

Hooray! You are one step closer to diving into your digital copy of the Nine to Kind Possibility Planner!
Follow the guide for help on getting it to your device and how to get started.

First things first: make sure you have GoodNotes downloaded on your device (iPad, Tablet, Phone) as this will be the app to use the planner. Other apps like Adobe Acrobat, Notability, OneNote, etc can be used. For the instructions and tutorials, GoodNotes will be used.

Other ways the planner can be used: Desktop through GoodNotes or Adobe, mobile phone (not ideal but still doable), or printed (not formatted for printing but still an option).

I want to stress that this planner is best used on a tablet or desktop through GoodNotes or Adobe.

What You Downloaded

When you click the .ZIP file to open, you should see the following things:

1. PDF instructions (hi!)
2. PDF Hyperlinked Planner to be used on your device
3. PDF Sticker Sheet to crop stickers within GoodNotes
4. Folder of PNG sticker files to be inserted from photo gallery

Let's Get Going!

Step 1: Export planner to GoodNotes

Once the file has been downloaded there are a few ways you can add it to your note taking app.

- A: Opening the file and choosing "Open in GoodNotes"
- B: Open GoodNotes, tap **New**, then **Import**, then choose the file(s) you want to import.
 - Note: Import the PDFs, instructions for the planner stickers are below.
- C: The planner should open and you are good to go!

STEP 2: Choose Your Stickers

If you are wanting to use digital stickers, here is how I would encourage you use them!

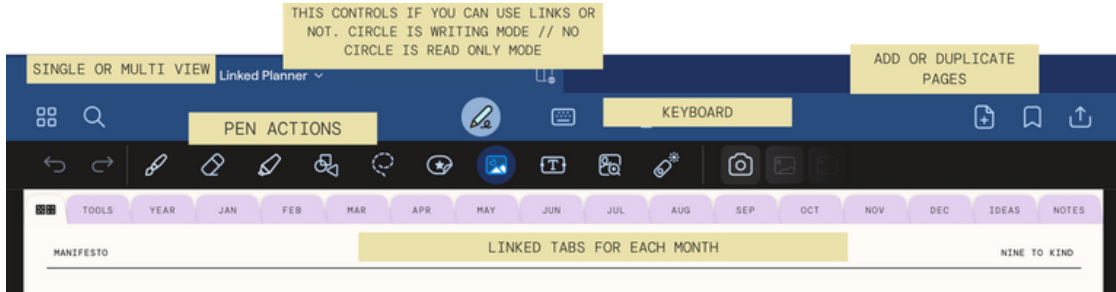
- Open the folder titled "Planner Stickers Individual" and create a photo album on your device.
- Other ways to use the stickers are by cropping, copying and pasting...but this has been the more efficient way for me personally!

keep reading to see all the possibilities inside the possibility planner!

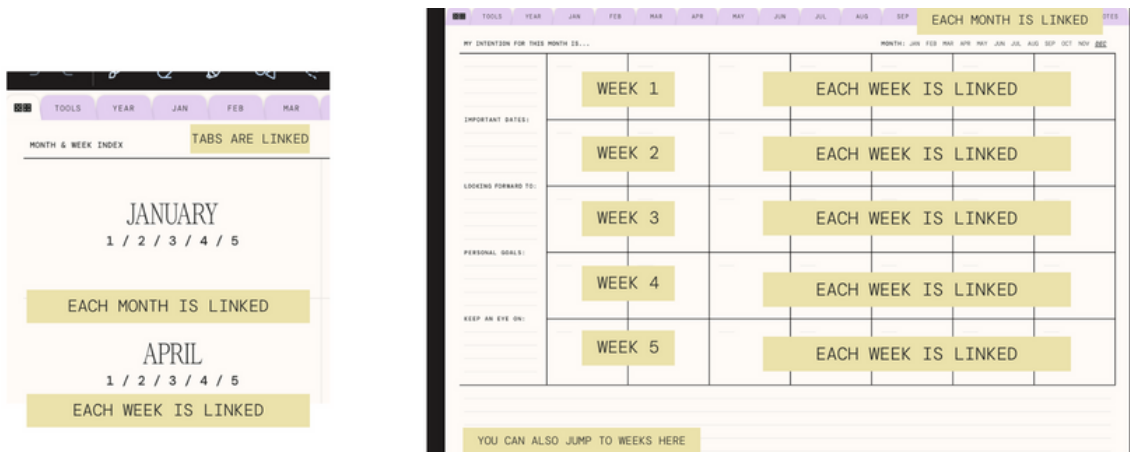
USING GOODNOTES

GoodNotes is the recommended app for using the Nine to Kind Possibility Planner. This overview is brief and a lot is personal preference. Like many things--it might take some times to get used to!

