

## 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