

WHAT THIS IS ABOUT

You don't need another planner. You need a rhythm that reflects your energy, priorities, and truth. The **Ideal Planning Method** helps you create structure that *feels like freedom* – powered by the **S.O.U.L. Framework**.

WHY ARE WE HERE?

THE S.O.U.L. FRAMEWORK

S - Sense

Feel into what's true for this season. Notice what your energy is craving and what's no longer in alignment.

✦ *How do I want to feel? What actually matters right now?*

O - Optimize

Align your time and systems with what supports those feelings. Simplify, structure, and remove friction.

✦ *What needs refining to create flow?*

U - Unleash

Take inspired, intentional action. Focus on your Big 3 and give energy only to what truly moves the needle.

✦ *What three things will make today a success?*

L - Loop

Reflect, adjust, and integrate. Every cycle teaches you something new about what works – and what doesn't.





✦ *What did I learn? How will I shift?*

MINI EXERCISES



IF YOUR PLAN DOESN'T HONOUR YOUR
ENERGY, IT'S NOT YOUR PLAN...
IT'S SOMEONE ELSE'S.

USE THESE EXERCISES DAILY, WEEKLY, MONTHLY...

 <p>Sense: Choose one feeling for personal life + one for professional life this month.</p>	 <p>Optimize: Identify one thing you can simplify or streamline this week.</p>
 <p>Unleash: Name your top 3 priorities for the week and one likely blocker for each.</p>	 <p>Loop: Reflect – what will you celebrate or release by Friday?</p>

Join the **Ideal Planning Seminar** on **November 13 (9 AM - 12 PM EST)** – a 3-hour deep dive to create your 90-day plan, ideal month, and ideal week.

CONTACT MEGHAN TO JOIN NOW

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CAPACITY REALITY CHECK

SENSE YOUR ENERGY. OPTIMIZE YOUR FLOW.

WHAT THIS IS FOR

Before you plan, sense your capacity – your real energetic and time availability. This isn't about squeezing more in. It's about building your week around what truly supports your energy.

MY WEEKLY CAPACITY

Category	Hours per Week	Notes
Sleep/Rest		
Family/Relationships		
Client/Work Commitments		
Admin/Logistics		
Self-Care/Movement		
Play/Stillness		
Remaining Capacity (168-Used)		

REFLECTION PROMPTS

Sense: Where am I overextending my energy?

Optimize: What could I simplify or automate?

Unleash: What truly deserves my focus this week?

Loop: How will I protect my rest and reset time?

"Optimizing your capacity is how you make space for what your soul came here to do."



DAILY FLOW SHEET "UNLEASH"

MOVE FROM CLARITY, NOT CHAOS.

MY BIG 3 FOR TODAY

Date	Focus Word	Energy Level <small>(Low/Medium/High)</small>

Priority	Why it Matters	Smallest Next Step	Blocker	Bypass
1.				
2.				
3.				

SENSE CHECK (MORNING)

LOOP REFLECTION (EVENING)

- How do I feel today?
- What would make today flow easier?
- Where do I need to give myself grace?

- What went right today?
- What drained my energy?
- What will I shift tomorrow?

Reminder: If your Big 3 don't fit your energy or capacity, choose one to delay, delegate, or delete.

"When you act from alignment, even small steps create expansion."

FOR QUESTIONS AND CONCERNS REACH OUT TO US!

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