

plan to thrive



a joyful guide to
sustainable planning

lil omm 

ancient wisdom · modern wellness

live
to
plan to
live

a joyful guide to sustainable planning



ancient wisdom · modern wellness

E

V



I

R


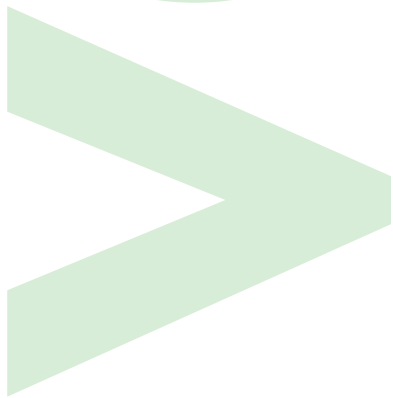
E

plan to

T

How to use this guide.

First, take a deep breath in. Exhale and relax your shoulders. Feel your body breathing, wiggle your toes and smile. We are about to embark on a soul journey. Plan one to two hours to relax, grab some tea, a highlighter, and read through this guide. Then, plan to take 15-30 minutes for a week or so to go back through the materials, answer the journal questions, set up your calendars, and get into it with anything that helps you FEEL good. Make sure you have fun pens, big paper, stickers, wine, tea, whatever makes you happy!



plan to



Opening Blessing

Trust that you are here for a reason: you were brought to this guide to empower you, strengthen you, give you tools and skills that you can refine or start to build on. **It is of utmost important to be able to take care of yourself and your life in ways that we have not had to before.** Distractions, media, too much input are pulling you away from your center, your core, your true nature, your intuition. We start here. With our purpose, our mission, and our wholehearted intention to live this sacred life with meaning, joy and ease.

With clarity, strength and passion- I'm offering this to you as a gift from my heart. May it heal and help you find your way home. May you use your calendar to inspire you- to motivate you to live in your true power, your true gifts and to relish in the abundance that you already have.

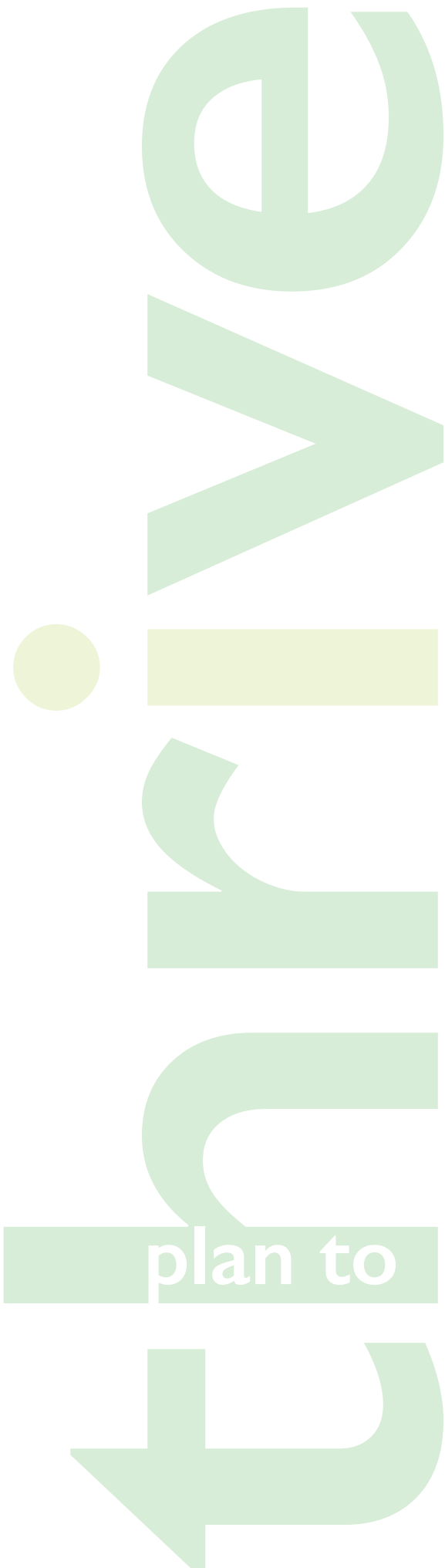
I offer you this affirmation to begin our studies together...

“I am whole, perfect, strong, powerful, loving, harmonious and happy” and from there, let’s begin.

This guide is dedicated to ALL THE THRIVERS! Our community of engaged, inspired, connected women- I love you. Thank you for your questions, your comments, your experiments. It's because of your beautiful souls that I created this guide.

At the end of this guide, I WANT YOU TO...

- KNOW HOW TO PLAN IN ORDER TO THRIVE!
- BE SKILLFULL & DISCERNING WITH YOUR TIME.
- FEEL POWERFUL, COMPETENT AND ALIGNED.



What's Inside

- My Story 1
- Who is this for? 2
- Why now? At what cost? 5
- The Principles 7
 - #1 Alignment 8
 - #2 Macro/Micro 11
 - #3 Big Rocks 13
 - #4 Zoom Out 15
 - #5 Core Desired Feelings 18
 - #6 Einstein Time 20
 - #7 Ideal Calendar – 168 hours a week 22
 - #8 Integrate! 25
- General Planning Tips & Tricks 28
- Tough Mama Love 29



My Story

So, here I was running my own yoga center, raising two kids, being a wife and realizing that I am living the life of my dreams. Behind the scenes of this "lil omm life" is a very dynamic and healthy relationship with one thing. There is one thing that allows me to "do it all" and that is my attention to and love of planning, which has truly given me these gifts. It was at this time that I realized, not everyone lives this way! I have to help other women truly live the life they desire!

