

I AM



Planner Guide

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The Love Therapist

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A letter from me to you

Hello wonderful being!

Thank you so much for purchasing an I AM Planner. You are giving yourself the gift of reflection, organization, growth, and transformation. This planner is designed to empower you to take control of your life, get more organized, reach your goals, love yourself more, and become the best version of YOU. This planner was created to help you make your dreams and visions a reality!

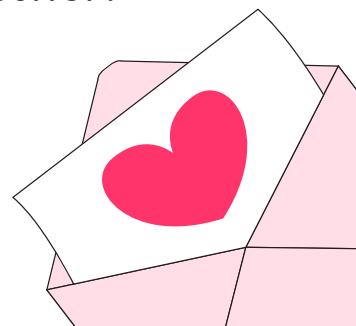
Planners are a great way to manage your time, get organized, increase productivity, set goals, notice patterns, hold yourself accountable, relieve stress, improve your health, and co-create your reality. I created this planner with a specific focus on the power of I AM affirmations to increase your confidence, encourage healing, and improve self-esteem. I AM Planner includes pages for visualization, goal-setting, habit-tracking, creating a weekly health plan, reflections, and more.

I created this guide to help you to know how to make the most of your planner. I've included explanations of each page as well as tips and examples for what to write. However, I want you to be creative and use this planner in whatever way best suites you!

I'd love to get your feedback and see how you're using your planner. If you'd like to share a review or post pages of your planner on Instagram, tag me at @the.love.therapist and I will re-share some of them to my stories! If you have time, I would also really appreciate a review of the planner on Amazon.

Sending you so much love. We are healing together!

Happy Planning,
Jordan ❤



Affirmations

I AM are two of the most powerful words in the English language. With these two words, we claim what we are, we define our identity, and we co-create our lives.

Your subconscious mind takes what you say literally. This is why visualization is such a powerful practice, and this is why your words matter. Do you consciously realize the subconscious I AM statements you hold about yourself? Notice what words you use after I AM on a daily basis. What are your most commonly thought and spoken I AM statements? What are you declaring for your life?

You have the power of choice. You get to choose what you think about yourself and your experiences. You can use affirmations to re-program your subconscious mind and shape your reality.

Identify some of the limiting beliefs you hold and replace them with beliefs you'd like to have about yourself. For example, you can replace "I am not able" with "I am able to try," or you can replace "I am not good enough" with "I am good enough, I am worthy."

Affirmations are a powerful way to affirm who you want to be and what you want to experience in life. Infuse your life with suggestions to your subconscious mind about the reality you want to co-create.

You can make compassionate I AM statements a habit by repeating them daily. For example, before you eat, you can affirm "Thank you food for nourishing my healthy body." Before you go to sleep, you can affirm "I am grateful for a good night's rest. I will wake up feeling refreshed and rejuvenated." Before starting work, you can affirm "I am intelligent and creative. I am grateful to give my gifts and receive compensation for my work. I will complete my tasks with joy and efficiency." You get the picture.

Write your favorite affirmations in this section for inspiration. You can return to this page when you need motivation and a reminder.

