

MY ESSENTIALS ULTIMATE LIFE PLANNER

How To Start

PRACTICAL GUIDE

1 Set Up Your Planner

- Get an A4 folder and a hole puncher or plastic dividers—whichever suits your style and budget.
- Choose a color you love and decorate it! This will be on your shelf, ready to grab anytime.

3 Make Time for It

- Schedule 5 to 30 minutes a day to work through the pages—whatever fits your lifestyle.
- Every small step brings you closer to your authentic self.

2 Choose Your Approach

- Look through the index and decide where to start.
- Do you prefer a daily page, a weekly page, or are you an "all in or nothing" kind of person? Print accordingly!

4 Take Action!

- Start filling out your planner and making progress.
- New month? Check whose birthday is coming up and plan gifts ahead.
- Use an errand day (mine is Thursday!) to stay organized.