

# THE SUMMER HOLIDAY SANITY PLANNER!

## TAKE BACK COMMAND OF YOUR MIND, TIME AND LIFE AND STAY SANE!



The Summer Holiday Sanity Planner is an adaptation of my Life Management Formula. Please ensure you've listened to the Life Management Formula webinar and the Summer Holiday Sanity Planner webinar before completing this. There is an excel version of these should you prefer!

### THE 15 PARTS TO THE SUMMER HOLIDAY SANITY PLANNER!



1. TIMEFRAME
2. INTENTION
3. PRIORITIES
4. NON-NEGOTIABLES
5. ROADBLOCKS
6. MINDSET, HELP, INSPIRATION AND SUPPORT NEEDED
7. PREPARATION PHASE
8. TIMELINE PLAN / OPTIMUM WEEK
9. TO DO/ TO DON'TS
10. FUN THINGS
11. FOOD ORGANISATION
12. BUDGET
13. REMINDERS
14. LISTS
15. TAILOR-MAKE IT TO YOU

### TIMEFRAME:

The timeframe I want to focus on is...

## INTENTION...

Think of how you want to show up and the way you deal with things. How do you want to approach life, what do you want your energy and attitude to be. Think of any words or phrases you'd like to use....

## PRIORITIES...

Take a moment to think about your life category priorities in this timeframe. List these here one above the other on the left hand side.

Now do the priorities cross check. What's MORE important 1 v 2, 1 v 3, 1 v 4, 1 v 5 etc and as you do this write a star (\*) or line (|) next to it. When you've cross checked one against them, do the same for 2 v 3, 2 v 4, 2 v 5 etc. Then 3 v 4, 3 v 5, 3 v 6 etc. until all done. Then, total up the list and write in priority order on the right hand side (starting with the life priority with top score at the top).

## NON-NEGOTIABLES

Here, please write any non-negotiables for this timeframe - these are things that **MUST** happen no matter what. Some of these may be in your top category priority, but you may find you have non-negotiables in lower categories. That is absolutely fine. And you don't need to have non-negotiables in all categories (again, please watch the Life Management formula where I explain how these work).

## ROADBLOCKS, MINDSET, HELP & SUPPORT!

In the table below, please use column one to list your roadblocks and column 2 for mindset needed and column 3 for help, inspiration and support needed. This table is repeated on the next page if you need more space. And remember, you don't have to have both columns 2 and 3 complete for each roadblock as some require mindset, some help and support and some both!

ROADBLOCKS	MINDSET	HELP / SUPPORT

# ROADBLOCKS, MINDSET, HELP & SUPPORT!

ROADBLOCKS

MINDSET

HELP / SUPPORT

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## PREP PHASE - WHAT NEEDS TO HAPPEN BEFORE THE SUMMER HOLIDAYS!

Below have a go at listing things that you need to think about, do and prepare for. Also include the estimated time and any notes /reminders! There is a second page underneath, if you need more space.

WHAT

TIME

NOTES / WHEN DOING

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**PREP PHASE - WHAT NEEDS TO  
HAPPEN BEFORE THE SUMMER HOLIDAYS!**

**WHAT**

**TIME**

**NOTES / WHEN DOING**





# OPTIMUM WEEK

You may be better mapping out your week on paper, or printing off a blank week planner from your computer. Or, the one below is one I found from Etsy (where you can download all sorts of different templates and planners). The below could also be used for a different monthly planner. It's all about finding out what works for you! I create different optimum weeks through the summer holidays depending on what I'm doing.

## Weekly Schedule

WEEK OF:

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM							
7.00AM							
8.00AM							
9.00AM							
10.00AM							
11.00AM							
12.00PM							
1.00PM							
2.00PM							
3.00PM							
4.00PM							
5.00PM							
6.00PM							
7.00PM							
8.00PM							
9.00PM							
10.00PM							
11.00PM							
12.00AM							

## TO DO'S TO DON'TS!

You can use the now, next, future concept if you find you always have too much on your list. And you can change the now, next, future to, morning, afternoon, evening. Or, Monday, Tuesday, Wednesday. Or, June, July, August. If it helps get a piece of paper of the things you do NOT have to do this summer so they aren't weighing on your shoulders.

NOW

NEXT

FUTURE

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# FUN THINGS!

Sit down and work out what are all the fun things you want to do this summer and which people you want to do them with! Get your family involved and remember the simple things as well as the big things :)

# FOOD ORGANISATION!

Do you need to buy anything, prepare anything, sort anything out to help you with food organisation this summer? If so write it here! From shopping lists, batch meals to prep, beach / BBQ food to get in...

# BUDGET

Use this page to consider any budgets for the summer. What are your fixed costs, what are your variable costs, what will everything cost? Get it all out your head and onto here. And remember to check your budget each week or fortnight so you can keep on top of it!

# REMINDERS!

Is there anything you need to remind yourself of, ahead of the summer holidays? If so here!  
It can be things you need to do for you, tasks, don't forget's, little mottos or reminders,  
whatever you need to get out your head, pop it here!

# LISTS

The last couple of pages are for you to write down any useful lists. Things you can put onto paper now that will help you further down the line!

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