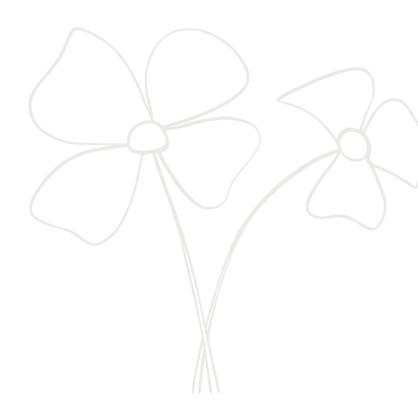# SELF-AUTHORSHIP PLANNER PACK

PREVIEW

PREVIEW

This is a preview of the <u>Self-Authorship planner pack</u>

1. Self-Authorship Compass (Snapshot)
Purpose: One-page anchor for values, vision, and near-term direction.

2. Life Chapter Map
Purpose: Name your current chapter and set tone.

3. Decision Rules (If–Then Guide)
Purpose: Pre-decide aligned responses.

4. Belief Audit Mini
Purpose: Surface one limiting belief and design a useful alternative.

5. Next-Right-Step Planner (Daily)
Purpose: Reduce overwhelm to one step.

6. Micro-Experiment Card
Purpose: Run small tests and learn fast.

7. Designed-Not-Default: Weekly Review
Purpose: Reflection and intentional resets.

8. Identity Evidence Log
Purpose: Build self-trust through proof.

9. Choice Points Tracker
Purpose: Notice moments where default shows up.

10. Constraints & Supports Map
Purpose: Make the system easier to follow.

11. Commitments Ledger
Purpose: Track live commitments and renegotiate cleanly.

12-Week Chapter Overview
Purpose: A quarter at a glance.

PRINTABLES

1. SELF-AUTHORSHIP COMPASS (SNAPSHOT)

DATE

TOP 5 VALUES

- ○
- ○
- ○
- ○
- ○

DIRECTIONS TO LEAVE BEHIND

- ○
- ○
- ○
- ○
- ○

NON-NEGOTIABLES

DIRECTIONS TO LEAN TOWARD

- ○
- ○
- ○
- ○
- ○

WHEN I FORGET, I WILL REMIND MYSELF

Top 5 values
Health
Integrity
Family
Creativity
Simplicity

This quarter matters because
I am done running on default. I want my days to match my values, rebuild steady routines, and create work that I am proud of.

Non-negotiables
- *Eight hours sleep Sunday–Thursday*
- *No meetings after 6:00 p.m.*
- *Twenty minutes of movement daily (walk, yoga, or strength)*
- *One weekly date night or family evening*

Directions to lean toward
Deep work, nature walks, meaningful client projects, slow mornings, fewer platforms, more presence.

Directions to leave behind
Overcommitting, people-pleasing, doomscrolling, weekend work, multitasking.

When I forget, I will remind myself
Rest is a responsibility, not a reward. Small steps count. One aligned choice makes the next one easier.

Story I keep telling

_____

_____

_____

_____

What this story costs me

_____

_____

_____

_____

Evidence For

_____

_____

_____

_____

_____

_____

Evidence Against

_____

_____

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_____

_____

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New working belief

_____

_____

_____

_____

Tiny test I will run this week

_____

_____

_____

EXAMPLE - BELIEF AUDIT

Story I keep telling
"If I do not discover my one true calling, I cannot live on purpose."

What this story costs me
Stalling on small joys, pressure to have a perfect plan, saying yes to things that look impressive but feel empty, low-grade anxiety, and less presence with the people I love.

Evidence for / evidence against
For: Movies and social posts often celebrate a single breakthrough moment. I have had flashes of clarity that felt motivating.

Against: My most meaningful quarters came from small, values-led choices practiced daily (family dinners on Wednesdays, a monthly hike, a gratitude note each morning). When I tried "find the big calling" first, I froze; when I chose one value-aligned action, my sense of meaning grew.

New working belief
"Purpose is chosen and practiced. It is a direction made from my values, not a destination I must discover."

Tiny test I will run this week
Run a 7-day "Purpose in Practice" experiment: each day, take one 10–15 minute action that expresses a top value (Health, Integrity, Family, Creativity, Simplicity). Log the action and how it felt within 2 lines.
On day 7, write one sentence: "For this quarter, living on purpose looks like __,"

Day: Monday. Today I kept a promise by: _____

What helped: _____   **Repeat Next Time:** _____

Mood before: 😛 🙂 😏 😍 🤩 ☹️   **Mood after:** 😛 🙂 😏 😍 🤩 ☹️

Day: Tuesday. Today I kept a promise by: _____

What helped: _____   **Repeat Next Time:** _____

Mood before: 😛 🙂 😏 😍 🤩 ☹️   **Mood after:** 😛 🙂 😏 😍 🤩 ☹️

Day: Wednesday.   Today I kept a promise by: _____

What helped: _____   **Repeat Next Time:** _____

Mood before: 😛 🙂 😏 😍 🤩 ☹️   **Mood after:** 😛 🙂 😏 😍 🤩 ☹️

Day: Thursday. Today I kept a promise by: _____

What helped: _____   **Repeat Next Time:** _____

Mood before: 😛 🙂 😏 😍 🤩 ☹️   **Mood after:** 😛 🙂 😏 😍 🤩 ☹️

Day: Friday. Today I kept a promise by: _____

What helped: _____   **Repeat Next Time:** _____

Mood before: 😛 🙂 😏 😍 🤩 ☹️   **Mood after:** 😛 🙂 😏 😍 🤩 ☹️

Day: Saturday. Today I kept a promise by: _____

What helped: _____   **Repeat Next Time:** _____

Mood before: 😛 🙂 😏 😍 🤩 ☹️   **Mood after:** 😛 🙂 😏 😍 🤩 ☹️

Day: Sunday. Today I kept a promise by: _____

What helped: _____   **Repeat Next Time:** _____

Mood before: 😛 🙂 😏 😍 🤩 ☹️   **Mood after:** 😛 🙂 😏 😍 🤩 ☹️

EXAMPLE - IDENTITY EVIDENCE LOG

Mon — Today I kept a promise to myself by: placing my phone on the hallway charger at 8:30 p.m.

What helped: alarms at 8:25 and 8:30.

What I will repeat: book on nightstand.

Mood before/after: 🙂 → 😍

Tue — Kept a promise by: 10-minute kitchen reset at 9:00 p.m.

What helped: timer made it feel small.

Repeat: start music while I tidy.

Mood before/after: 😕 → 😍

Wed — Kept a promise by: 12-minute walk after lunch.

What helped: shoes by the door.

Repeat: same time every Wed.

Mood before/after: 😕 → 😍

Thurs — Kept a promise by: phone-free family dinner.

What helped: charging tray in hallway.

Repeat: pick a board game in advance.

Mood before/after: 😕 → 😍

Fri — Kept a promise by: 7:00 a.m. quiet hour.

What helped: kettle on at 6:55; journal open on desk.

Repeat: set out pen and page the night before.

Mood before/after: 🙂 → 😍

Click the link to
get the
complete planner kit