



16 WEEK EMPOWERED PLANNER

Designed & curated by Stephanie Popso
with associate designer Grace Song
Published by Naturally Empowered in Detroit, MI.
Made in Michigan.

EMPOWEREDLIFEPLANNER.COM
IAMNATURALLYEMPOWERED.COM

Lovely Friends,

Welcome to the 6th year of the Empowered Planner! It's an honor & a privilege to share this transformative ritual that has helped thousands reclaim their time & well-being. These pages were crafted to equip you with the tools & inspiration to realize your goals sooner, with less speedbumps & more satisfaction. They will aid in your organization & focus, so you can create and experience abundance daily.

There is no for sure way to know what any given year will bring, but there IS a way to create habits and rituals that bring us balance & direction every, single day. Our planner will show you how to adjust your sails when you can't change the direction of the wind. Get in the groove of making this planner part of each day and that trait will be indelible.

The "weekly goals" area exists to break down your most important big picture goals into weekly chunks. The "action steps" area is where you will break down the weekly chunks into daily steps, encouraging you to start small, start where you're at & grow from there. My weekly wellness tips & the inspiring quotes are to help you experience shifts where they're needed most. The daily prompts & tools will help you put power & intention behind your energy. These exercises can be completed in less than 3 minutes & the effects are palpable. Notice how checking off an action step or writing in your vibrant foods for the day inspires you to do it again & again & again.

Our 16 Week Empowered Planner can be the tool that takes you from where you are now to where you want to be. Make it a part your morning & see how your day takes off. If you need an extra nudge, join one of my online programs, schedule a complimentary 1:1 coaching consult, sign up for my newsletter & connect with me on social.

Love & Gratitude, Stephanie Popso
Your Well-Being Coach & Guide



EmpoweredLifePlanner.com
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BIG PICTURE GOALS

Start with the big picture. What's most important to you right now? Think of goals that will challenge you to level up, that fit into your master plan, that promote adventure, growth, stability and exploration. Even if a goal seems lofty or long-term, the tools in this planner will help you lay the groundwork for the journey ahead. Take intentional time to close your eyes, connect with you, and write out your goals. Be sure to come back here each month for accountability.

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“Honor the space
between no longer & not yet.”
~Nancy Levin

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between no longer & not yet.”
~Nancy Levin

This weeks goals:

- ☐ Pull from your overall goals. What are the
- ☐ 3 most impactful goals to start working on
- ☐ right now? What can you do this week?

This weeks goals:

- ☐ Walk daily
- ☐ Meditate after waking
- ☐ connect with friends 3x

How do these goals improve my life?
Think about how your life would change
for the better working towards & achieving
these goals.

How do these goals improve my life?
Nature is healing
Meditation is centering
Connecting is fulfilling.

What do I want?
This is where you can set an intention,
write down your hearts desires & start
manifesting what you want in your life.

What do I want?
To tune into my inner
wisdom. To live
abundantly. To be FREE.

Wellness tip:

Try to drink half your weight in
ounces of water every day this week.
Ditch the plastic & grab a reusable
metal or glass water bottle. Better for
you. Better for the planet!

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NOTES

A space for reminders and notes



EXPLANATION

HOW TO USE DAILY PROMPTS

EXAMPLE

Mantra:

A word or words repeated to aid concentration throughout the day. Use mantras throughout your day as a reminder to stay positive & purposeful

Mantra: I am more powerful than anything that ever happened to me.

Gratitude:

Studies show that people who practice gratitude are happier & healthier than those who don't. Take a moment each day to pause & FEEL your gratitude.

Gratitude: Coffee, walks, nature, rose Snuggles, friendship, self love

Today's action steps

- ☐ We all have 24 hours in our day. We often overload our schedule & get less done because we're overwhelmed.
- ☐ Pull from this week's goals & decide on 3 achievable
- ☐ mini-steps you can work on today.

