

You will find this planner is different from most planners. It invites you to transform your life by uniting your inner and outer worlds. Other planners are used for keeping track of what you do in the outside world. In these pages you can keep track of your daily schedule **and** expand your focus to reconnect with the desires, goals, and intentions of your inner world. By using this planner you will set intentions for yourself each week and learn to color your path.

Too often we are driven solely by external responsibilities and demands forgetting, or sometimes suppressing, what we want for ourselves. How many of us get caught up in the wants, needs, and expectations of our spouses, children, co-workers, bosses, clients and even our friends? Often a week, month or year has slipped by before we remember the creative project we hoped to start, the classes we yearned to attend, or the silent walk we longed to go on to honor and nurture ourselves. Eventually, we lose sight of the fact that we can be in the driver's seat of our lives.

This planner is designed to help you reconnect with the importance of listening to your inner self. Start by making an appointment with yourself at the beginning of the week to create intentions for the days ahead. Take time to discover who you want to become. Allow yourself to dream and to nourish yourself from within. What is uniquely you will then naturally start to flow into your daily actions and creations. You will become the creator and director of your life instead of letting outside forces dominate your decisions. Setting your inner intentions to serve as guides in creating what you want is just the beginning. With practice you can color your path.

Plan it! It is your planet.

Lisa Kummer

The Process

Just as our planet has many interconnected parts that operate together so do we. If one part gets out of balance the whole system can be affected. Sometimes we don't even realize it has happened. In today's world too much emphasis is placed on the mind and analytical thinking, while using our imagination has fallen by the wayside. It is our mind that complicates issues, getting in the way by over analyzing life's situations.

You have probably experienced how happy your body feels when you become immersed in some form of creative expression such as sculpting, coloring or painting, or when you allow yourself to wander in nature. Life feels simpler as your mind relaxes and your body and spirit take over. It is in these moments where you feel lighter, happier, with endless possibilities. Using your imagination to create what you want at these times can be powerful because there are no limits from the mind and the potential to have what you want flow back to you is greater.

By using this planner you will begin to rebalance yourself by making an appointment with yourself each week to take time to be still, to quiet your intellectual side, and reconnect with your creativity. A few simple questions will help you reflect and focus your attention inward. While the voice of your mind is softened, use your imagination to simplify what your intentions are for the week into a few short words and imagine a color that represents what you want. Then color in the rose and write those words around the rose. During this process you are fulfilling the needs of your body, while once again, listening to the ambitions of your spirit.

Why color a rose? This process is similar to creating a vision board for your hopes and dreams. A vision board uses pictures from magazines that represent what you would like to create. Coloring the rose is very similar except instead of cutting and pasting from a magazine, your imagination and some crayons are all you will need. The rose is a simple vessel for your vision. As your week progresses your subconscious mind will realign you with the intentions you set

at the beginning of the week. As Deepak Chopra wrote in his book, *The Seven Spiritual Laws of Success*, “Attention energizes, and intention transforms. Intention organizes its own fulfillment.”

Remember that as our lives go through cycles, so too, do our pathways. Paths may be clear for a time providing secure footing. At other times, it may feel like you are bush whacking a new path without a machete. You are still on the path, it is just harder to see. These are the times when it becomes even more important to nurture yourself, to rest, drink some water, and have a bit of patience. You will reconnect with an easier trail. It is just up ahead.

Explanation of the rose

As you look through the pages of this planner you might ask yourself why the rose was chosen as the symbol each week to hold one's weekly intentions.

A rose in its bud stage is tightly closed hiding its true colors and layers, representing a path yet to be revealed. Given time and nurturing it begins to open slowly, showing a hint of what is inside. With more time and nourishment, the petals begin to unfurl, exposing its many beautiful layers, effervescent colors, and its sweet aroma. To many the rose is irresistible. A rose in bloom represents a path that is full, open, alive and vibrant. You, too, have many beautiful layers. With time and nourishment your colors and layers can open and be discovered, exposing a beautiful path visible to you and those around you.