If you are new to GoodNotes (like I was) here are the tools you are going to be using the most.



Throughout the planner there are lots of links to get you to other pages!



You can also navigate from the weekly layouts!



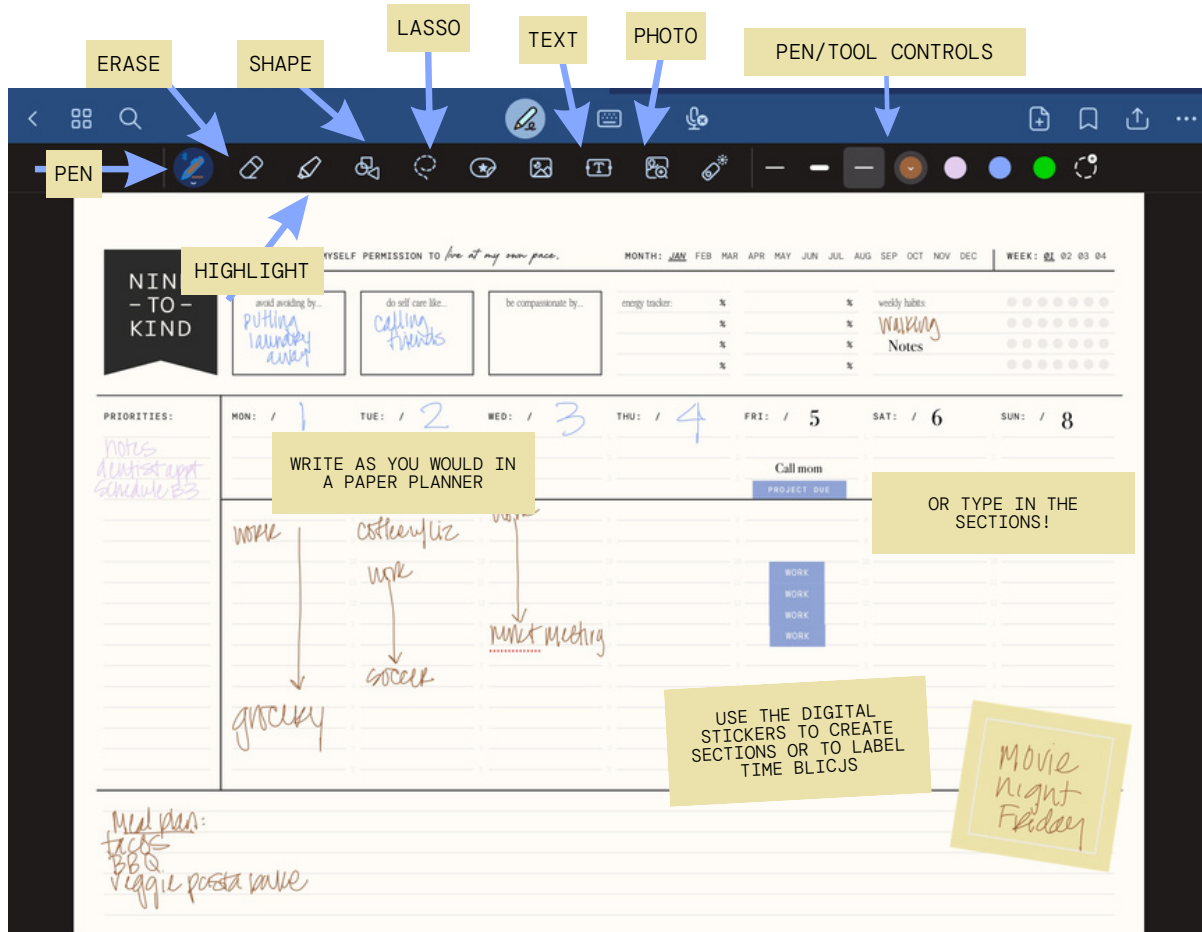
USING GOODNOTES CONTINUED

GoodNotes is the recommended app for using the Nine to Kind Possibility Planner.

This overview is brief and a lot is personal preference. Like many things--it might take some times to get used to!

Speaking of Weekly Layouts...

When using any part of the planner you can write or type in it. Here is a brief overview of the tools.



Now it's time to go on your possibility journey!

Recommended Next Steps:

- Set your intention: how do you want this planner to support you?
- Review the Burnout Bandwidth and Burnout Baseline Worksheets
- Browse the Ideas Index for Self Care and Self Compassion Inspo!
- Look at the Year at a Glance and write down anything important
- Start with your upcoming month and week!

have the year you're going to have!