The build up of bad lifestyle habits, trauma and emotional stress in childhood led me down a road of depression in my late teens/ early 20s. When I came out of the depression, I went ALL in with living the best life I could and my planning routines. By my late 20's and early 30's, I was doing ALL THE THINGS (volunteer work, full time day job, yoga every day, moving up the career ladder), ALL THE TIME (nights, evenings, weekends) and was totally burning out. My schedule was so packed, I think I was afraid that downtime meant it would bring me back to depression. Eventually, I decided to live with the mantra "not too tight, not too loose" And I began a life long exploration into living a healthy, happy life.

I began teaching these principles and opening up my own behind-the-scenes practices in 2008 on my living room floor. I started sharing my vision boards, goal setting charts, life notebooks, binders, dreams, and visions with students and I started teaching women how to do this for themselves.

Some of the questions that guided my inquiry were....

- **How can I be of service to myself, my family, my community, and my world without becoming burnt out, overwhelmed and constantly stressed?**
- **Can I create a life that nourishes and feeds my soul while allowing me the space and time for creativity, service and deep relationships?**

Eventually, I came to my biggest A-HA Insight:

Planning is NOT about time management it's about ENERGY awareness. It's not about balance, it's about ALIGNMENT & INTEGRATION in all areas of our lives as our seasons and cycles change.

This guide was created as a way to give you new ways to look at your life, your days, and your planning.



Plan to Thrive is the complimentary guide to THRIVE, the course and community I facilitate online. This guide was created as a way to give you new ways to look at your life, your days, and your planning.

I know at the deepest level that If I want a life of inspiration, connection and contribution that these actually have to be ON MY CALENDAR. Many of my clients suffer from exhaustion, auto-immune issues, adrenal fatigue or and are disconnected from their souls song. There are creative dreams and insights and reflections that WE ALL have that deserve to be in the world. AND it's up to us to "find the time" each day to celebrate our **SACRED ORDINARY LIFE.**

Our society is full of women saying

"I don't have time for..

I want more balance.

I can't keep up with my life!

Someday I will..."

My mission with this guide is to help you see the beautiful, wondrous, abundance in your life. Every. Single. Sacred. Day. And I believe it starts with how you plan and live your days. Let's stop with all the "not enoughness" that the time deficiency and scarcity mentality culture has created. It's just not working and it feels terrible.

Who is this for?

Well, you made your way here so it's FOR YOU! But.. here are some other categories I see a lot. Where do you fit in? Or maybe your friend, mom, or sister? I do hope you share this with her as well.

Here is what I see most often:

*responsible, capable and engaged with external life.

*internal/soul craves deeper connection, deep rest, peace and quiet.

*desires a new way of being but not sure what she needs to add or subtract.

"I am whole,
perfect, strong,
powerful, loving,
harmonious and
happy" and from
there, let's begin.



Is This You?

- *stressed out all the time
- *overwhelmed by your calendars and your life.
- *start the day feeling like you are already behind.
- *no breathing space, no down time in your day.
- *you read all the books, take all the courses, listen to all the podcasts

Your schedule may be filled with “appointments” to take care of the body like manicures, pedicures, and massages, yoga or spin class, but when presented with an open or free afternoon, you might feel anxious or restless by the idea of “doing nothing.”

This is **TOO TIGHT** .

Often, these women subconsciously believe that productivity equals worthiness and that "crazy busy" = productive = successful.

SPOILER ALERT: THIS IS NOT TRUE.

Is This You?

- * You are very good at taking care of everyone, planning for everyone else, keeping things organized and tidy for your family or work.
- * You live by your phone or google calendar but when asked “what do YOU do for YOU?”, you have a hard time answering.
- * You wait for invites, offers, or others to suggest a time.
- * You resist planning. Maybe a fear of having too much structure.
- * You let others dictate how your day flows and you are not necessarily conscious of this.
- * You want to be available for your kids and friends and family, whenever they need you.
- * You tend to have challenges with boundaries and find yourself burning out from helping, doing and serving others.
- * You might say things like, Someday I will...



Watch [this video](#) to learn a bit more about intentional living.

Drift: people who just let life happen to them, floating around, creating little structure or boundaries.

Driven: people have it ALL figured out and tend to be controlling about time, schedules and are quite rigid.

Design: Design people live in a place of ease where we know who we are and what we want and we plan and live our days according to this knowledge!

Designing our life gives us clarity, courage, strength and FREEDOM.



*You often "can't find time" to read, meditate, go to yoga or have your own joy practices.

*You don't know what YOU truly want or desire.

This is **TOO LOOSE.**

You are often afraid of rigid structure, have trouble with boundaries at work and/or home and have a really "hard time" putting yourself first, often times thinking that might be "too selfish".

Just to be clear, we are not so simple to always be too tight or too loose. We are complex, layered and dynamic beings, so just notice where you tend to fall, in this season of your life.

Your Turn:

- **Are you too tight or too loose? Or somewhere in between?**

Jot your own reflections down here.

- **AT WHAT COST are you willing to keep going as you are?**

- **What are the consequences of the speed, pace, and flow of your current life? Is it working for you? If not, in what way is it not working for you?** Be specific and clear on where you currently are and list pros and cons.

We honor seasons and cycles.

We relax into abundance of time and energy.

We choose experiements and explorations over rigid structures or "the one way."

We are skillful and strategic with the big picture and the sacred ordinary day.

We practice awareness, creative problem solving, and consistency with love and compassion.



Why now? At what cost?