Any symbol could have been used in this planner but there are few symbols that carry so much meaning, history, and universal significance as the rose. Everyone knows what a rose looks like, no matter what country they were born in, what language they speak or what beliefs they hold. In addition, roses come in many different colors allowing you artistic freedom when you color the rose. Welcome the rose at the beginning of your week as a sacred symbol inviting you to imagine and create your intentions.

Meditation & filling in the rose

Let's assume that the workweek begins on Monday. It's a good idea to sit down on Sunday before you get involved in your week and forget to take time for yourself. Remember this is all about you being in the driver's seat of your week. If you don't keep this nurturing appointment with yourself your workweek will sit in the driver's seat and before you know it you be a passenger in the back seat watching the scenery going by. Find at least 15-30 minutes for yourself to be quiet, getting in touch with what you want to create.

Glance at your upcoming week and then take time to be quiet within yourself. Close your eyes and start to bring your attention back from everything going on outside of your body (kids, your partner, neighbors, friends, conversations you had, what you need to do in the future, chores, activities from your weekend etc.). Become aware of your body. Your body is the only thing you are responsible for in the next 30 minutes. Let everything else go. Sometimes the easiest way to do this is by focusing on your breath or becoming aware of how your body feels. Use your breath to center yourself, releasing tension and becoming more relaxed. As you become more relaxed and your mind settles down bring your attention to that space in your head just behind your eyes. Relax here as long as you wish. There is no rush.

While you are in this space begin to think of a few things that you are grateful for in your life. Remembering that it could be the simplest of things like getting up today. Also think of ways you would like to nurture yourself during the week. Make a note of these things in your head or jot them down in your planner.

Next be aware of what you have planned for your week. Notice that your breath may increase or your body may tense up as you anticipate certain events in your week. This is your spirit moving out into the future but your body is reacting to those events in the present as if they are already real. Ask yourself a few simple questions regarding your week. Some examples might be, "What

do I hope to accomplish”, “How do I want to feel while I am doing these things?” “How do I envision myself going about my week”? You might see a picture, have a feeling or some words might come to mind. Once you have that vision or feeling, imagine a color that is representative of that vision. Whatever color or colors you see for your week that is the color you will color your rose.

Keep in mind that colors can mean different things to different people, so try to disassociate from what you have learned colors “mean”. Red may not always represent anger or passion, it could represent having strength or motivation.

Let’s look at an example. Say you have a busy week with several deadlines to meet. You will probably want to envision yourself staying ***focused***, being ***confident***, having ***energy***, and ***meeting your deadlines with ease***. For this example, suppose green pops into your head. You can color your rose green. In some cases you may want to use a color just for the rose and a color around the rose. Green could represent focus and meeting the deadlines with ease. Some yellow around the rose could be for confidence and energy during the week. You can write “focus, confidence, having energy, and ease meeting deadlines” around the rose.

Have fun, be creative and use your imagination but remember bodies like simplicity. For this exercise choosing 2 or 3 colors is best. You are unique so the colors you choose for your week are up to you. Blue one week could mean something completely different from one week to the next.

The order in which you write down answers to the questions can be fluid. You can fill in some parts as you go through your meditation, however, you might find that this takes you out of a calm centered place. Or fill some out before the meditation, leaving the rose and coloring until the end. The process may feel awkward and most likely unfamiliar to most, but the more you do it the easier it will become and it will feel more natural to you over time. Following these steps is the first step in moving into the driver’s seat of your life. You are creating your planet.

Month _____

Positive experiences I initiated last week:

My goals this week:

Steps I will take to achieve my goals:

Ways I will nurture myself:

I am grateful for/what brought me joy?

*The blueprint for success is
inside you. It will stay there
unless you take it out and create it.*

— Larina Kase

monday

tuesday

wednesday

thursday

friday

saturday

sunday

