

Interview with Jen Powell at PlannerCon

Karine got time to interview Jennifer Powell at PlannerCon. Find out her thoughts and ideas of the event and she expands some of the ideas that Karine talked about in her talk at the conference.

If you have ideas for future episodes please send them to [steve at philofaxy dot com](mailto:steve@philofaxy.com)

Show Notes (timings approximate)

00:00 - Introductions

01:00 - The highlights from Plannercon

02:00 - Tracking

04:00 - Setting up a successful day

05:30 - Changing habits

07:00 - Use your planner to do positive things

08:00 - Meal planning

10:00 - Taking care of yourself

11:30 - Taking control of your life

13:30 - Water

14:30 - Things to take away from PlannerCon

19:00 - Favourite planner

21:00 - Journalling

24:00 - Defining wellness

26:30 - PlannerCon 2018