Are you tired of hearing women say over and over that they don't have enough time to do the things they want in their lives? Or are YOU tired of hearing yourself say this? Some women I work with are living in alignment beautifully with their values and dreams! But.. they caught the “never enough” bug from others around them and so they are trapped in that reality, instead of being awake to the beautiful life they have created. Since emotions are contagious and thoughts are usually just repeated patterns of the people we spend time with, it's of utmost important to lay this foundation before we dive into to new ways of being where we let go of these societal norms that are NOT serving us.

What is a healthy relationship to planning? I define “healthy” as prosperous and flourishing, something that expands, ebbs and flows. A healthy relationship is one in which you have given some ideas, thoughts and experiments, one in which you pay attention and over time see patterns and habits develop in your own life and learn what works best for you. It includes showing up consistently and being flexible. Think of it like a marriage or a friendship- one that is healthy, has energy, reflection, highs and lows, but it is something that you prioritize, nourish and nurture.

What do I mean by “**successful**”? I define success here as living with intentionality and awareness. Successful women engage in self study and prioritize self awareness so that they can move and live skillfully in their lives, fulfilling their own dreams and desires. They are strong, clear and contribute to the world in their own unique way!

Traits & Qualities to Embody for Planning to Thrive

- *compassionate and generous to themselves FIRST and then others,
- *ability to say no (with kindness) and have boundaries,
- *be realistic with time, projects and hours in a day, in relation to the season of your life
- *practice skillful “brain dumps” when overloaded/overwhelmed and evaluate and prioritize with confidence and clarity.
- *see life as a creative experiment so that soul work is energizing not draining.

HELP!!

If this is stressing you out, schedule a “Plan to Thrive Intensive” and we can jump on the phone and I'll help you get started!

<https://lilomm.as.me/>



Your Turn:

- What are your definitions of healthy? Successful? Balanced?

- Jot down the consequences and the cost of not learning how to do this in a sustainable, joyful way. What is at stake for you?

What traits do you embody already? What traits do you want to practice more of ?

Note to you, my dear one!

PLEASE, PLEASE do not get overwhelmed, shut down, close this up and never come back to it. These principles TAKE TIME, DIGESTION, CONTEMPLATION and openness.



The Principles

Start with gratitude and abundance. Look up and around RIGHT NOW and see what you have in front of you that is beautiful, aligned, and radiating. Maybe it's a tree outside your window or the tea in your hand? Maybe it's just the comfy clothes you are wearing or the fact that you made your way here to me to dive into this awesome, life changing work. Wherever, however, PAUSE AND TAKE IT ALL IN. Relax. Smile.

Now, take a deep breath and let's dive in!

Please remember, we are able to truly thrive in our lives and find the simplicity and spaciousness that we need when our basic needs are being met. That means, it can be challenging to skillfully navigate our calendars when we have emotions that we are processing and digesting, so be kind to yourself and be honest with what you are feeling. Mental health is just as important as physical health. So if doing this work brings up some things that you need further professional assistance with, please do seek help.

If you get to a section that feels like WAY TOO MUCH take 5 deep breaths and consider your block, your trigger. Pause and then just set a date to come back to it when you have had time to process and digest.

I believe you have all the time in the world to learn and integrate this, and I'm here to help, so whenever you get stuck, email me at pleasance@lilomm.com.

“You have to decide what your highest priorities are and have the courage-pleasantly, smilingly, unapologetically to say “NO” to other things. And the way you do that is by having a bigger “YES” burning inside.

—STEPHEN COVEY



#1 Alignment

Alignment is about finding our own natural rhythms and internal “balance.” If this concept is totally new to you, may I recommend learning more about Ayurveda, [here](#). When we are in alignment we are feeling satisfaction with what is and are eager for more. What does that mean? It means we offer gratitude for all the abundance we do have AND we energize our curiosity, desires and dreams to see potential. Since all living things grow, it’s of our nature to do this.

Every day we have choices to regenerate or degenerate our mind, body, soul, and relationships in alignment with our own unique essence. Regenerating will give us energy, life force, clarity and degenerating will deplete us, build toxins, stagnation and dis-ease. We can think about these channels (emotional, mental and physical) as being free of blocks so that we can experience the present moment, not holding on to the past or too engaged in the future. For some of us, this alone takes years to explore!

What can I do to align?

First, Pay attention. Start to Listen. Then Respond.

*breathing practices

*check in with what blocks have formed. Then, set the intention to release, digest and relax while journaling.

*maybe try a dance class

*maybe try a massage or a healing treatment,

*maybe meditation

*maybe a nap

Our bodies are giving us information all the time about alignment and once we tune into it, we see it everywhere. This might come in the form of a headache, stomachache, tension in the jaw or the neck, or it might show up as irritability, frustration, aggression or sadness.

The art and science of moving into our own alignment is synchronicity. Notice as you move towards soul alignment how your life starts to sparkle a little bit more, opportunities flow to you and there is more room for the magical mysterious life stuff that FEELS GOOD TO YOU!

**The truth is, living
in alignment means
we are purposeful
about where we
place our energy.**



When you rise, visualize your day and notice in your body, how it feels. TOO TIGHT? TOO LOOSE? JUST RIGHT? Any appointments or commitments giving you a stomachache, a sinking feeling? Or are they lighting you up, putting a smile on your face? Ask yourself, how can I nourish myself today? What is my soul calling for?

