The Hitch Hikers Guide to the Plannerverse - Episode 4

Using Your Planner To Create Small and Permanent Habit Changes.

Show Notes (timings approximate)

02:00 - Life's Lessons
03:30 - Successes in life
05:00 - Small and permanent habit changes
07:30 - Drinkaware
10:45 - Time Management (your own)
11:45 - Journal
13:00 - Life in Balance
16:00 - Don't undersell yourself
17:00 - Focus on what isn't working
18:15 - Writing down and setting tasks
20:15 - Start small....
23:15 - The Perfect Day..... what would it be like?
24:00 - Dashboard
26:00 - Tips of the week
29:00 - Thanks