

## **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