Please note here, there is an underlying paradox that we must accept. Living in alignment means we are purposeful on how we spend our days. BUT, the truth is, we have no control over what's around the corner. It might be an illness, a loss, a promotion, a heartbreak or a celebration. We live in awareness today, cultivating strength and intentionality because we have no idea what's on the horizon tomorrow. We want to have resilience and shock absorption when the tough stuff comes. We are so powerful and vast that we can hold grief and gratitude, anger and joy, strong and soft all together. Wrap your arms around the whole experience, feel the shifts in your breath as it rises and falls and watch this mirrored in your own life.

Your Turn:

- **What brings you into alignment?**

- **Have you ever experienced alignment in your life?**

- **What are the areas you are out of alignment in your life right now ?**

Remember

On a very practical level, stress and tension are signs of being out of alignment. These are learning moments that will happen a lot in your life! Try to embrace them rather than argue or fight with them. This tension is part of being human. This is the place where your definition of success and your skills and integration of these principles get to really come into play. Once you notice the tightness and the tension — relax, breathe, drop into the soul, and do what you need to come back into alignment.



- **What did you notice about looking at your days and your emotions and your body? What connections do you see and feel between your daily life and your inner life?**

- * **Do you allow yourself to experience the full range of emotions?**

Additional resources. My book, *Delight: Eight Principles For Living with Joy and Ease* has a whole chapter on Alignment and deeper dive into alignment practices. you can get a [copy here](#).

Mantra

**I have all the time I need.
When I attune my inner world,
my outer world falls into place.**

I have all the
time I need.
When I attune
my inner world,
my outer world
falls into place.

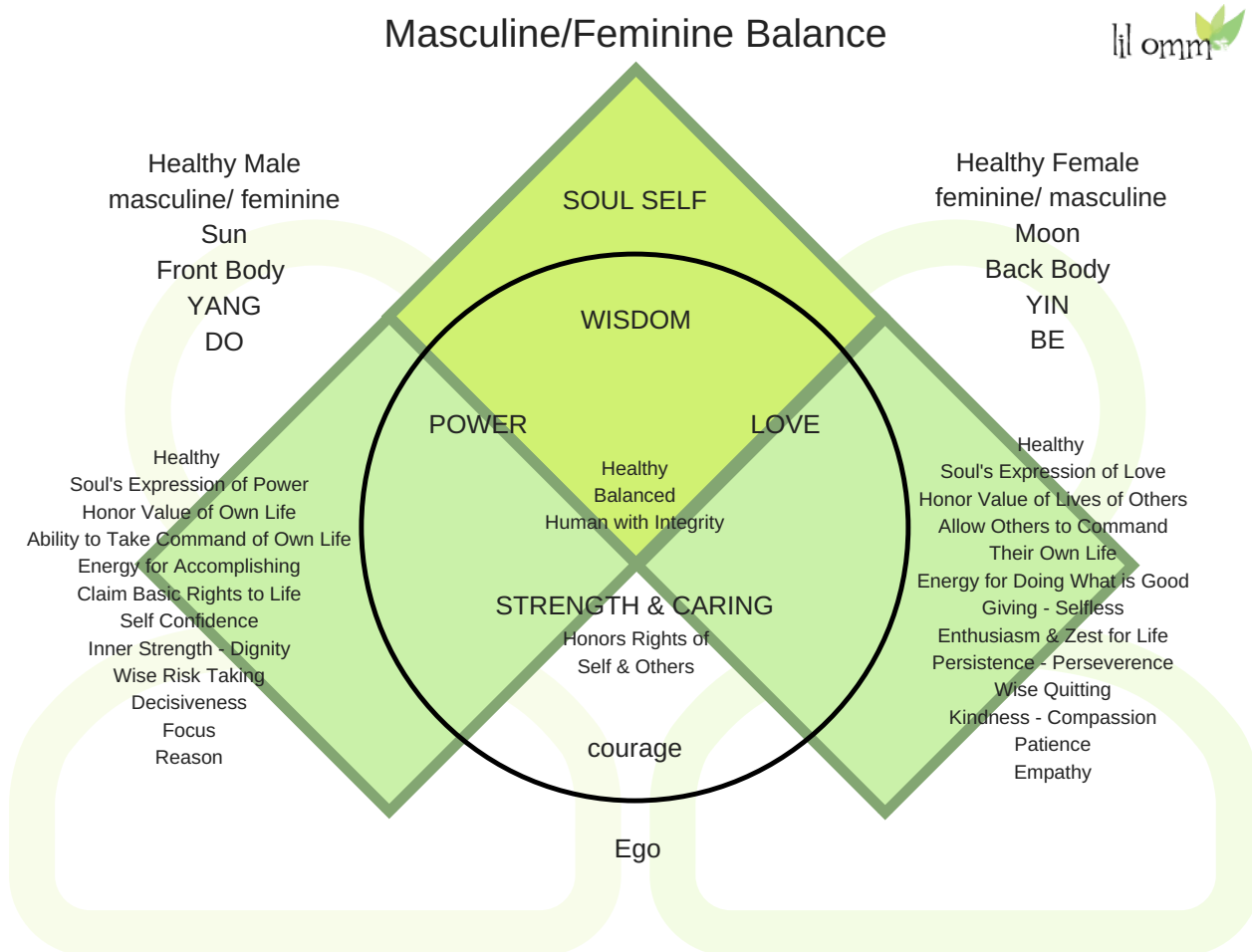


#2 Macro/Micro

In general, most women I know are not taking the time to flow between the MACRO life and the MICRO life. Usually they are leaning too heavily on one of these two sides. Macro tends to focus on the big picture, big dreams, big goals, big projects but... maybe they don't actually translate to the calendar or the daily/weekly plans. Micro living is day by day, moment to moment without looking up to see the big picture. I see this A LOT with busy parents who are managing everyone else's schedule and not finding any time for themselves. I think of this as the dance between the macro as soul/feminine and the micro as ego/ masculine. Here is what I mean: the soul/ feminine energy has more space, more ease, more creativity and it's about the exhale, the being. The more ego/masculine energy comes through as to do lists, doing things, productivity and is expressed as the inhale. We need and want BOTH in our lives. We want to be able to stretch out the year, see what lies ahead and then with that consciousness, make skillful daily rhythms and routines that feed our lives. These are not good or bad judgements, but more realistic in terms of the balancing energy that is naturally occurring and the ways in which each side shows up in our lives.

