

RIGHT BRAIN PLANNING STARTING POINTS

THE PRIORITY of RIGHT BRAIN PLANNING is FOSTERING SELF-COMPASSION + EXPRESSION (not perfect pages)

"TRY SITTING DOWN IN THE SAME PLACE AT THE SAME TIME FOR THE SAME AMOUNT OF TIME EVERY DAY AND SEE WHAT HAPPENS." -AUSTIN KLEON-

GETTING STARTED IS TYPICALLY ➡ THE TALLEST HURDLE.
CONSIDER EVERYTHING AN EXPERIMENT. SIMPLY BEGIN TO DISCOVER
WHAT WORKS BEST FOR YOU. VALUE PROGRESS OVER PERFECTION
AS YOU DETERMINE WHICH OF THE PROMPTS BELOW SERVE YOU.



BEGIN WITH WHATEVER IS DOABLE AND SUSTAINABLE FOR YOU. YOUR ENTRIES ARE YOUR PERSONAL DATA (INFORMATION ABOUT YOUR WILD AND PRECIOUS LIFE). RECOMMENDED:

- ➡ 1) YOUR CHOICE OF A CONTAINER FOR JOURNAL ENTRIES: COMPOSITION NOTEBOOK, JOURNAL WITH LINED OR GRID PAGES, 3-RING BINDER (THIS IS A GREAT OPTION IF YOU PREFER USING DIFFERENT SIZED AND TYPES OF PAPER), POST-IT® NOTES, INDEX CARDS]
- ➡ 2) A MONTHLY CALENDAR AND/OR DATED PLANNER

1) JOURNAL PROMPTS & OPTIONS:

jotted notes to process feelings and events; quotations and book notes; diagramming the details of the decisions and questions you are living (via thought-boxes, tree diagrams and mind maps); seasonal observations; lines of found words; doodles and making marks while "procrastinating" (pondering or processing); first thoughts (morning pages); over-writing to get "it" on paper (but also, ensuring "it" is unreadable); gluebook pages (as in, random collage), messy mandalas and color-vents (for when you don't have words).

2) DATED ENTRIES to track frequency

and rhythms (as in, your typical daily sequences and energy levels [mental/emotional/physical] and use of your talents [personal and professional]; the details of your hours, days and weeks). This is a record of your time-sensitive entries, intentions, appointments, and deadlines—an easily referenced tracker to assist you in being mindful and kind with yourself.

★ Prompts, guiding content, art templates and lunar journals are available to my monthly Ko-fi supporters, visit: <https://ko-fi.com/stargardener>

