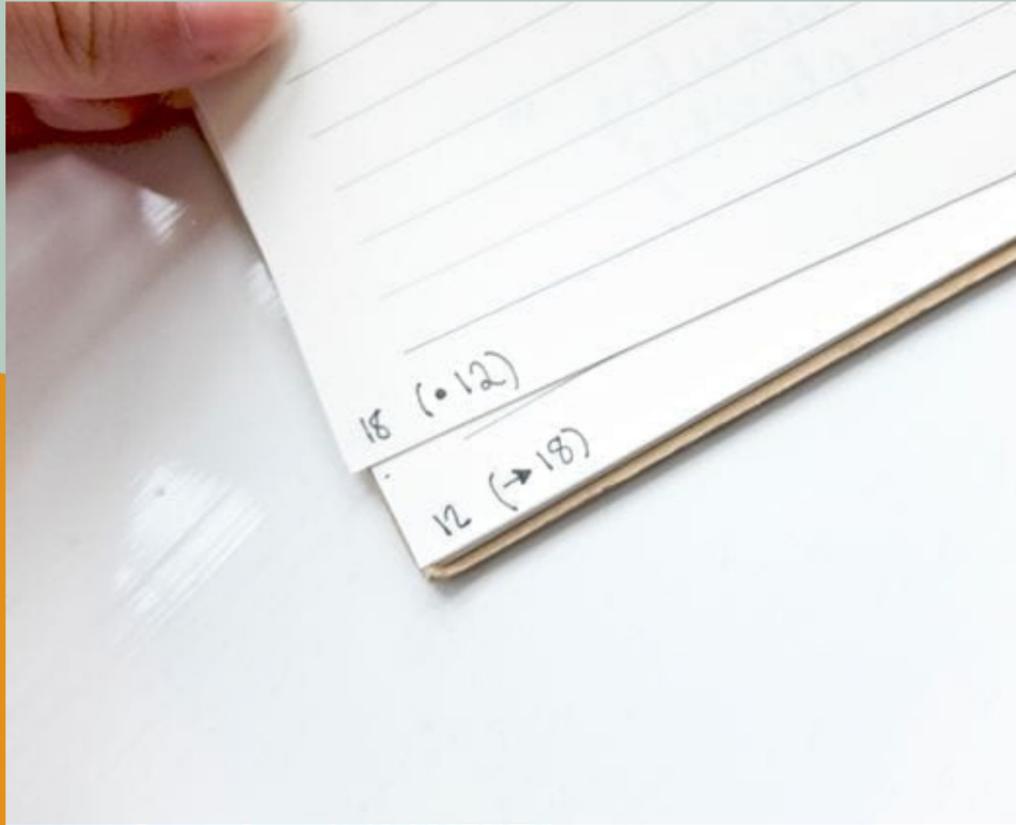


BULLET JOURNAL WORKSHOP

TIPS



MINDFULNESS

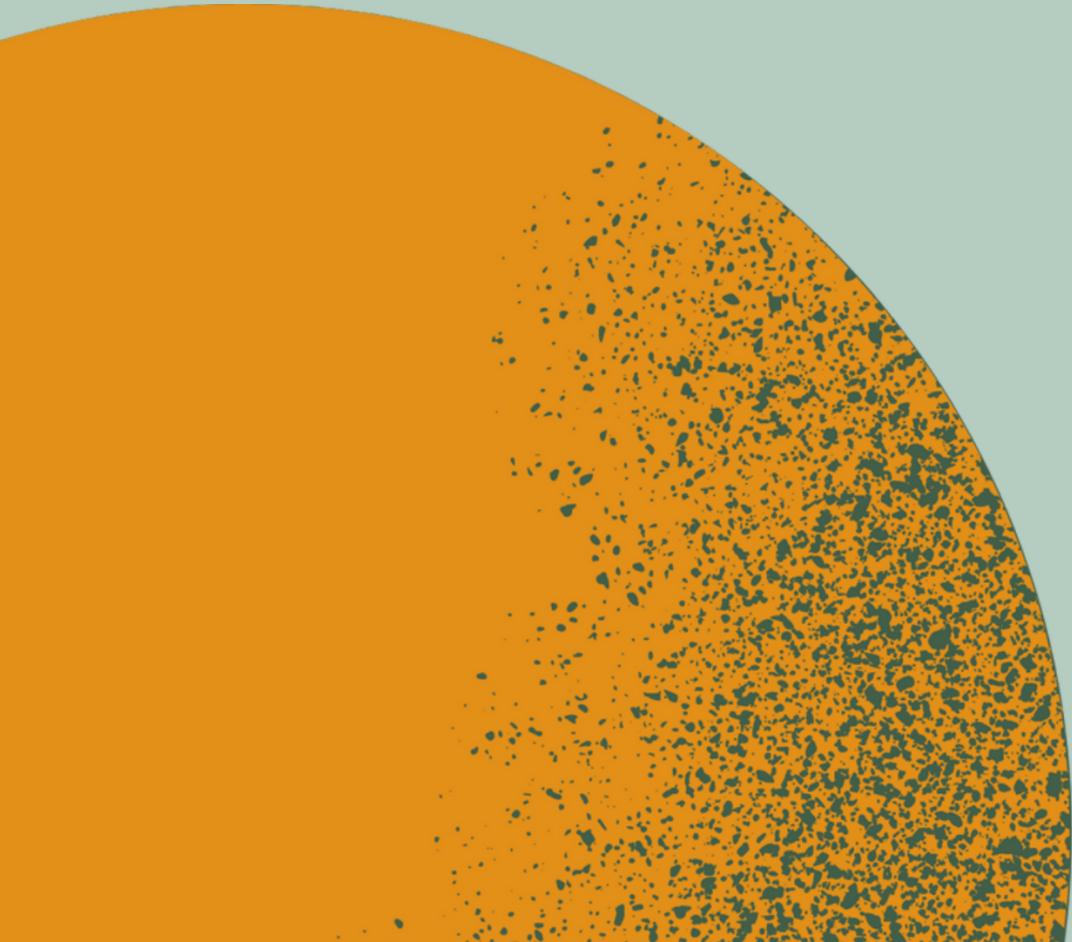
REFLECTIONS