Remember

Taking time to plan and shift between macro and micro is a beautiful way to make sure that both the big picture, dreams and ideas come to life and that the day to day feels aligned with who you are (more on that below). Whenever you have something you want to do, work on, or accomplish, make sure that it translates to your weekly work flow.





Your Turn:

- Do you find yourself focusing on the macro or the micro in your annual planning? Monthly planning? Daily planning?

- What consistent habits can you incorporate to help you with this new way of planning?

- * Look at the Mas/ Fem Energy chart and think about your daily life, what do you notice? What do you crave more of ? Less of?

- What do you notice about your macros and micros? Flush out your thoughts, actions and ideas on your own relationship to the macro and micro energy. And remember- don't always focus on what you are NOT doing.

Focus on what you ARE DOING and CELEBRATE that as well.

Contemplate:

If this were your last day/week / month on earth how would you want to spend it?

At the end of your life, will they remark about your inbox zero, small pants size, folded laundry? Is this important to you?

Will your life be a creative expression of your values, desires, dreams and beliefs? Is that important to you?

When is good, good enough?

Mantra

My life is full and vibrant.

I accept the dance of life.

#3 Big Rocks

Many productivity gurus have talked about this concept for years: most of the time we are not skillful at knowing and prioritizing our big and small rocks in our lives and we get weighed down with little things rather than what truly matters.

Let's talk about the BIG ROCKS in our lives. These are the most important things we want to do in any given year, life, or day! I think of Big Rocks as being micro and macro as well. My big rocks for the year tend to be something personal (family trip) AND a business goal (write this guide) that I know I want to make sure happen by taking tiny actions consistently. In daily life, I am the Big Rock most days. Making sure my soul is heard, seen, nourished and nurtured is the way in which I can skillfully and successfully take care of my family, my business, and my community.

We also have small rocks. The small rocks are the things that WILL get done. Most people actually take care of these things first which is why they then don't have time for the Big Rocks. Some examples of small rocks are things like: checking off errands and to do's, responding to email, trash, laundry, dishes, grocery shopping, etc.. We DO these tasks to fill time and impose "essential" on them when they perhaps are not.

Plan to Thrive takes a whole other approach.

Use your alignment and your macro/micro to determine what YOUR Big and Small Rocks are for this season and let the BIG ROCKS take priority in your days. The small stuff will get done. But ask yourself, is this ESSENTIAL? Thriving means we don't fill our days with things that are not our deepest callings, desires and purpose. Each season, this can change for you. Your big rocks right now might be taking care of the home, or writing a book, or your health and vitality. We don't judge or make assumptions because each of us have different BIG AND SMALL ROCKS. It's just about being skillful on how we see them fill our lives.

I read a story of a Mom who had a son in the hospital for a trauma that lasted months. Her Big Rock? Moving her body every day. She knew that if she took care of her body by running stairs in the hospital, then she would be of a clear mind to handle the stress of the trauma with her son. So she let go of blogging, and appointments in her calendar and spent the time in the hospital taking care of herself AND her son. What I love about this story is that she DID NOT TRY TO DO IT ALL during a very stressful time in her life. She trusted that once it all settled she (of clear mind and body) would be able to handle the next steps. But during that stressful time, she made herself a priority.

Remember

Our rocks change depending on the "season of life" that we are in. Maybe you are caring for toddlers or for aging parents? Maybe you are looking for a new job or thinking about leaving your marriage? Our seasons are always changing, because our lives are always changing - that is the truth of what it means to be alive. Once we embrace the flows and changes and transitions then we can be more honest with what is happening around us. I find a lot of people in tension when they hold too tight to changes, when they don't feel the pulsations and fluidity in their lives, or when a season has passed and they are still holding on for dear life to the past. Embrace being human, alive and regenerating into your life. Trust me, it will feel much better. It won't necessarily be EASY but it can lead to more freedom, lightness and aliveness.



Your Turn:

- What are your current Big Rocks in your life, in your business, in your career, and in your family? How would your daily life look if these became a priority?

- What are your Small Rocks? Do you ever get caught up in them?

- What is the current season inviting you to do? To feel? To notice?

- Spend some time reflecting on past seasons and how the Big Rocks have changed over your life and think forward into how they will change in the future!

I am whole,
 perfect, loving,
 strong, powerful,
 harmonious and
 happy.

Mantra

**My life, my care, and my dreams
 are alive each day.
 I take time to nourish my soul
 and creative life force.**



#4 Zoom Out

This practice is quit simple. When you feel tight, stressed or overwhelmed. Learn to pause and ZOOM out. Look beyond this computer, desk, guide and feel into what truly matters. The Zoom out practice is a healthy reality check. A way to expand into connection and consciousness and to drop the "front brain frenzy" that occurs when we limit our thinking, our experiences and we don't give ourselves enough time to rest and digest.

