



BLANK SLATE

TOOLS

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Welcome & How it Works guideline

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Outlining some of our key starting points for helping you understand yourself and lift mood..

03 JOURNALS

Templates to help you track your day and provide perspective on how you are spending your energy. Are you spending enough on you?



INTRO

The Blank Slate Coaching team is here to help you move towards your goals, explore the life you want to live, and reach your dreams. The road to getting there, or even starting, is not always that easy. In most cases the roadblocks may seem endless. As your coaches, we will work with you to identify the roadblocks that are holding you back from living your best life and come up with tools and strategies to overcome them. Each person is unique. Our goal is to work with you to find your strengths, develop your intuition, increase your motivation, and provide support along the way.

We believe in the power of self-awareness and self reflection as a tool to developing our inner voice. By listening to our internal guide, we come to understand who we are and what we need out of this world - both from ourselves and those around us. Our foundation of ourselves is so important, yet easily moved to the bottom of our priorities. We learn to prioritize self-care as a means to helping ourselves, others, and the world at large.

Are you spending enough time focusing on yourself daily or weekly?

We have created easy to use Journal pages to help YOU gain perspective on YOU.

HOW IT WORKS

There are three FREE journal page options that you can print off to use. Pick the one that best aligns with you and your schedule - the one that you will be most likely to actually use.

The concept is simple: Include activities from each of these five key categories into your day, every day, for improved mood. The categories are: Self-Care, Productive, Physical, Social, and Fun!

Each journal option has a spot to outline your intention for the day, a checklist of the five categories, and a spot to describe your activities. Setting an intention will help keep your focus on what YOU want to accomplish for the day and help let go of the rest.

There are no rules on how often to fill out your journal. This is all about you and giving yourself more perspective on how YOU are doing.

LET US KNOW IF YOU HAVE ANY QUESTIONS. ENJOY YOU.



RECIPE

WRITTEN BY BLANK SLATE COACHING

It's not uncommon for us to feel stuck or in a slump. We all get there sometimes - and it can feel tortuous or impossible to pull ourselves out.

Maybe you're feeling really deep into it, or maybe it's just a feeling of running through the motions, getting stuck in the hustle and bustle of the day-to-day. Sound familiar? We've all been there. Luckily, the road out - though seemingly difficult - is actually quite simple.

The recipe does not provide a guarantee - but the ingredients do provide a starting point for you to start taking control. The key ingredient is actually YOU — YOU need to want to do the work. YOU need to decide to start working on YOU.

WARNING: SIMPLE DOES NOT MEAN EASY. THE INGREDIENTS IN THIS RECIPE ARE VERY OFTEN HARD TO DO AND/OR MANAGE DAILY. PLEASE DON'T FEEL DEFEATED -- EACH SMALL STEP COUNTS!

There is no right or wrong way to complete the recipe - make it enjoyable! We recommended including each ingredient in your life daily! This recipe should be reviewed often and utilized more frequently when you are feeling low.



BE PRODUCTIVE

- Look for one small task that you can accomplish, maybe one you've been avoiding
- Respond to an email or phone call
- Clean out a drawer or empty the dishwasher.

LET'S GET PHYSICAL

- Do something - anything - that is physical
- Go for a five min walk - or longer :)
- Choose the stairs or park further away than you need to
- Squat it out in front of the TV or in the Kitchen - start with 10, and work your way up
- Dance around your room in your underpants! With the blinds closed...

SOCIAL

- Call a friend for a chat
- Meet a friend for a coffee date
- Spend time with family in a way that's meaningful to you, even if that's just discussing TV or sports

SOOTHE YOURSELF WITH SELF-CARE

- This will look different to everyone!
Listen to that audiobook you've been meaning to get to, or do it old school and read an actual book
Stretch it out
Set aside time to journal or do a meditation
Take a bubble bath

HAVE FUN!

- The sky is the limit on this one - we can suggest a million things, but for this one is a blank slate (see what we did there?). Who are we to tell you what you think is fun??

Note - you can cover multiple areas at once! If you and a friend have a dance party while meal prepping together, you've covered social, productive, self-care, physical, and fun ALL IN ONE! And it's not even cheating!!!

DAILY

Date: _____

Indicate all that apply

| Time | Activities | Productive | Physical | Social | Self-Care | Fun |
|----------|------------|------------|----------|--------|-----------|-----|
| 6:00 AM | | | | | | |
| 8:00 AM | | | | | | |
| 10:00 AM | | | | | | |
| 12:00 PM | | | | | | |
| 2:00 PM | | | | | | |
| 4:00 PM | | | | | | |
| 6:00 PM | | | | | | |
| 8:00 PM | | | | | | |
| 10:00 PM | | | | | | |

Morning Intention:

End of Day Thought:

WEEKLY

Start Date: _____

mark all that apply

Daily Overview

| | | Productive | Physical | Social | Self-Care | Fun |
|-------|--|------------|----------|--------|-----------|-----|
| Day 1 | | | | | | |
| Day 2 | | | | | | |
| Day 3 | | | | | | |
| Day 4 | | | | | | |
| Day 5 | | | | | | |
| Day 6 | | | | | | |
| Day 7 | | | | | | |

Intention(s) for the Week:

End of the Week Thoughts:

WEEKLY

Date: _____

Describe your activities during your day that align with the following attributes

| | Intention(s) for your day | Productive | Physical | Social | Self-Care | Fun | End of Day thought(s) |
|-------|---------------------------|------------|----------|--------|-----------|-----|-----------------------|
| Day 1 | | | | | | | |
| Day 2 | | | | | | | |
| Day 3 | | | | | | | |
| Day 4 | | | | | | | |
| Day 5 | | | | | | | |
| Day 6 | | | | | | | |
| Day 7 | | | | | | | |

Intention(s) for the Week:

End of the Week Thoughts: