



2019 Planner

Self-cultivation, not self-improvement.
Self-discovery, exploration of the world, and good times.

Here we go...

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How to think about planning

As you do this process, I would like for you to keep in mind that **there is nothing wrong with you.**

This is so important, I will say it again in case you read that too fast. **There is *nothing wrong with you.* Seriously.**

If you approach this exercise (caper*, frolic, experiment) with no thought of

- changing
- fixing
- remedying
- compensating
- or otherwise improving yourself...

... how might you *like* to spend your time this year? What would make you look back in satisfaction and say *Now that was a year well spent! 2019, I'd do you all over again.*

That's what we're after. A year of delight. Not boxes ticked, but things to look forward to.

Got it? Self-cultivation, not self-improvement. Self-discovery, exploration of the world, and good times.

Here we go.

What would make this even easier?

There are a few things that make planning and reaching goals much, much easier.

One is values. Think about what's *really* important to you. (Examples: truth, beauty, family, adventure, surprise, security.)

Now, think about your life and your plan. Is there a match? Does your list for 2019 line up with your values? If not, PERMISSION GRANTED to 86 those things! It's that easy.

If your 2019 does match your values, excellent! Everything is so much easier when we're not fighting ourselves.

Here's another way to make things easier and get more done (I mean, not to assume that you need to get *anything* done; that's not a given in this process): Is there something on your list that is kind of a foundational goal? Like, is it part of everything else? Does it touch many other things in such a way that if you were to put that thing first, a ton of other things would magically happen, for free?

An example: If you're not getting enough exercise, you're probably not getting quality sleep. Your mood probably suffers, and your energy is lower than it could be. If all those things - sleep, appetite, energy, mood - improved, the benefits would hugely amplify every desirable effect you want to see in your world.

What are your foundational pieces?

Finally, as you know, we're on this planet with about 7,000,000,000 other humans. Most of them are volcanoes of ideas, networked to the gills and are standing by, ready to help! Who are the people you know - and *want* to know - who could aid you? (And who you could help in turn one day...)



Hiya! I'm Max Daniels, a writer and coach over at maxdaniels.com.

I write and teach on **weight loss, habits and eating disorders** from the point of view that **total liberation is possible** and it's *not even hard*. That's right! 🎉👑

Several times a year, I hold a short seminar on **How to Stop Binge Eating and Become a Normal Eater by Bedtime Tonight**. It will show you how to do *exactly that*. (PS Weight loss follows!)

I also run an ongoing email accountability program, **Body of Knowledge Weekly**. It's the most affordable way to do 1:1 coaching with me, and it's a blast. Like my seminars, it's **very effective**.

Every week I send out a totally free newsletter full of smart easy ways to break bad habits, establish better ones, lose weight and just plain be happy. You can **subscribe here**.

You can also find me at Mason-Dixon Knitting, where I write a monthly column on self-care.