Why does this help? I noticed that EVERY TIME I said/thought this phrase, I was more able to drop into the present moment, the truth of my life and all its blessings. A student of mine started practicing this and she HATED doing laundry. When she did zoom out, she realized how much she loved taking care of her family, what nice clothes they had, and how lucky she was to have all the clothes and children to take care of. Then she decided to make folding laundry more fun by listening to podcasts while she folded, and within a few weeks, this time became very sacred to her. It's not about spiritually bypassing bad feelings or emotions, it's more about relaxing and allowing our brains and our bodies to step back, to breathe and to have some space from our reactions.

How can I practice this?

*define success and healthy and happy (we already did this) and map out your life

*think about what are the benchmarks and guide posts that are most important to YOU

*pay attention to the "shoulds"

I hear a version of this ALL THE TIME.. "I SHOULD cook healthier food, exercise more, work less, lose weight, make more money"

Here's what I notice: when we peel back the layers, sometimes, the person is doing just fine! It's actually social media, comparisons and ads that encourage "never enoughness" and so, she thinks she "should" be doing all the things.

I've noticed that I know very few women who say/feel/think/live in I AM ENOUGH. I KNOW MY SELF, MY LIFE, MY VALUES, and I'M LIVING IN ALIGNMENT. I want this for you.

“For your life
to work
harmoniously,
you need to
develop a
harmonious
relationship
with time.”

—GAY HENDRICKS

If you get stuck in an "everyone else" trap:

1. Return to your definitions, values and benchmarks; big and little rocks; macro and micro goals, and dreams and plans. Keep your head down and your heart FULL.
2. Ask yourself: what kind of work have I done for my own life, my own plans, my own dreams, and my own desires? What kind of life do I want to have? What will nourish my soul? What will it take for me to be satisfied?
3. If you are experiencing a health or family crisis, it is of utmost importance to practice self compassion and generosity allowing your time and attention to be "good enough" and to let go of the endless cycle of perfectionism.

Another way to approach ZOOM OUT is to look towards Mother Nature for our planning.

What is the current season asking or inviting? Is it Summer where there is more heat and fiery energy and the days are longer or is it Winter, a time to rest, reflect and hibernate? See if there are cycles you notice year over year, for when you like to do certain projects or when you like to rest. Pay attention to natural rhythms to help guide you in your flows. This is the true essence of Ayurveda.

Lastly,

We Zoom out by going back through your journals, calendars and notes from a year ago or anytime in the past and see where you were and see where you are now. To look back at other stages and seasons of your life and see what changes you have made can be eye-opening for seeing habits and patterns that are still going on and you want to let go of! Other times, you will see that you have truly shifted and you can CELEBRATE the actions over time.

How can you start to see your own "common human experience" in the season that you are in?

HELP!!

If this is stressing you out, schedule a "Plan to Thrive Intensive" and we can jump on the phone and I'll help you get started!

<https://lilomm.as.me/>



Your Turn:

- Where can you practice zooming out?

Which zoom out practice feels awesome to you? Use the phrase ZOOM OUT when we feel tight, look towards mother nature or reflect on your past?

- What areas of your life need a little perspective? A bigger picture check in?

- If today were your LAST day here on earth, what are you truly grateful for?

- What season are you in? Do you have babies? ? Are you retired? Are you about to turn 50? What are the common attributes to that season?

Mantra

**I am whole, perfect,
loving, strong,
powerful, harmonious
and happy.**

#5 Core Desired Feelings

Our Core Desired Feelings are the ways in which we want to feel in our daily life. We need to get very clear on what TRULY makes us happy and gives us energy and this comes from how we want to FEEL every day.

In a nutshell, you start by identifying how you want to FEEL. This will most likely be aligned with your core values and your own mission or purpose for your life.

I want you to look at how you want to feel and map out 3-5 actual, specific words so you can look at how they show up (or not) in your life. This might not come so easily the first few times you try, but give it a try! You can share your words with someone who encourages you to grow and expand.

Let's try an example. If my Core Desired Feelings are .. freedom, flow, flexibility and creativity, than I want to look at my life, (80% of the time) and see where and how that is showing up or what I have planned for myself in those areas, or how they align to my work, my connections, etc.

Looking at my feelings, I know that I want to have creative movement time, time to write, plan and rest. Being in FLOW is something that feels good, so I want to do things that keep me in that state. For me, it's learning, reading, taking notes, teaching, and writing.

I'd like you to write the feelings AND the daily actions that show up in your life. I'm excited to see what you come up with. Email me your Core Desired Feelings, plesance@lilomm.com and how they are or are not showing up in your life!

Your Turn:

- **How do you want to FEEL every day?**

What are your Core Desired Feelings?



• What are simple, specific actions that help you with this feeling?

* Write your own mantra using your cored desired feelings.

Mantra

**Use your Core
Desired feelings
to affirm your life,
regularly.**

For example, I live in freedom,
flow, flexibility and creativity.

#6 Einstein Time

You are where time comes from.

In Plan to Thrive, we are making a shift in how we think about our lives, and the amount of time that we have. We are moving away from the scarcity mode of time or the "never enoughness" and move into a new reality, one in which we define the amount of time we have, we take ownership over our days and over our efforts. We let go of old patterns, habits, and thoughts of " I'm too busy for that. I don't have time to..." and we shift into clearer communication and language. For example, " I'm not prioritizing..." or " I don't see the value in..."

We shift our persona into someone who DOES have time for the most important priorities in their life, and the shift comes from within us, not "out there". This might take some time as you unravel the mental habits associated with this persona. This area tends to get a lot of resistance. I think part of the reason is because we really have to take responsibility over our actions, choices and lives and sometimes that is quite painful. Our ego does not like change. And this reality can sometimes bump up against our egos desire for outcomes and praise.

