

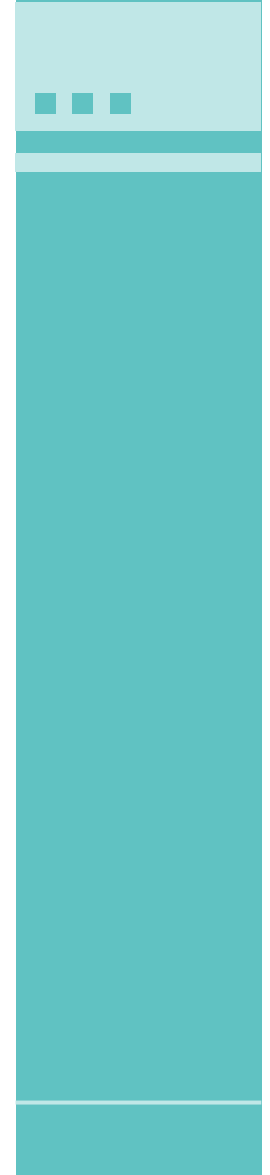
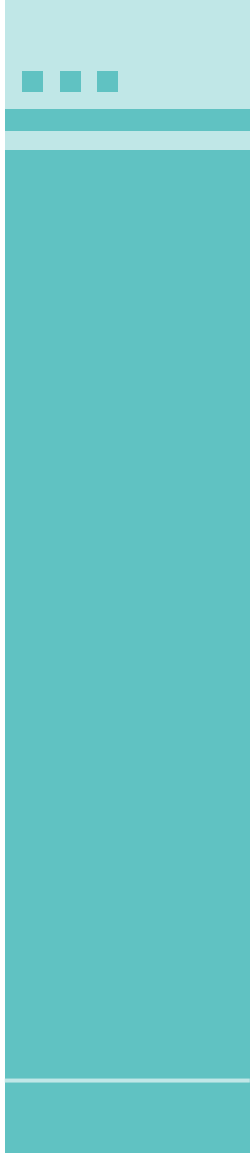
How to use your white space planner

White Space Planner

- Blue=** Must do daily to have adequate self care (white space)
- Green=** Easy things to let go of and/or incorporate for white space
- Red=** Emergency! Things I can do to create white space quickly
- Yellow=** Yes! I know I'm doing great when I create this white space

In the columns on the next page, jot down self-care & white space ideas you can implement for each category. **Keep in mind that there's no right or wrong way to experience white space.** Sometimes, practicing self-care & creating white space means *removing* activities that drain us. Other times, it means *adding* enjoyable activities. Brainstorm ways you can do both!

- **Your blue columns** are for non-negotiables. In these columns, jot down what you *need* to do in order to start (left column) and end (right column) your day in the most peace-filled ways. (A couple examples from Cheri: *I need to start the day by writing in my gratitude journal, and I need to end my day with no screen time after supper.*)
- **Your green column** is for simple things you can do daily or almost daily. These might be incorporating time for a favorite hobby, or cutting out something you now have permission from your Grit n' Grace Sisters to CUT OUT! You are worth it. Green column self-care & white space activities are best when they happen regularly.
- **Your red column** is the EMERGENCY ZONE! It's been one of **those** days, or you've just lost your cool and need to recover. Write in this column what you can do *quickly* to recover to a state of calm: praying, intentional breathing, going outside for a bit, sitting alone in a quiet space—things that don't require planning or preparation. Experiment with this one if you don't know what works for you. Figuring this out will be fun!
- **Your yellow column** is for things that cause you to have an amazing day when you add them in (or take them out). These mean that you've done a really great job creating white space and practicing self-care! (Another couple of Cheri examples: *Any day I can go horseback riding is an amazing day for me! So is any day that I can ask my son to do the grocery shopping so there's one less thing I have to do.*)



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