



Weekly Planner

This planner belongs to:



Welcome.

Hi there!

Welcome to the first day of the rest of your life. Wherever you are. You are about to embark on a beautiful new chapter of your life's journey. So are you going to close your eyes and hope for the best? Or are you going to get clear?

Through this planner, I'm inviting you to set some intentions for the next 7 days. It's not about perfection, about getting things right or chasing an invisible ideal. Instead, it's about living with purpose and intention.

Every single day. And the best place to start? Exactly where you're at right now. So get yourself a cup of tea, clear some space around you and then get started on the next page.

Now, it might feel like you are alone at this, but please know that you are just one of many neurodivergents who are taking time out to imagine their new week. Each with their own hopes and dreams for the future. So let's get started, shall we?

*With love,
Kanan*

Commit to Your Journey

THE CHOICE TO CHANGE

When you were a little child, you learned what it meant to be you. From the people around you, the places you lived and the experiences you had. All of those things brought you here. To who you are today. And as you sit here, right now. You're about to embark on a whole new chapter in your life. Some things will stay the same. But most things will change. People will come and go. Experiences will be had and memories will be made. But you've been given a gift in this moment. To decide.

What you will do, how you will live and who you will become. It's a new start, towards the next part of your journey. And sure. Things could stay the same. You could stop here, refuse to grow and remain stuck. But in this moment, with this breath, you have a chance to say yes. Not to yourself, but to the you that you were meant to be. The one who is waiting for you to step out, stand up and commit to yourself, once and for all. So, let me ask you, are you ready for the next step?

A Letter To Myself

Dear _____,

It's time. I am ready to let go of the old, commit to myself and embrace change. I believe that the world is transformed by the choices we make and I know that my life is important. My words, thoughts and actions are powerful.

So I am open to becoming more _____ and choose to do more _____. I am ready to commit to releasing my old stories about who I am and what I am capable of because _____.

This year I am going to be _____ I'm going to spend more time with _____, _____, _____ doing things like _____, _____, _____.

I am also going to devote myself to spending less time doing things that waste my precious time like _____, _____, _____ because they make me feel _____, _____.

The top three things that are important to me are.....

- 1.
- 2.
- 3.

...and I am ready to make them a priority in my life. No matter what.

One last thing: I love you and appreciate you _____, because of all of the amazing things you have made it through and all the incredible things you have accomplished. Especially that time you _____.

I wish for you a life worth living, my friend. And I'll be here with you, until the end.

With love,

Dream Day Ritual

You know in the movies when the main character rolls out of bed to the sound of their alarm clock and rushes into doing all-of-the-things in their busy day and before they know it, they're falling back into their bed exhausted? That used to be my life.

Sound familiar? If you're feeling as though you're stuck in the same kind of rut, I'm here to let you know: It doesn't have to be that way. In fact, it shouldn't be. Your life shouldn't be something that you have to be forced into. And even when times are tough, there should always be something to look forward to.

That perfect cup of coffee, the call from a friend, the sound of the birds outside your window or the feeling you get when you finally hit your goal. Most of us have been told that life is hard and it's supposed to be. That there isn't anything worth looking forward to. And to simply just get by.

But I believe so much more is possible for us all. And I know you do too. So I want you to **take some time to write out your dream day**. Who would you be spending it with? What would you do? Where would you live? How would you dress? Imagine what it could be like, so you can start to make little changes to create that for yourself. One day at a time.





Dream Day Ritual

UNCOVER WHAT REALLY MATTERS

Take a deep breath, before you begin. I want you to close your eyes and think about what it is you want. Yes, what do YOU want? Write down the details of what your ideal day would look like and feel like, in the box below. Be as vivid and descriptive as you can!

Setting Your Goals

DEFINE YOUR INTENTIONS



Even if it doesn't quite feel like it yet, there is a reason why you want what you want. Which is why you should never EVER listen to anyone else tell you what that is. Your dreams and desires are unique. And they should be. Because nobody else knows what is in your heart.

So it's time to give up the fight. That never ending race to the an invisible finish line. That you will never live up to. Those unrealistic and even harmful expectations that other people have for you and even those you have for yourself.

Take some time to get clear on the goals you have for yourself. Don't let anyone stop you from dreaming big here. Write down what you want to feel, do and become in every area of your life. How do you want to feel? What do you want to do? And who do you want to become?

This is your chance to make those things happen, but first you have to write them down - so you can!



Weekly Goal Setting

CREATE YOUR VISION

This is the place to explore how you want to feel, what you want to do and who you want to become in the next year of your life. Write down your each of your goals in the following areas of your life.

EMOTIONAL GOALS

PHYSICAL GOALS

FINANCIAL GOALS






SPIRITUAL GOALS

RELATIONAL GOALS

CREATIVE GOALS






Day 1

"In the end these things matter the most: How well did you love? How fully did you live? How deeply did you let go?" — Buddha

SCHEDULE	TO DO
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	<p style="text-align: center;">NOTES</p>
1:00	<hr/>
2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	<p style="text-align: center;">GRATITUDE</p>
6:00	
7:00	1.
8:00	2.
9:00	3.
10:00	4.
	5.






Day 2

"If you have an idea, you have to believe in yourself or no one else will." — Sarah Michelle Gellar

SCHEDULE	TO DO
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	NOTES
1:00	<hr/>
2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	GRATITUDE
6:00	
7:00	1.
8:00	2.
9:00	3.
10:00	4.
	5.






Day 3

“Abundance is not something we acquire - it's something we tune in to” — Wayne Dyer

SCHEDULE	TO DO
7:00	
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10:00	
11:00	
12:00	NOTES
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2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	GRATITUDE
6:00	
7:00	1.
8:00	2.
9:00	3.
10:00	4.
	5.






Day 4

“You can have it all. Just not all at once.” — Oprah Winfrey

SCHEDULE	TO DO
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10:00	
11:00	
12:00	NOTES
1:00	<hr/>
2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	<hr/>
6:00	GRATITUDE
7:00	1.
8:00	2.
9:00	3.
10:00	4.
	5.






Day 5

“If your dream only includes you, it’s too small.” — Ava DuVernay

SCHEDULE	TO DO
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11:00	
12:00	NOTES
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2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	GRATITUDE
6:00	
7:00	1.
8:00	2.
9:00	3.
10:00	4.
	5.






Day 6

"Nothing is impossible; the word itself says, 'I'm possible.'"
 — Audrey Hepburn

SCHEDULE	TO DO
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11:00	
12:00	NOTES
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2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	<hr/>
6:00	GRATITUDE
7:00	1.
8:00	2.
9:00	3.
10:00	4.
	5.

Day 7

*"Whether you think you can or you think you can't, you're right."
— Henry Ford*

SCHEDULE	TO DO
7:00	
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10:00	
11:00	
12:00	NOTES
1:00	
2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	<hr/>
6:00	GRATITUDE
7:00	1.
8:00	2.
9:00	3.
10:00	4.
10:00	5.

*"Whatever the
mind can conceive
and believe, it can
achieve"*

— NAPOLEON HILL

