

HeartSimpleFun Leadership

1-page planner

My focus today:

HEART

I listen to my:

I observe and listen to my feelings and my intuition. Today I need answers to:

SIMPLE

I keep it:

My needs & values are precious to me. Today I choose to focus on:

FUN

I have:

My happiness and my strength are important to me. Today I choose to focus on:



My main priority today

-when I listen to my Heart, keep it Simple and have Fun:

CHALLENGE

I have:

Today I will take responsibility for one thing, which has been lowering my energy. That thing is:

GRATITUDE

list:

I am thankful for:

My approach every day is to be curious and observe my body, thoughts, feelings and actions. I do not judge myself or others. I choose to have breaks and take deep breaths regular. I write keywords on this planner and keep it Simple. If I need inspiration, I pick a HeartSimpleFun Leadership Power Energycards, or I read more at www.sannetoft.dk