Today's action steps

- ☐ walk while on call
- ☐ Am meditation
- ☐ Connect @ dinner

	meditation / am rituals
morning	morning 8:30 dropoff
	call: 9-11
Plug in your appointments here	WALK
	presentation prep
noon	noon
	coaching call
	2:30 pickup
	playtime w/ Rose
evening	evening make dinner
	girls dinner.

SELF CARE & PHYSICAL ACTIVITY:

Time you've set aside for your well-being & exercise.

SELF CARE & PHYSICAL ACTIVITY:

Walk, meditation, play, friends

VIBRANT FOODS:

Any food or drink that is clean, real, energizing, vibrant.

VIBRANT FOODS:

Smoothie, salad, veggie soup, apple

NOTES

call grandma
research retreat

A space for reminders and notes



MONTH:

SUNDAY	MONDAY	TUESDAY

What goals/s will I focus on this month?

Whats’s my motivation?

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTH:

SUNDAY	MONDAY	TUESDAY

What goals/s will I focus on this month?

Whats’s my motivation?

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTH:

SUNDAY	MONDAY	TUESDAY

What goals/s will I focus on this month?

Whats’s my motivation?

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTH:

SUNDAY	MONDAY	TUESDAY

What goals/s will I focus on this month?

Whats’s my motivation?

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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<p>“Honor the space between no longer & not yet.” ~Nancy Levin</p>	<p>Mantra:</p>
<p>This weeks goals:</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>	<p>Gratitude:</p>
<p>How do these goals improve my life?</p>	<p>Today’s action steps</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>
	morning
<p>What do I want?</p>	
	noon
	evening
<p><u>Wellness tip:</u> Drink half your weight in ounces of water daily. Ditch the plastic & use a metal or glass water bottle. Every single piece of plastic that has ever been created since the 19th century is still somewhere on our planet.</p>	<p>SELF CARE & PHYSICAL ACTIVITY:</p>
	<p>VIBRANT FOODS:</p>

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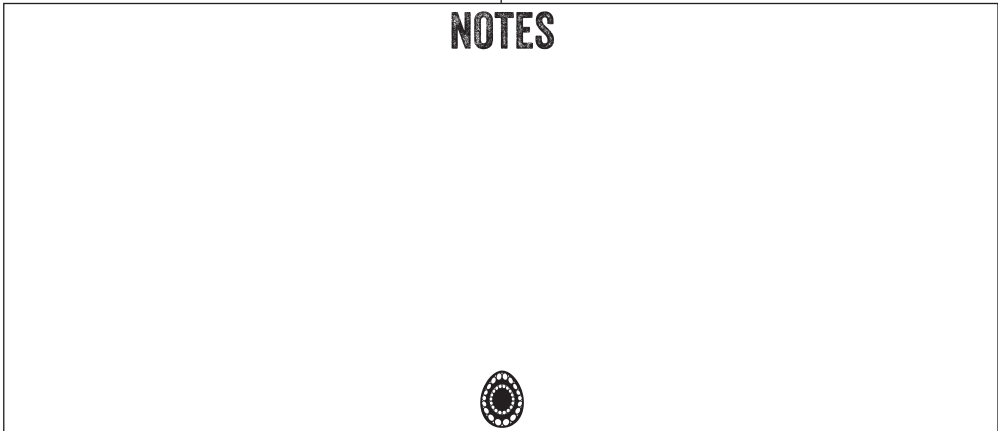
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<p>“Eat food. Not too much. Mostly plants.” ~Michael Pollan</p>	Mantra:
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<p><u>Wellness tip:</u> A simple way to eat healthier is to eat the most colorful plate possible. Add fruits or veggies to every meal for a more nourished & vibrant you.</p>	SELF CARE & PHYSICAL ACTIVITY:
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Wellness tip:
Create a simple morning routine.
The way we start our day can dictate how the rest of our day will go. A more balanced morning can contribute to a more balanced day.
What would yours look like?

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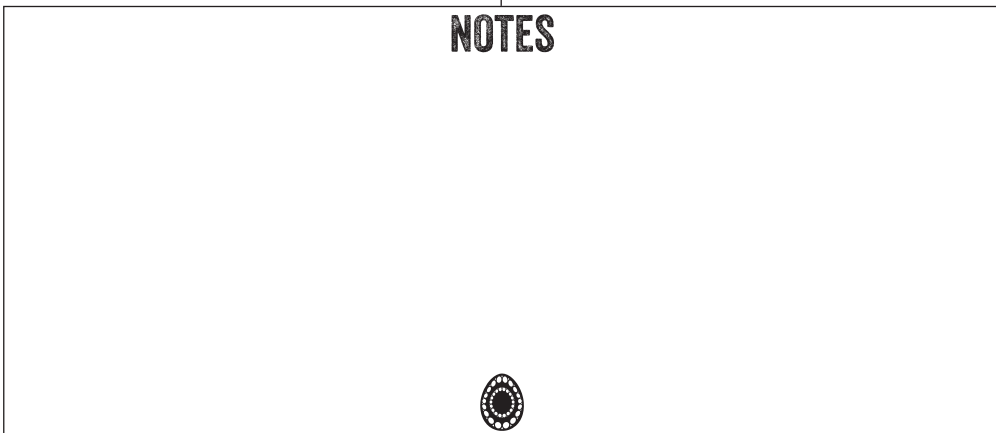
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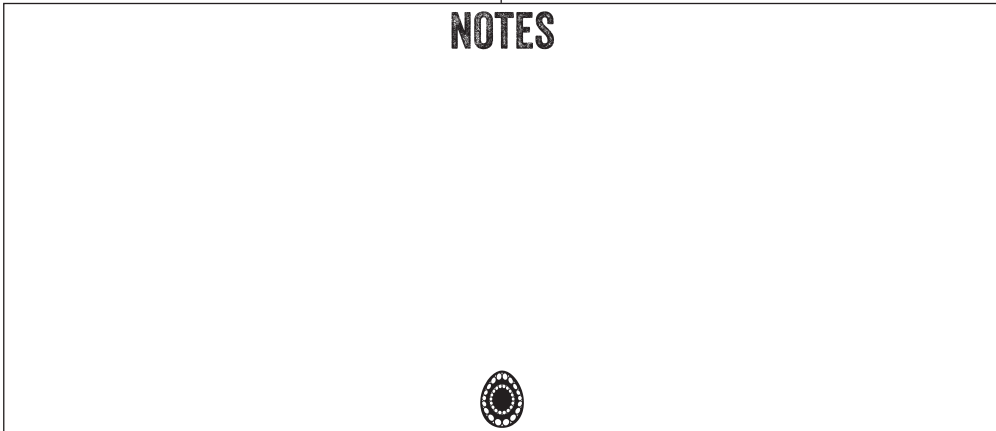
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“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”
~Harriet Tubman

This weeks goals:

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How do these goals improve my life?

What do I want?

Wellness tip:

Make getting good sleep a priority. 7-9 hours of good sleep can benefit stress levels, energy, cravings & mood. Getting in bed just 15 minutes earlier can have a noticeable & positive impact on the following day.

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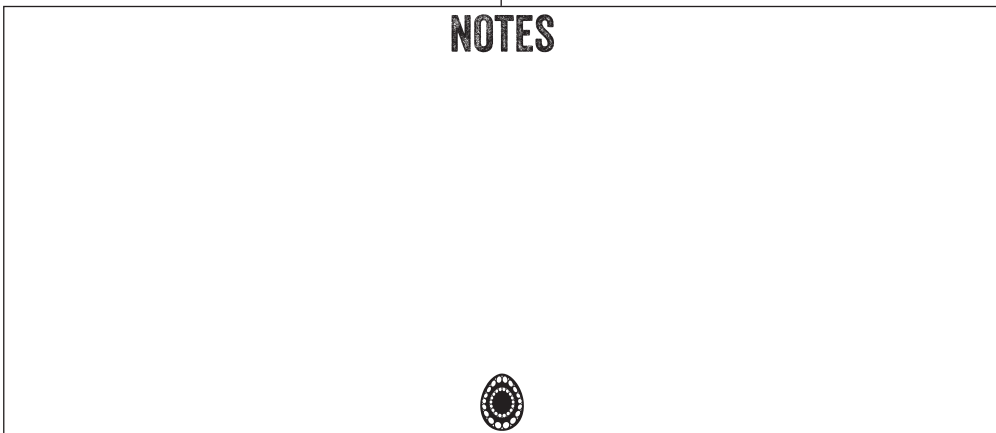
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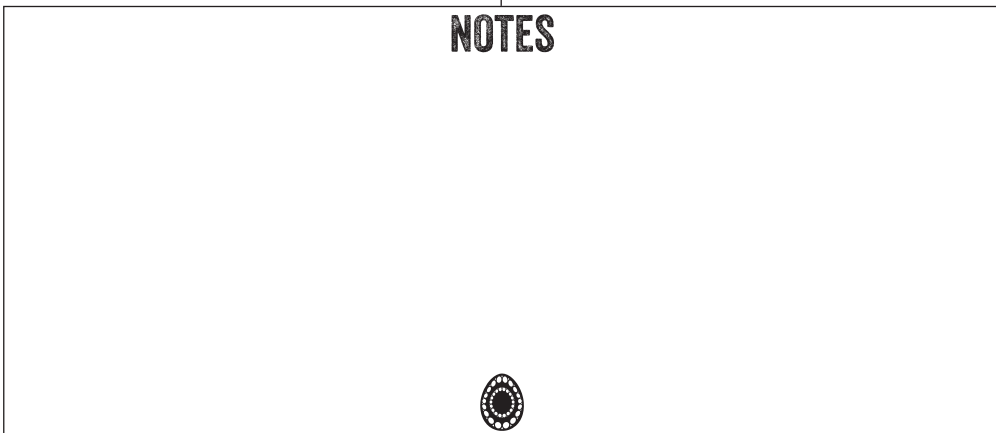
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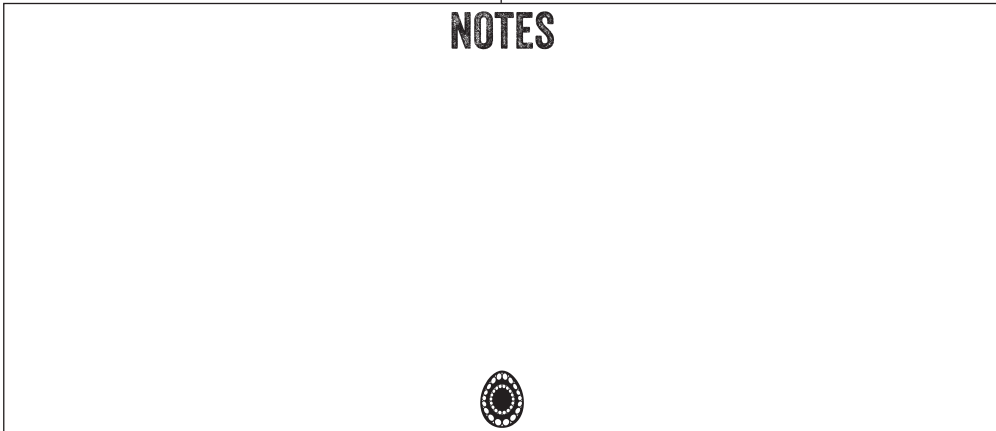
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Today’s action steps

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Today’s action steps

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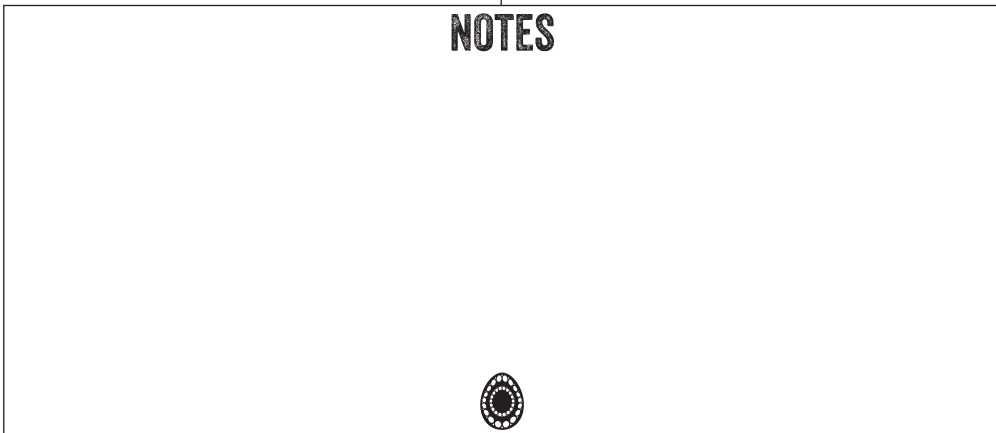
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How do these goals improve my life?

Today's action steps

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morning

What do I want?

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Wellness tip:

It's common to spend copious amounts of time focusing on perfection, white-knuckling our way through life. Break the cycle, loosen your grip & surrender to the natural flow of things. How can you color outside the lines this week?

SELF CARE & PHYSICAL ACTIVITY:

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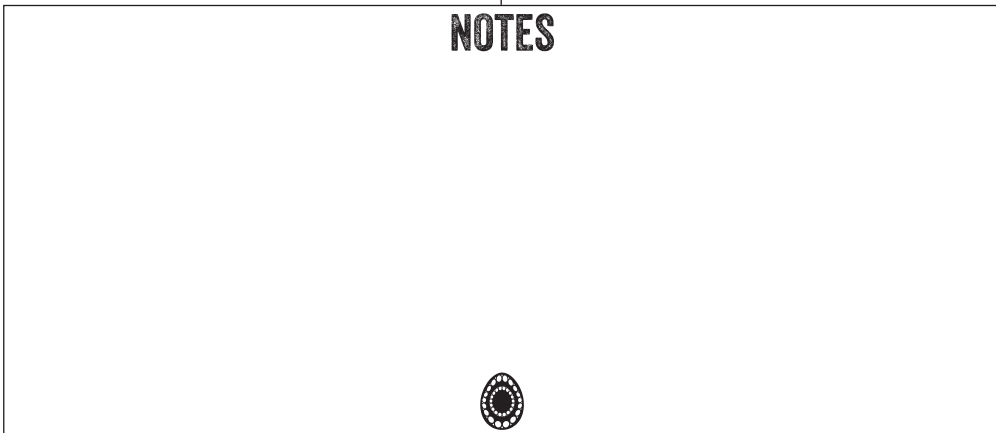
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“Don’t ever make decisions based on fear. Make decisions based on hope and possibility. Make decisions based on what should happen, not what shouldn’t.” ~Michelle Obama

This weeks goals:

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How do these goals improve my life?

What do I want?

Wellness tip:

Feel the fear and do it anyway. Fear can only win & get the best of us if we don’t take action and push forward. What’s one way you can challenge fear this week and grow?

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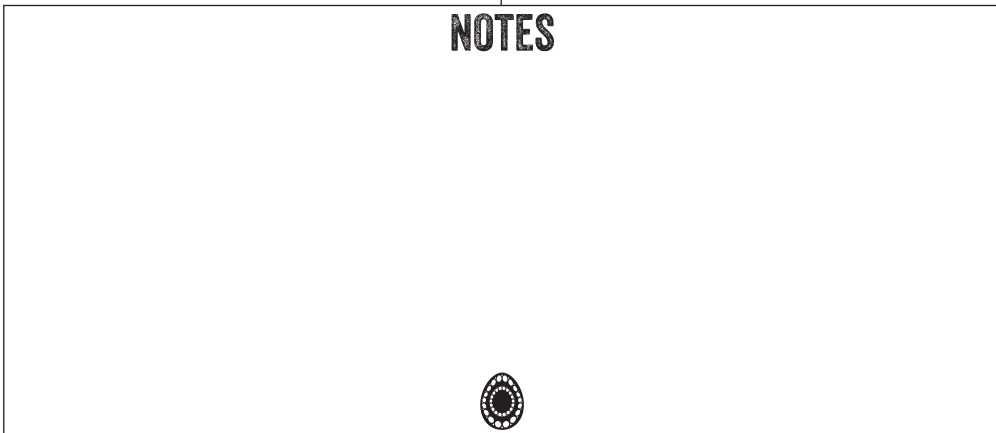
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How do these goals improve my life?

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SELF CARE & PHYSICAL ACTIVITY:

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Wellness tip:

Take a moment to stop & breathe. Longer inhales, longer exhales. After 5 breaths, notice how you feel. It's a quick way to reset, that's always available & doesn't cost a thing. Take this time especially if you feel anxious or stressed.

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TUES|

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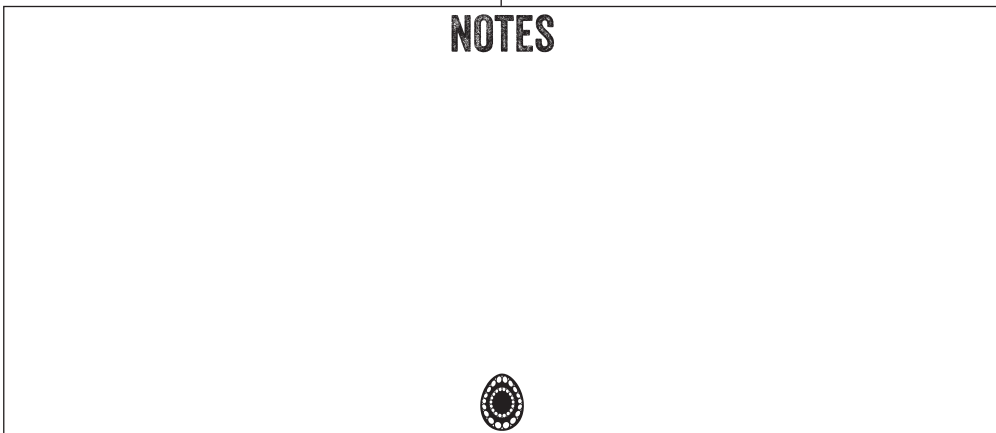
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~Jane Goodall

Gratitude:

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evening

SELF CARE & PHYSICAL ACTIVITY:

VIBRANT FOODS:


Wellness tip:
Take one day this week to notice where you can employ the 5 R's more: refuse (no to single use plastics), reduce (consumption/waste), reuse (is there another use for this?), rot (explore composting) & recycle.

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SELF CARE & PHYSICAL ACTIVITY:		SELF CARE & PHYSICAL ACTIVITY:
VIBRANT FOODS:		VIBRANT FOODS:

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<div>...but you don't need anything from Amazon today." ~Unknown</div>	<div>Mantra:</div>
	<div>Gratitude:</div>
<div>This weeks goals:</div>	<div>Today's action steps</div>
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	<div>morning</div>
<div>What do I want?</div>	
	<div>noon</div>
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<div><div><div><div>Wellness tip:</div><div>Big Box e-commerce has about four times as many touch-points as regular retail. Shop local when you can & discover new small businesses to support. When you do shop online, shop directly with the seller to limit touchpoints & waste.</div></div></div></div>	<div>SELF CARE & PHYSICAL ACTIVITY:</div>
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SELF CARE & PHYSICAL ACTIVITY:		SELF CARE & PHYSICAL ACTIVITY:
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NOTES



AT A GLANCE

Jan	July
Feb	Aug
March	Sept
April	Oct
May	Nov
June	Dec



SELF CARE MENU:

PHYSICAL ACTIVITY MENU:

VIBRANT FOODS MENU:













