

TAKE A LOOK INSIDE OUR ROSIE PLANNER

RENEWAL

You start each day with an inspirational quote or scripture verse.

ROSIE OUTLOOK

This section was designed for you to think about something positive - something you're excited that day. It could be a little thing like the friend you're meeting for dinner or the important meeting you're going to have that day. The goal of this is for you to wake up everyday feeling positive, inspired, and excited - which, if you could feel like this at the start of every day, you already set yourself up for a good day. :)

GOAL

This can be work or personal goals - any goals that are your absolute main focus for the day. These goals can be the subsets of the goals you set in the beginning of each week/month. Write them down and make sure you achieve them.

FITNESS & NUTRITION

Exercises and meals are important and we should not ignore that what we put into our body stays in our body. A bad meal can't be removed with exercises. At the same time, exercises are important in keeping our mind and body balanced, building our cardio strengths, helping us focus, and releasing stress.

If you care about your well-being, I'm sure you exercise regularly and eat healthy. If you're not already doing so and are thinking of changing your diet and lifestyle for the better, you can use this little section here to track your progress daily.

ALMANAC

Our schedule doesn't come with the exact times as we find that fixed times that come with most planners can be frustrating. Sometimes meeting times we have scheduled are not on the dots and that we may need more space than just one line to write about the meeting at 10.30pm. Moreover, most planners have times that run from 7am to 8pm. Some of us are night owls or work with people on the other side of the world and have schedules (i.e. Skype calls, webinars, TV shows) that are very late at night. So we want to keep this section as flexible as we can.

QUEEN BEE

To-do lists are essential and no explanation is really needed about how to use this section!

I'M GRATEFUL FOR

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, and confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." - Melody Beattie

Sparing a minute or two at the end of the day to think about the good things that happened can help us appreciate life and feel happier as a result. Sometimes we can be overwhelmed with work and feel stressed with the responsibilities we have. Filling every day with gratitude for 100 days can really help brighten us up and instill in us a new mindset full of positivity, gratitude, and joy.

DREAM

The power of positive affirmation is phenomenal. Every dream-come-true starts with a thought. And then a thought gets fulfilled through actions and determination. There are days that go well, some days goes as planned while others don't. Taking a few moments to focus on what your hopes and dreams are for next day gives you a chance to put things in perspective and allows you to realign your thoughts towards the renewal that a new day brings. Ask, Seek, and Knock!

WEEKLY AND MONTHLY

EVALUATE YOUR HAPPINESS & ENERGY LEVEL

How you feel and how you spend your days each week varies. The goal of this section is for you to reflect on the week/month and that at the end of each planner you can see how much you have improved - how much better you feel and how much happier you have become.

THE POSITIVE THINGS THAT HAPPENED THAT WEEK/MONTH

This is for you to look back and feel that after all, life is good. Regardless of challenges and obstacles you face in life, there are always good things. The key in being happy is to shift what you focus on - what you focus on expands and affects how you feel.

THE NEGATIVE THINGS THAT HAPPENED THAT WEEK/MONTH

"The greatest weapon against stress is our ability to choose one thought over another." - William James

There are always things that annoy, disappoint, or upset you. However, the point of this is to reflect and to learn to look at these negative things from a positive point of view. Sometimes we can't see why things turned out the way they did and only time will give us the reason for why it happened which brings us to the next two points.

HOW YOU OVERCAME THOSE CHALLENGES

"A smooth sea never made a skillful sailor."

We only become stronger when we are put to the test and when we have to go through situations where we have to push our limits. If our path through life is paved with rose petals and everything is always handed to us on a silver platter, we will never learn to build mental strength, resilience, patience, understanding, acceptance, and become the person that we desire to be. It is useful to reflect every now and then on what we had to go through, what we have learned, and what we have achieved to feel proud of ourselves and our achievements. Sometimes we get caught up in our own self-doubt and feel like we're not good enough. We need to keep looking back on what we have achieved and what we have become - even if we are just slightly better than what we were yesterday, 5 months ago, or last year. The key of this is to keep having faith in ourselves and to never stop becoming a better person which is the key to feeling fulfilled and happy internally.

THE POSITIVE SIDE OF THE NEGATIVE THINGS

"You cannot tailor-make the situations in life but you can tailor-make the attitudes to fit those situations." - Zig Ziglar

When one door closes another door opens. Everything happens for a reason and that one event always leads us to another. Whether that event leads to something better or worse depends on how we look at it, what we learn from what happened, and what we do from that point on.

Most of the time we see the negative things as they are. However, there is always a positive side to everything. Being happy doesn't mean you're living a flawless life with only good things in it. Being happy means that no matter what life throws at you, you see it with the positive lens and you are able to turn around the negative circumstances into lessons and opportunities. It's all about "your perception". How you feel depends on how you see things. Practicing this over and over, you will soon become a positive person who sends out positive energy and attracts people of the same energy to you.

WHAT YOU'D LIKE TO IMPROVE ON NEXT WEEK/MONTH

Reflecting on the past week and thinking about what we could do better the following week without dwelling on the past and regrets is the key to successfully improving oneself. Most of the time we let our lives go by without actually pausing for a second to reflect. You could have been too hot-tempered this week. You could have been too lazy and inactive. You could have had a very bad diet. Next week is another week. Welcome it with a smile and see it as an opportunity for you make it better and become a better person.