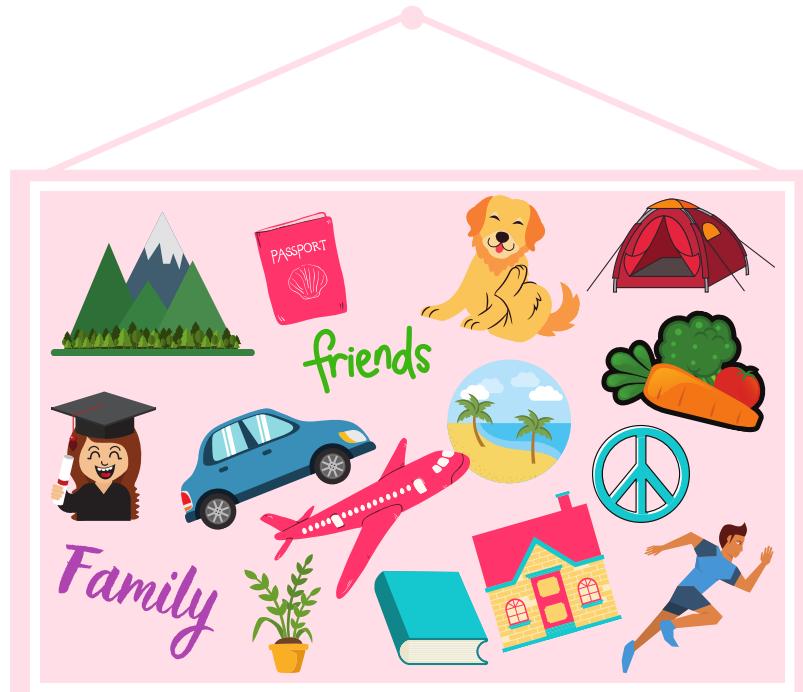
Vision Board

A vision board is a visualization tool used for inspiration and motivation. It's a visual representation of your goals and dreams, represented by a collage of words, images, and pictures. Use this vision board in your planner to clarify your vision and set clear goals for what you want this year. You can write them down using words, draw pictures, attach photos & images, or attach magazine cut-outs.

Your vision board may include:

- Words that describe how you want to feel
 - Places you want to travel
- Visual representations of your health & fitness goals
 - Your dream job or home
- Things you want to focus on (family, friends, school, etc)
 - Books you want to read
- Symbols that represent something meaningful to you
 - Anything that inspires or motivates you
 - Meaningful quotes

By visualizing your dream life, you activate the creative part of your subconscious mind. When we clarify and visualize our goals and dreams, we put our subconscious to work to create opportunities and notice resources that will help us to fulfill our dreams.



This Years Vision & Goals

Once you've clarified your vision for the year, then you can get more specific about what you want to achieve in different areas of your life.

Imagine: What do you want your life to look like 1 year from now in each of these categories? Write your vision and goals down for the year ahead. Consider what daily steps you need to take to get there.

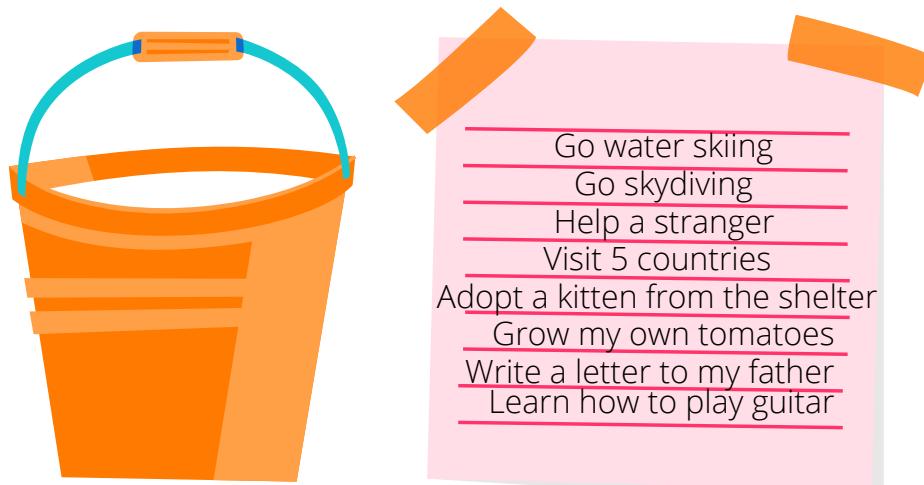
To encourage you to work towards your goals every day, each month and week in your planner will have a space to break your big goals down into smaller goals.



Bucket List

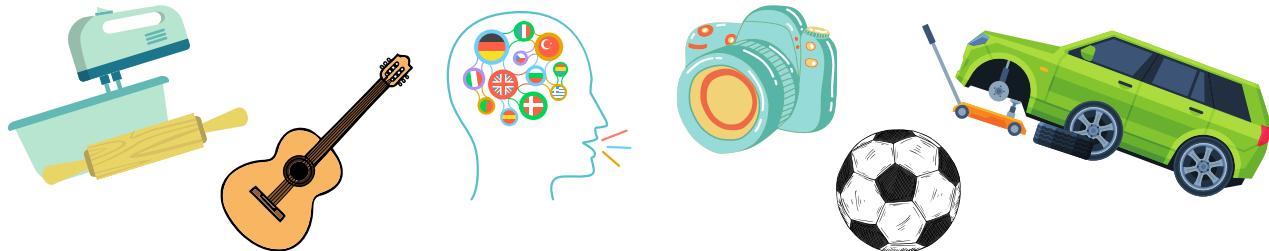
A bucket list is a list of experiences you want to have during your lifetime. In this section, write your bucket list of experiences you want to have this year. Maybe you want to ride in a hot air balloon, go snowboarding, milk a cow, or relax in a hot spring.

What new experiences do YOU want to have this year?



Skills to Learn

What do you want to learn how to do this year? Maybe you want to learn how to play the piano, learn how to bake, learn a new language, or learn how to change the tire on your bike. What new skills will you learn this year?



Reading List

What books do you want to read this year? What audiobooks do you want to listen to? What podcasts do you want to listen to?
Write them down here!



Self-Care Toolbox

What will you do to take care of your health and mental well-being this year? Make a list of practices, activities, and coping skills you will use to take care of yourself. My self-care toolbox includes time in nature, meditation, playing piano, exercising, breathing exercises, taking baths, and journaling. What practices and activities do you have in your self-care toolbox?



Self-Love: I Love Myself Because...

What do you love most about yourself? You are so unique. You are so resilient! You have beautiful dreams. Your heart is so big. You show up for yourself every day, even when life is hard. You are a gift to this world, just because you are here. Write down all of the things you love about yourself. Come back to this list when you are struggling and need a pick-me-up!



Lessons To Remember

What are some lessons you've learned in your life? What have your struggles, mistakes, and challenging experiences taught you? How will you take the wisdom and lessons you've learned from those experiences forward with you into this next year?

Things That Make Me Smile

What makes you smile? What brings you joy? How can you make more time for those things in your life?

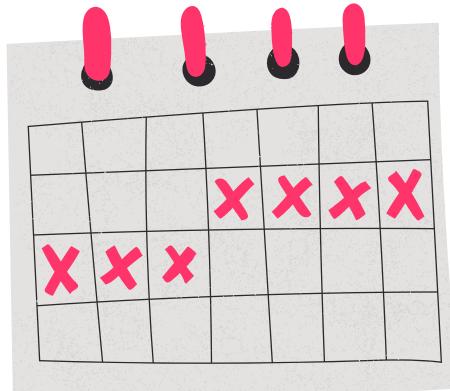


My Best Characteristics

What are your best traits and qualities? What are your strengths? Come back to this list when you are struggling or feeling down. Remind yourself how amazing you really are! :)

Monthly Calendar

These calendar pages are a space for you to write down big events and get a big-picture view of your month.



Monthly Lists

Each month has one page of planning for the month ahead. Set aside some time at the beginning of each month to consider your goals and plan the upcoming month.



Top Goals

What are your top goals for the month? Maybe there is a big work project you want to complete, a room you want to paint in your house, or a book you want to finish reading. Write your goals down here!

Bucket List

Remember your bucket list at the beginning of the planner? Pick one activity from that list or choose a new experience. What are the top one or two experiences you want to have this month?

Habits to Create

What new habits do you want to create this month? Or what existing habit do you want to focus on? Maybe you want to start flossing your teeth, kissing your partner when you greet after a long day, or not look at your phone until after you've done ___ in the morning. Pick a habit or two to focus on.

Things to Let Go Of

What will you let go of this month? What in your life isn't really serving you? Maybe there's a "bad habit" you want to let go of, a relationship you want to end, or a thought you want to replace.



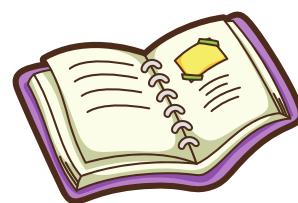
I Love Myself Because

What do you love about yourself? Remind yourself why you are amazing!



Self Care Plan

What will you do this month to take care of yourself? Pick some practices from your self-care toolbox at the beginning of the planner to add to your monthly self-care plan.



Beginning of Week Planning

Each week has one page of planning for the week ahead, including a space to track habits, a health plan, your top goals for the week, and chores you need to do. Set aside some time at the beginning of each week to consider your goals and plan the coming week.

Chores

What are some chores you'd like to get done this week? Maybe it's housework, grocery shopping, meal prepping, buying gifts, or finishing a home improvement project. Write your list here and you can check them off one by one as you complete these tasks this week!