Simply start with a "NO TIME COMPLAINING" diet and pay careful attention to all your internal and external communication about time. Stop saying " I don't have time for —" and speak more specifically and clearly, taking full ownership of your life. Remember you are the source of time. The pressure you are putting on yourself around how you spend your time is your responsibility.

Your Turn:

* What does it feel like to say "I have all the time I need?"

“You’ll never have enough money to buy all the stuff you don’t really need and you’ll never have enough time to do the stuff you don’t really want to do.”

—COURTNEY CARVER



- What are the communication patterns that you have around time?

- How do you deflect responsibility of how you spend your time or how does your “not enough time persona” interfere with your life?

- Are you willing to take full ownership of how you spend your time?

“You don’t FIND
time to do the
things you want to
do in your life, you
MAKE time”

—STEPHEN COVEY

Mantra

I have all the time I need.

#7 Ideal Calendar – 168 hours a week

Let's approach planning like your yoga practice. You breathe, notice your energy and pay attention to when you feel out of alignment or when your energy is scattered or leaking. If you have never practiced this way, try it! Put on a good song and move your body with your breath and feel yourself move in and out of shapes. Notice how it feels in your joints and your breathing when you move and when you feel sensations in your body moving or maybe something feels stuck or blocked. Without the structure, boundaries and container we can easily get lost in the pose or even worse, hurt ourselves!

Something fun you can do is map out what you do with the 168 hours we all have each week.

Put your big rocks in first, maybe sleep, family, work and then see what's left to play with. What do you notice? How does that feel. Don't micro manage this, instead look at big picture and general hours, boundaries and structure you are giving yourself and maybe that you WANT to give yourself.

Most of us are so scattered with our tasks and lists that we want to develop the skill to PAUSE, ALIGN, and CONTAIN these areas of our life that repeat every week and every cycle. Just like in yoga, where we are literally practicing containing our energy using breath and movement, in our calendars, we are exploring the ebbs and flows of our time and are aware of any tension.

Let's pause now and create your "ideal" 168 hours. Create some blocks, routines or predicability that can be found in each week, that feels GOOD to you. You might have a "family admin" time each week to fill out paperwork, forms, pay bills. You might add a "downtime" block if you are someone who is not finding time for herself but really desires space. This practice of creating an ideal calendar can be done a few times a year as your life, schedule and priorities change!

Be careful that you don't over plan (too masculine) and suck the joy and ease and flow out of your days. Schedule longer time blocks, relaxation blocks, and lots of buffer time for travel, walking around the block, breathing deeply for two minutes or whatever helps you release your stress and focus your attention.

If you have regular appointments, you can batch them back to back or you can set the same time each week so that you can rely on that rhythm. PLEASE do not have every week and every day be at the whim of your desires because that's the fastest way to scatter your energy and go back

Model 168 Hours Example

How many hours do you sleep a week, on average?

7 days a week

9pm-5am + 4 bonus hours = 60 total

How many hours do you work, on average?

5 days a week

9am-3pm + 5 bonus hours = 35 total

How many hours do you spend with family/friends?

5 days a week

3pm-8pm + 5 bonus hours = 30 total

Sleep + Work + Family = 125

= 43 hours to self/play/weekend/learning

to the old patterns and conditioning that did not work well for you. We thrive on a mostly consistent daily rhythm (80/20) and it helps us to have clarity and health in all areas.

Remember: this is a lifelong practice. This means that we try a few things now, integrate, digest and experiment. I want to emphasize here the JOY and CREATIVITY that accompany this type of planning. We include all the senses by using candles, aromatherapy, music, glitter pens, whatever it takes to put us in an awesome high vibe state to do this work. When we plan our lives from a joyful place, the JOY shows up in our lives, and if we are bored with our planning, or not inspired by what we are doing each day, that will show up as well!

Remember, you have all you need.

Your Turn:

*Spend 3 days writing down all the things you do in a day (preferably work days and weekdays). Pay attention to all the tasks and projects you have and start to see if you can see patterns or groups that can be focused or stacked together.

*Start to pay attention to what drains you and what energizes you and what you notice about your current schedule and your current life.

*Notice all the feelings. What's coming up for you?



***Where are your core desired feelings appearing in your current 168 hours? What about the future 168 hours?**

Mantra

I give permission for my calendar and my life to be fun and in flow. I live in harmony with my inner life. Structure and spaciousness are welcome.

“I expand in abundance, success and love every day as I inspire others to do the same.”

—GAY HENDRICKS

#8 INTEGRATE!

I'm sending you off in the world to enjoy your life!! But first.. FAQ

Planning is a practice like Yoga or meditation or playing piano—there is no perfect, there is just awareness and engagement, committed action, or taking little steps each day. Remember to stay steady and consistent- this will take time!

I KNOW that you are being pulled in numerous directions and I imagine that's not really working for you. . Are you willing to let go of that model? It's TIME to make the changes and implement some new routines to awaken your conscious intentions, your deepest desires, and your beautiful life.

Help! I NEVER learned anything about self awareness- you ask me all these reflective questions that I don't know the answer to?

It's okay. Let's just start right where we are . It's okay if you need time to develop some of these skills. It's okay if you need to dig deep, take a walk, take a nap before you go inward. BUT, please don't give up, toss this aside and go right back to your old ways. BE IN TOUCH WITH ME IF YOU NEED SUPPORT.

Don't just read the journaling prompts- Answer them! It's okay to take your time, reflect, use pencil, erase, draft and change your answers! Here are some more journaling prompts for you to dig into.

