

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

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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.

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



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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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HOW TO USE WEEKLY CHECK IN

EXPLANATION HOW TO USE W	EEKLY CHECK IN EXAMPLE	
"Honor the space between no longer & not yet." ~Nancy Levin	"Honor the space 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 	This weeks goals: UNALK daily Meditate after waking	
 right now? What can you do this week? How do these goals improve my life? Think about how your life would change 	How do these goals improve my life?	
for the better working towards & achieving these goals.	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 uston. To live dburdfantly. 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!	<u>Wellness tip:</u> 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!	
NOTES		
A space for reminders and notes		

EXPLANATION HOW TO USE D	AILY PROMPTS EXAMPLE	
Mantra: A word or words repeated to aid concentration through out the day. Use mantras throughout your day as a reminder to stay positive & purposeful	Mantra: 1 an More poverful than anything that even 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: Coffie, walks, Nature, vosie Shuggies, 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 weeks goals & decide on 3 achievable mini-steps you can work on today.	Today's action steps Walk while on Calls Am meditation Connect & dinner meditate / am ntuals	
morning	morning @20 droppoff	
Plug in your appointments here	- Calls: 9-11 WALK. - presentation prop	
	noon <u>COaching Call</u> 230 pickup tautine w Pose	
evening	evening make dinner	
SELF CARE & PHYSICAL ACTIVITY:	SELF CARE & PHYSICAL ACTIVITY: Walk,	
Time you've set aside for your well-being & exercise.	meditation, play, Friends	
VIBRANT FOODS:	VIBRANT FOODS: SMOOTLIKE, Salad.	
Any food or drink that is clean, real, energizing, vibrant.	veggié soup, apple	
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SUNDAY	MONDAY	TUESDAY

What goals/s will I focus on this month?

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY

What goals/s will I focus on this month?

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY

What goals/s will I focus on this month?

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY

What goals/s will I focus on this month?

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

CHECK-IN MO	INTH: MON
"Honor the space between no longer & not yet." ~Nancy Levin	Mantra: Gratitude:
This weeks goals:	Today's action steps
How do these goals improve my life?	morning
What do I want?	
<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.	evening SELF CARE & PHYSICAL ACTIVITY: VIBRANT FOODS:
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CHECK-IN MC)NTH: MON
	Mantra:
"Eat food. Not too much. Mostly plants"	
Mostly plants." ~Michael Pollan	Gratitude:
This weeks goals:	
	Today's action steps
How do these goals improve my life?	
	morning
What do I want?	
	noon
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	evening
<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	SELF CARE & PHYSICAL ACTIVITY:
more nourished & vibrant you.	
	VIBRANT FOODS:
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TUES	MONTH:	WED	
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CHECK-IN MC	INTH: MON
"Start the day with love. Fill the day with love. End the day with love." ~Saibaba	Mantra: Gratitude:
This weeks goals:	Today's action steps
How do these goals improve my life?	
	morning
What do I want?	
<u>Wellness tip:</u> Create a simple morning routine. The way we start our day can	evening
dictate how the rest of our day will go. A more balanced morning can contribute to a more balanced day.	SELF CARE & PHYSICAL ACTIVITY:
What would yours look like?	VIBRANT FOODS:
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CHECK-IN M	DNTH: MON	
"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." ~Martin Luther King Jr.	Mantra: Gratitude:	
This weeks goals:	Today's action steps	
How do these goals improve my life?		
	morning	
What do I want?		
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<u>Wellness tip:</u> Physical exercise doesn't have to be	evening	
grand to be impactful. Start small.		
Start where you're at. Invite a friend. Ten minutes each day this week is a	SELF CARE & PHYSICAL ACTIVITY:	
total of 70 by Sunday. Are you up for		
the challenge?	VIBRANT FOODS:	
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CHECK-IN M	DNTH: MONI
"Love yourself enough to live a healthy lifestyle"	Mantra:
~Unknown	Gratitude:
This weeks goals: □	Today's action steps
How do these goals improve my life?	
	morning
What do I want?	
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Wellness tip:	evening
Carve out time to care for you.	
Even if it's just 5 minutes a day, schedule it in. Time to breathe. Time to think. Time to bring your focus in. Make a menu of different ways you'd like to care for you.	SELF CARE & PHYSICAL ACTIVITY:
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CHECK-IN	ONTH: MON
"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."	Mantra: Gratitude:
~Harriet Tubman This weeks goals:	
	Today's action steps
How do these goals improve my life?	
	morning
What do I want?	
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	noon
Wellness tip:	evening
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.	SELF CARE & PHYSICAL ACTIVITY:
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CHECK-IN	AONTH: MONI
"Ask for what you want and be prepared to get it!"	Mantra:
~Maya Angelou	Gratitude:
This weeks goals: □	Today's action steps
How do these goals improve my life?	
	morning
What do I want?	
	noon
<u>Wellness tip:</u> Think of food as fuel.	evening
Think of food as fuel. Our input has everything to do	
with our output. Fill your tank with fresh, colorful, mostly plant-based	SELF CARE & PHYSICAL ACTIVITY:
foods that make you feel good from	n
the inside-out to fuel your day .	VIBRANT FOODS:
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check-in MOI	NTH: MON
"You have the power to change perception, to inspire and empower, to show people how to embrace their complications & flaws and see the true beauty that's inside all of us." ~Beyonce`	Mantra: Gratitude:
This weeks goals: □	Today's action steps
How do these goals improve my life?	
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What do I want?	
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<u>Wellness tip:</u> Practice self-compassion.	evening
Practice giving yourself the love, attention & care that you aim to give others. Invest in your relationship	SELF CARE & PHYSICAL ACTIVITY:
with you this week.	VIBRANT FOODS:
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TUES	MONTH:	WED
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CHECK-IN M	ONTH: MONI
"Breathe. Let go. And remind your- self that this very moment is the only one you know you have for sure." ~Oprah Winfrey	Mantra: Gratitude:
This weeks goals:	□ Today's action steps □ □ □
How do these goals improve my life?	morning
What do I want?	
<u>Wellness tip:</u> Practice crowding in & crowding out. Slowly crowd in behaviors that serve you & slowly crowd out behaviors that don't. ex: If you drink a lot of soda or coffee, start with taking one away & adding in a glass of water or herbal tea.	evening SELF CARE & PHYSICAL ACTIVITY: VIBRANT FOODS:
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CHECK-IN MO	NTH: MON	
"All great achievements require time." ~Maya Angelou	Mantra: Gratitude:	
This weeks goals:	Today's action steps	
How do these goals improve my life?	morning	
What do I want?	 	
<u>Wellness tip:</u> When it comes to breaking down goals into smaller steps, start where you're at & slowly build from there. Lasting change is constructed of many layers & each layer or action step brings us closer to where we want to be.	evening SELF CARE & PHYSICAL ACTIVITY: VIBRANT FOODS:	
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VIBRANT FOODS:	VIBRANT FOODS:	
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CHECK-IN	ONTH: MON	
"Always be a first-rate version of yourself, instead of a second-rate version of somebody else." ~Judy Garland	Mantra: Gratitude:	
This weeks goals:	Today's action steps	
How do these goals improve my life?		
	morning	
What do I want?		
Wellness tip:	evening	
Embrace what makes you, you. Stand out. Be proud. You just might inspire someone else to do the same.	SELF CARE & PHYSICAL ACTIVITY:	
	VIBRANT FOODS:	
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TUES	MONTH:	WED
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THURS	MONTH:	FRI
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VIBRANT FOODS:	VIBRANT FOODS:	
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CHECK-IN MO	NTH: MON
	Mantra:
"Perfectionism is prison."	
~Christine Hassler	Gratitude:
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This weeks goals: □	Today's action steps
How do these goals improve my life?	
	_ morning
What do I want?	
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Wellness tip:	
It's common to spend copious amounts of time focusing on	evening
perfection, white-knuckling our	SELF CARE & PHYSICAL ACTIVITY:
way through life. Break the cycle, loosen your grip & surrender to the	SELF GARE & PHISIGAL AUTIVITY:
natural flow of things. How can you color outside the lines this week?	VIBRANT FOODS:
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TUES	MONTH:	WED
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CHECK-IN MO	NTH: MON
"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	Mantra: Gratitude:
This weeks goals:	Today's action steps
How do these goals improve my life?	
	morning
What do I want?	
<u>Wellness tip:</u> 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	evening SELF CARE & PHYSICAL ACTIVITY:
challenge fear this week and grow?	VIBRANT FOODS:
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CHECK-IN MO	NTH: MON
"Remember to take care of yourself. You can't pour from an empty cup." -Unknown	Mantra: Gratitude:
This weeks goals:	Today's action steps
How do these goals improve my life?	
	_ morning
What do I want?	
	- noon
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.	evening SELF CARE & PHYSICAL ACTIVITY: VIBRANT FOODS:
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CHECK-IN MO	NTH: MON
"You cannot get through a single day without having an impact on the world around you. What you do makes a dif- ference and you have to decide what kind of a difference you want to make." ~Jane Goodall	Mantra: Gratitude:
This weeks goals: □	Today's action steps
How do these goals improve my life?	
	morning
What do I want?	
	- noon
<u>Wellness tip:</u> Take one day this week to notice where you can employ the 5 R's more: refuse (no to single use plas- tics), reduce (consumption/waste), reuse (is there another use for this?),	evening SELF CARE & PHYSICAL ACTIVITY:
rot (explore composting) & recycle.	VIBRANT FOODS:
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VIBRANT FOODS:	VIBRANT FOODS:	
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CHECK-IN MO	NTH: MON	
but you don't need anything from Amazon today." ~Unknown	Mantra:	
This weeks goals:	Gratitude:	
	Today's action steps	
How do these goals improve my life?		
	morning	
What do I want?		
	- noon	
Wellness tip:		
<u>Wellness tip:</u> Big Box e-commerce has about four times as many touch-points as regular	evening	
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.	SELF CARE & PHYSICAL ACTIVITY:	
	VIBRANT FOODS:	
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PHYSICAL ACTIVITY MENU:
VIBRANT FOODS MENU:

