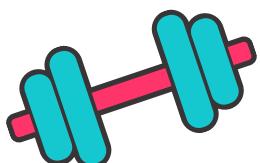
Top Goals

Use this space to consider your top goals for this week. Return to the yearly goals that you wrote down at the beginning of the planner. How can you take small steps to work towards accomplishing those bigger goals this week?

Maybe there's a big work project you'd like to get done, someone you want to reach out to, a book you want to finish, or a habit you'd like to stick to. Writing down your weekly goals helps to bring purpose to your week and keep you on task!

Health Plan

This space can be used in several different ways. You can plan your workouts here, plan your meals, plan your mental wellness practices, or plan your self-care practices.



Habit Tracker

A habit tracker is a simple way to track and measure how often you're completing certain tasks and meeting your goals. Habit trackers are used to bring awareness, accountability and motivation. They're also a way to visualize your progress. Typically, people use habit trackers to track activities that aren't habits yet (things you want to become new habits!). Once an activity is so habitual that you don't even have to think twice about it, you don't really need to track it anymore.

Write your habits on the left side, then cross off or color in the square for each day that you stick to your habit. For example, if you did your habit on Sunday, Tuesday, Thursday, and Friday, each of those days gets an X.

Examples of habits you might track include: Journaling, meditating, exercising, waking up early, reading, flossing your teeth, going for a walk, making your bed, cleaning for 10 minutes, drinking X amount of water, or no screens after 9pm.

Again, habit tracking is an activity that brings awareness, accountability, and motivation. Use it to have a visual of your progress and celebrate the small wins. And remember to be kind to yourself while making these changes!

Daily Planning

The daily planning pages are where you can get more detailed about your daily schedule, goals, and to-do's.

Next to Quality of the Week, you can write down one quality that you would like to work on expressing this week. Go to the list of qualities on page 2 of the planner for quality ideas. Next to I AM, write down the quality you are focusing on. I invite you to repeat this affirmation to yourself every time you open your planner.

End of Week Reflections

Each week has a page for reflection on the past week and things you want to improve upon next week. Make time every week for in-depth reflection about what is going well, what's not going well, what you've learned, your goals, your progress, and what you want to change so that next week will be even better. Reflection brings awareness, awareness brings insight, and insight inspires growth.



Gratitude

What are you grateful for? Maybe you're grateful to be alive, for good friends, for the dessert you ate last night, or for some time spent in the sun. Gratitude is a powerful practice - research "the science of gratitude" to read about some of the benefits!

Good Things That Happened

What are some good things that happened this week? What are some of your "wins," or things you want to celebrate? It can be fun to look back on this section in the future to remember the good things that happened throughout your year.

What I Learned

What is something you learned this week? It could be something you learned about yourself, something you learned about someone else, something new you learned how to do, or new information.

How I'll Improve Next Week

What do you want to do better next week? What, if anything, do you want to do differently? What is something new you want to focus on?

What I Did For Others

What is something nice that you did for someone else this week?

It could be as simple as a smile, a word of encouragement, or picking up some trash on the street. Use this space as a way to reflect on how you've blessed others. Also consider ways in which you can give to a stranger or someone you love next week. With every act of kindness, you are making this world a better place!



This Year's Reflections

Most Memorable Moments

What are the things you want to remember most from this year?

What are some of your favorite things that happened?

Challenges I Faced

What are some of the challenges you faced this year? What were some of your struggles? What were some of the hardest things you went through? How did you make it through?

New Things I Learned

What new skills did you learn this year? What did you learn about yourself? What new information did you learn?



Ways I've Grown

How have you grown as a person this year? How has your character changed?

Places I Visited

What are your favorite places you visited? This could be places you traveled to or new spots in your city!



Biggest Accomplishments

What are your biggest accomplishments or successes this year? Big or small, write them down and celebrate!



Lesson I Learned

What lessons did you learn this year? What wisdom from these lessons will you carry forward with you into next year?

Things I Want To Improve

What do you want to improve or do differently next year? What about your life do you want to change?

Important Dates For Next Year

Use this space to write down important dates for next year that you will add to your next planner!



Notes

Here are a few pages that you can use in any way you wish. You can use them for note-taking, journaling, doodling, lists, writing down important names and phone numbers, or in whatever other way you find useful!

Happy Planning!

