can trust that those tasks are always efficient, achievable and in line with your core. By focusing on 6 achievable tasks a day, you can accomplish them with ease of mind and ease of energy. Creating a practice of success. Everything else that gets done that day is a bonus.

Remember, external activities, surroundings, moons, planets, etc. can influence you but your core is yours alone. Essentially it does not need to bow to the will of anything external. It is your compass. It has it's own rhythm. Stay tuned. Stay courageous.

In your unique way, you can spend as much or as little time exploring each element of the process in the template. But they should be done in the given order and none should be skipped.

Right Page:

In the first hour of waking or before starting work, complete the exercises on this page. Take notes along the way. In these exercises, note taking is more about processing information and less about documenting information.

Before bed, practice (self) forgiveness. Mistakes are transformed by their lessons.

Left Page:

This page is versatile. Write lists or brainstorm.

On the example page is a diagram for organizing and prioritizing to-do lists in crazy times.

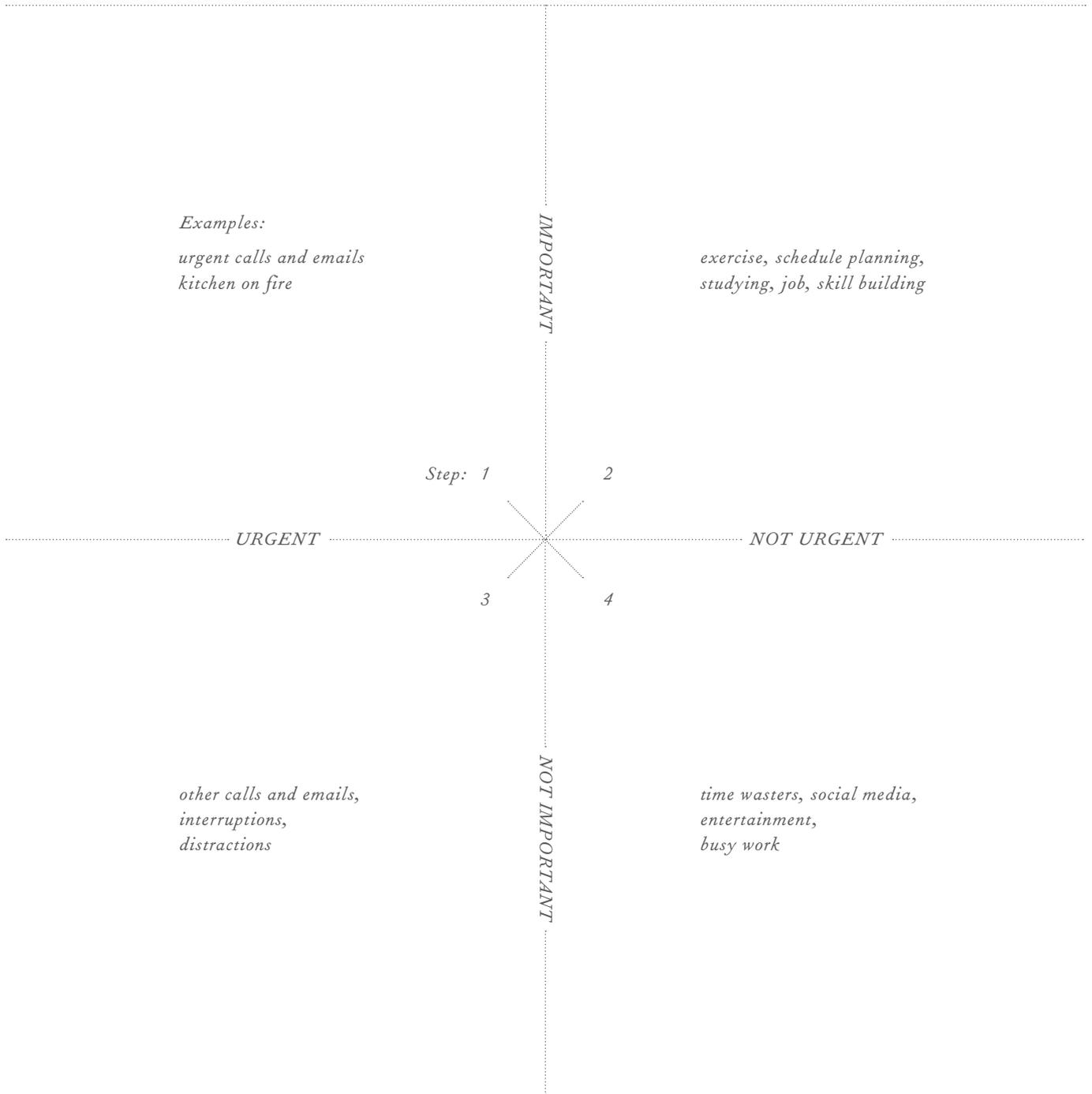
Each element of the process can be explored in greater depth than is mentioned on the example pages. Trust your curiosity to guide you to research further. Everything is practice.

Blessings always.

All is forgiven. Choose to learn.

*At the end of your day practice forgiveness, of yourself and of others. You know better you do better.
(Reset yourself for a fresh start tomorrow.)*

Divide the tasks of your to-do list into the appropriate boxes. The number of the box shows it's priority.



Dream

Note down (the parts of) your dream that you remember. It's okay if your memory isn't clear or you don't remember.

(Improve your memory retention and connection with your Higher Mind.)

Give thanks

Do a gratitude meditation.

(Create an inner state of fulfillment, changing your nervous system, mental state and energy.)

Create

Imagine your ideal existence. Take notes.

What would you like to create and experience in your life? Write down what comes up today. Feel it, as though it is here now. What do you see? How do these things feel to you? How do these things make you feel?

(Expand your energy and mental horizon.)

Evolve

Align yourself with this vision. Take notes.

Who are you in this vision of your ideal existence? How are you? What skills and qualities do you have? What do you value? What habits and beliefs do you no longer have? How does it feel like to let go? Write down all the adjustments you make within yourself.

(Tune your personal energetic frequency. Take responsibility for creating your intention.)

Today

Write 3 self care tasks and 3 work related tasks that are most effective to do today.

Selfcare:

- 1 mind Evolving your mind (by reading or learning) and exercising your body should always be on your self-care list. Self-care is a priority. It is your responsibility to care for yourself and your wellbeing effects the quality of your work.*
- 2 body*
- 3*

Work:

- 1 What would be most effective or important for you to do today that brings you towards your ideal existence? Don't write anything down that you don't think you can accomplish today. Instead, break big goals down into achievable daily tasks. If there's one huge task that will take up your day, break it down into three steps.*
- 2*
- 3*

Be

Visualize the day ahead. How will you need to be today to accomplish your tasks effectively? Write it down. Calm? Focused? Energized? Outgoing? Single minded? Sensitive? Grounded? etc. Invite in who you need to be today. Bless. Begin your day.

(Integrate your intention, energy flow and focus your mind.)

Dream

Give thanks

Create

Evolve

Today

1 mind *1*

2 body *2*

3 *3*

Be

All is forgiven. Choose to learn. Sleep well.
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