What are the habits, patterns and thoughts that I notice about myself that are on repeat?

What stories do I have about my time, my life and my calendar?

What do I do when I get overscheduled and over tired?

How do I numb out?

What do I do when I am learning something new? Do I go all in and then drop the ball and never go back? Do I feel paralyzed?

How does my soul feel about living another way? How does my ego feel?

What is my relationship to my inner voice, guide, intuition like? Do I need to practice listening?

HELP!!

If this is stressing you out, schedule a "Plan to Thrive Intensive" and we can jump on the phone and I'll help you get started!

<https://lilomm.as.me/>

HELP! I'm feeling stressed out by all this information. What can I do to process it?

Okay let's start by grabbing your journal. Put all the principles at the top of a separate page and just start taking notes and answering the journal questions - give yourself TIME, start with 10 minutes a day or 30 minutes a week. Something that feels good and doable and sustainable. This is the beginning of a new way of looking at your days and your calendar and your life.. So you have the rest of your life to practice. There is no need to rush or push through. RELAX into this.

HELP! I'm in my head so much—this feels like way more HEADY STUFF!

My dear, DO NOT FRET! I see this AND your movement practice as partners. Here is what I would consider: Do your physical movement practices support your lifestyle? Or the lifestyle you are seeking? What about the mindset? What aligns and works well together and what do you need to let go of? Is movement and exercise just another thing you cram into your life with no real attention or intention? RIGHT NOW, sit down and write a love letter to your body. If your body is sacred, holding your energy, your vital organs, your memories, your strength and your life force- how do you want to treat it? How do you want to strengthen and keep it regenerating? See if maybe your movement changes when you think of it this way — I use all the principles to guide my planning as well as most other areas of my life as well. YOUR MOVEMENT PRACTICES ARE ESSENTIAL to creating new neural pathways, keeping your physical body strong and flexible, it's an essential part of Thriving.

HELP! I know I can do this now.. But what happens in a few months when I “fall off the wagon”?

Right now, grab your calendar and mark at least one half day in July or August and ONE FULL DAY in December or January. This signifies the FULL YEAR. Use this as a resource to help . <http://lilomm.com/plan-to-thrive-a-diy-retreat/> Then the half a year <http://lilomm.com/mid-year-review/> that is left.

It's really good to get in this habit of looking at your whole life 2x a year; in the beginning and the half way point.

**If you need more
ideas check out
my practices on
Vimeo!**

**lil omm yoga
on Vimeo**

**[https://vimeo.com/
lilommyoga](https://vimeo.com/lilommyoga)**

HELP! You tell me to listen to my body. What does that mean?

Pause, relax and give your body a chance to communicate with you. If it's a HELL YES you might feel sensations and excitement and a little tingling in the belly or heart chakra areas. If it's a HELL NO you might be circling around looking for a time, hemming and hawing on something. You might feel a PULL in your belly, it may feel super tight. You might feel warmth or tight in the throat area/ chakra. This does take time to develop but you can cultivate this in just a few minutes each day.

LEARN TO TRUST YOURSELF and the signs and sensations from your body. They are the magical insight to your intuition and your personal path to joy.

HELP! I just feel overwhelmed with everything.

Where to begin...

Okay, stop, breathe and GET OUT OF YOUR OWN WAY. This panicky, anxiety feeling means you have taken on way too much. TIME TO DELEGATE SOMETHING, release a responsibility, slow down or plan a pause retreat for yourself. My teachers say over and over "little, little". This means, not too much, not right now. Just start to take the tiny actions towards this new way of being. One thing, today. DON'T let the scarcity mentality pull you down here, you deserve to feel AWESOME.

Remember, you have all you need.

I wish you the most joyful, peaceful and engaged life.

I urge you to investigate what's in the way of your vital energy, your source, your power?

YOU are limitless possibility and it's already right there, inside of you—burning brightly, can you feel it?

Mantra

My life is my practice.

I relax, trust and smile into my life.

**Let yourself feel
all the feelings that
are coming up —
on any side of the
emotions scale.
Take the time to
FEEL them.**



Things to accept and practice:

TOUGH MAMA LOVE

- 1. **You can not say yes to everything AND have enough energy for you.**
- 2. **You have to make choices and prioritize ALL THE TIME. Look at the options and consequences for these choices.**
- 3. **You will go back to old patterns and habits and then have a chance to reflect on “how’s that working for me.”**
- 4. **You can say no, even after you said yes.**
- 5. **It won’t always be easy. When it feels hard go back to the WHY. Maybe something needs to change!**
- 6. **Learn how to schedule in BUFFER time and remember that most things take longer than we think they will. Build in time to pause or travel, build in time for that “thing” to happen.. A sick kiddo, sick employee, traffic - what does your life look like if you do that? What are some examples you can think of?**
- 7. **Be skillful at paying attention to your time and discerning around who gets it. Where do you spend it? What are you doing? Write down all the things you do in one day, perhaps once a season to just check in and reflect.**
- 8. **Seek personal responsibility at all times. Stop blaming others for your life or your time or your money. It’s up to YOU.**
- 9. **Lastly, the idea that "everyone else" has it all figured out is just not true. Societal norms, expectations and beliefs are often not in our best interest. Pause, pay attention and become the powerful, loving, attentive, skillful leader of your life.**

I am here for you. Share your celebrations and your challenges with me.
 For any additional books, articles or resources, please be in touch.

This guide is a sacred offering from my heart to yours. May you be happy.
 May you be safe. May you be healthy. May you live with ease.

XO

pleasance@lilomm.com

Notes
