



PLANS**SIMPLE** PRESENTS

FALL FLOW

YOUR FALL VISION

WHAT DOES IT FEEL LIKE? WHAT DO YOU SEE? WHAT DOES IT SMELL LIKE? DO YOU HEAR ANYTHING?
WHAT ARE YOU EATING? WHAT ARE YOU DOING?

YOUR IDEAL SCENE...

CLARIFYING LIST

WHAT'S ALREADY HAPPENING?

WHAT ARE 3 THINGS FROM YOUR IDEAL SCENE THAT YOU WANT TO LEAN INTO THIS FALL?

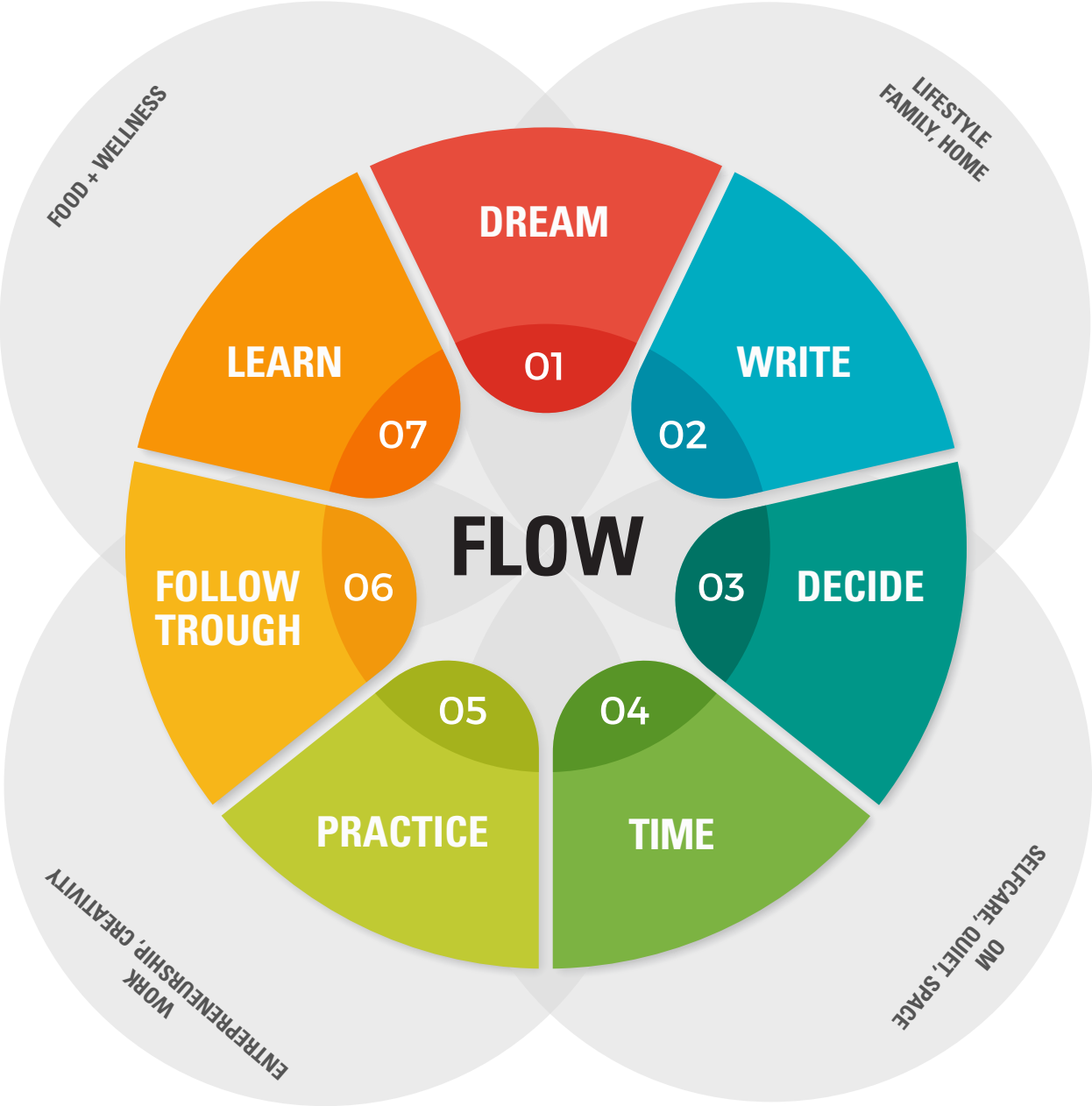
WHAT IS THE BIGGEST OBSTACLE? WHAT IS YOUR LEAST FAVORITE PART OF THE SEASON?

WHAT DID YOU LOVE ABOUT SUMMER?

LET'S GET IT INTO TIME!

NOTES. MY AHAs THAT I DON'T WANT TO FORGET.

FLOW PLANNING METHOD



MY MEALPLAN

M BREAKFAST

LUNCH

DINNER

T BREAKFAST

LUNCH

DINNER

W BREAKFAST

LUNCH

DINNER

TH BREAKFAST

LUNCH

DINNER

F BREAKFAST

LUNCH

DINNER

SA BREAKFAST

LUNCH

DINNER

SU BREAKFAST

LUNCH

DINNER

WEEKLY SNACKS