

## **How to understand being a planner newbie**

In this episode Karine chats with her cousin who is also Karine, confusing well not really!

Karine has only discovered paper planning in this last year and she shares how she has progressed from wanting all the planners to settling in to a more peaceful existence and shares some great ideas with Karine on how she can overcome her fears about journalling.

Enjoy the discussion I know you will.

If you have ideas for future episodes please send them to steve at philofaxy dot com

### **Show Notes** (timings approximate)

00:00 - Introductions

02:00 - Going from the first one

02:30 - Using just one or multiple planners

03:30 - Settling in to just one planner

05:30 - What size to use

07:00 - What Karine is using

10:00 - Planners and the children

12:00 - How planning helps

14:00 - Planning is fun

15:00 - Digital and/or Analogue

17:00 - Splitting between Work/Personal

17:45 - Planner Envelopes

18:00 - Planner decoration

20:00 - Hand writing

21:00 - Journalling

24:45 - Collaging in your journal

25:30 - Vision boards

26:30 - Achieving planner peace

27:30 - Intensions for this year