

Personal Power Planner

Something you can do very soon

Activities	Does this energize me? Yes / No	Commit to time – Is this booked in	Fill in when completed
15 minute stretch session			
Have a bath			
Give yourself a foot massage			
Scrub and moisturise your body			
Meditate			
Exercise anyway that you enjoy			
Play your favourite song and sing along			

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Activities	Does this energize me? Yes / No	Commit to time - Is this booked in	Fill in when completed
Sit out in the sunshine			
Write a thank you card			
Listen to an inspiring podcast			
Read a chapter of a good book			
Write down 3 things you're grateful for today			
Go to bed early			

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Something you can do this week

Activities	Does this energize me? Yes / No	Commit to time – Is this booked in	Fill in when completed
Organise your diary			
Declutter			
Exercise with a friend			
Cook a special meal			
Try out a class – yoga, cooking, craft			
Go to a new place – restaurant, park, gallery, book store			
Book in a treatment			

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Activities	Does this energize me? Yes / No	Commit to time - Is this booked in	Fill in when completed
Contact an old friend			
Help a friend or family member			
Have a picnic			
Pop on a hair or face mask			
Meet up with a mate			
Have a week off alcohol			

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Something you can do in the next month

Activities	Does this energize me? Yes / No	Commit to time – Is this booked in	Fill in when completed
Any of the above			
Volunteer at a community event			
Spend a day with someone you love / cherish			
Plan a day out			
Try out an adventurous activity – ever wanted to try rock climbing, paddle boarding or skiing			
Book in an event – concert, degustation / extra special meal, theatre			
Reduce your time on technology – get off social media, decrease time on email or scrolling online news			

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Something you can do on a regular basis

Activities	Does this energize me? Yes / No	Commit to time – Is this booked in	Fill in when completed
Book in a regular recurring self care treatment appointment			
Volunteering or helping out in an ongoing capacity			
Enrol in an ongoing class or course that you find nurturing or inspiring			
Make a regular habit of going to bed early, hydrating, eating well and or exercising			
Keep a gratitude journal			

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Something to look forward to in the future

Activities	Does this energize me? Yes / No	Commit to time - Is this booked in	Fill in when completed
Plan a holiday			
Book a retreat			
Have a self care day or weekend at home combining lots of special things			
Host a special event - a big birthday, an anniversary dinner, a family reunion, a fundraising drive			
Invite guests to come and stay			