MINDFUL DODDLE

MINDFULNESS BINGO

LIST OF JOY

MOOD TRACKER



REFLECTIONS

Fri 21 Apr

Sat 22 Apr

Sun 23 Apr

Mon 24 Apr

Tue 25 Apr

Wed 26 Apr

Thu 27 Apr

Fri 28 Apr

Sat 29 Apr

Sun 30 Apr

Mon 01 May

Tue 02 May

Wed 03 May

Thu 04 May

Fri 05 May

Sat 06 May

Sun 07 May

Mon 08 May

Tue 09 May

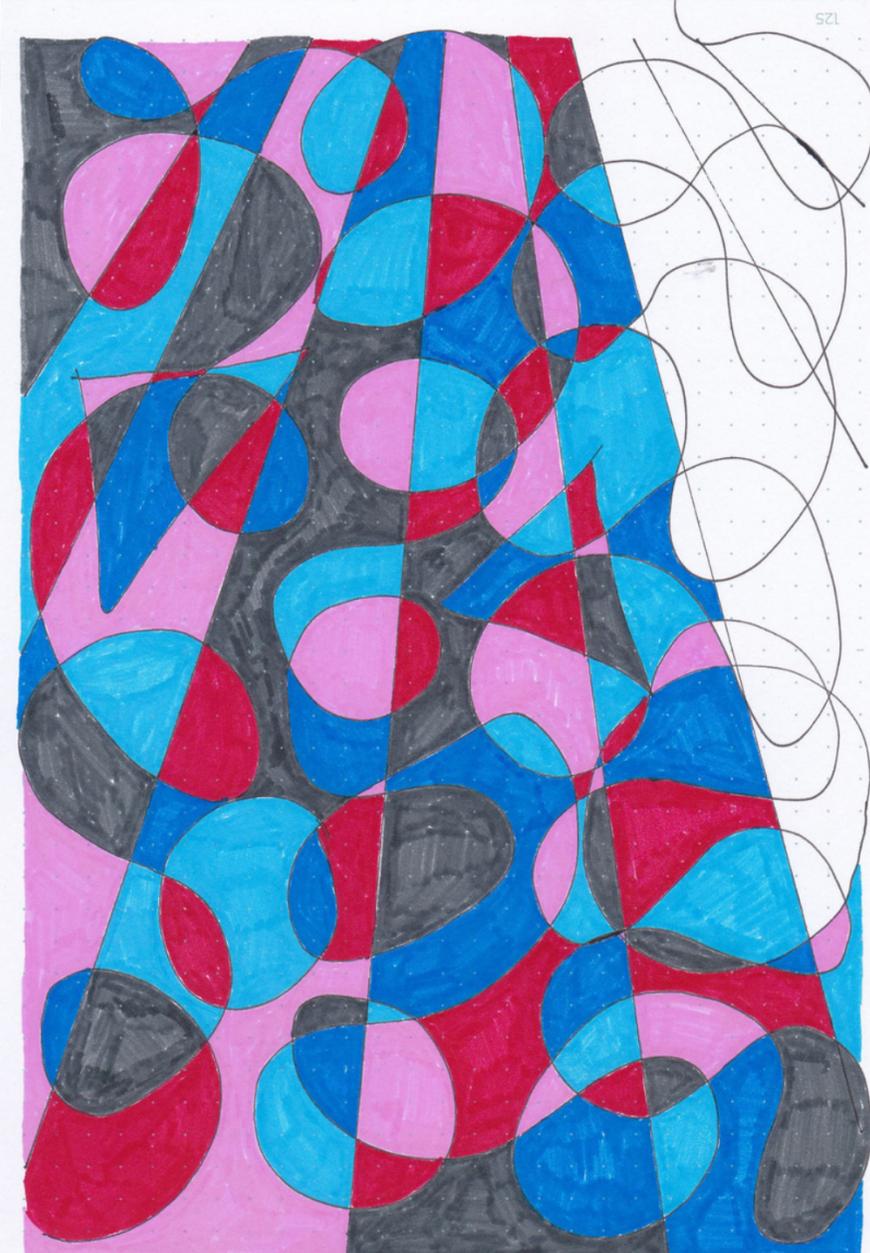
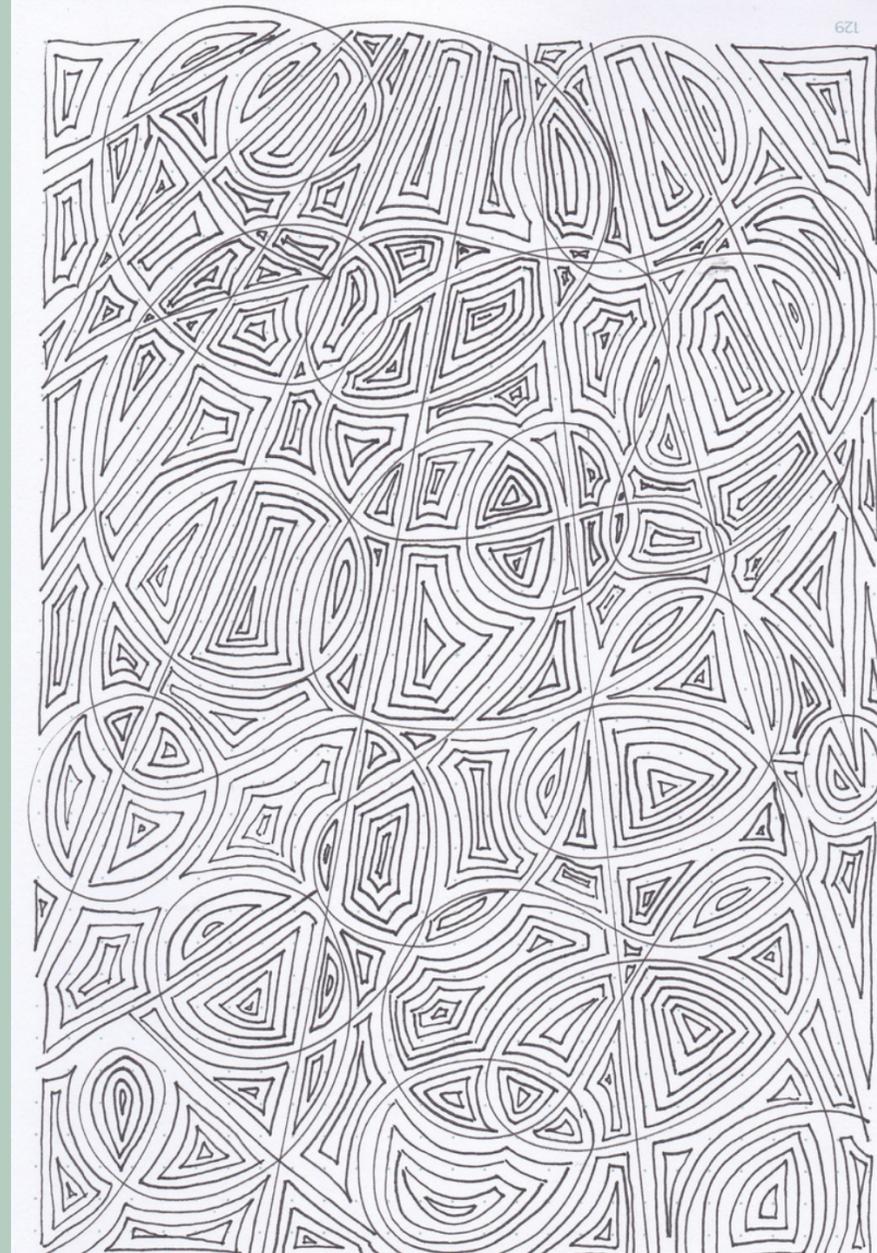
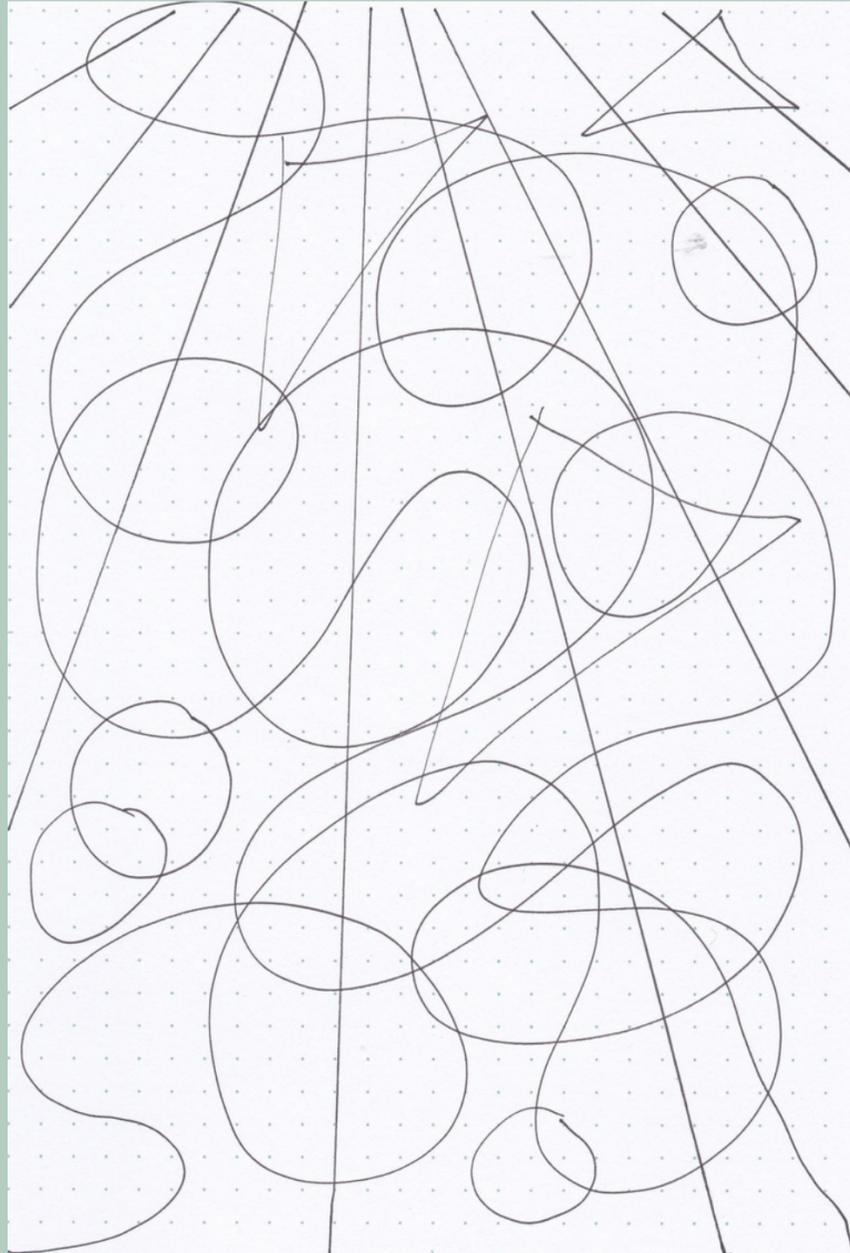
Wed 10 May

Thu 11 May

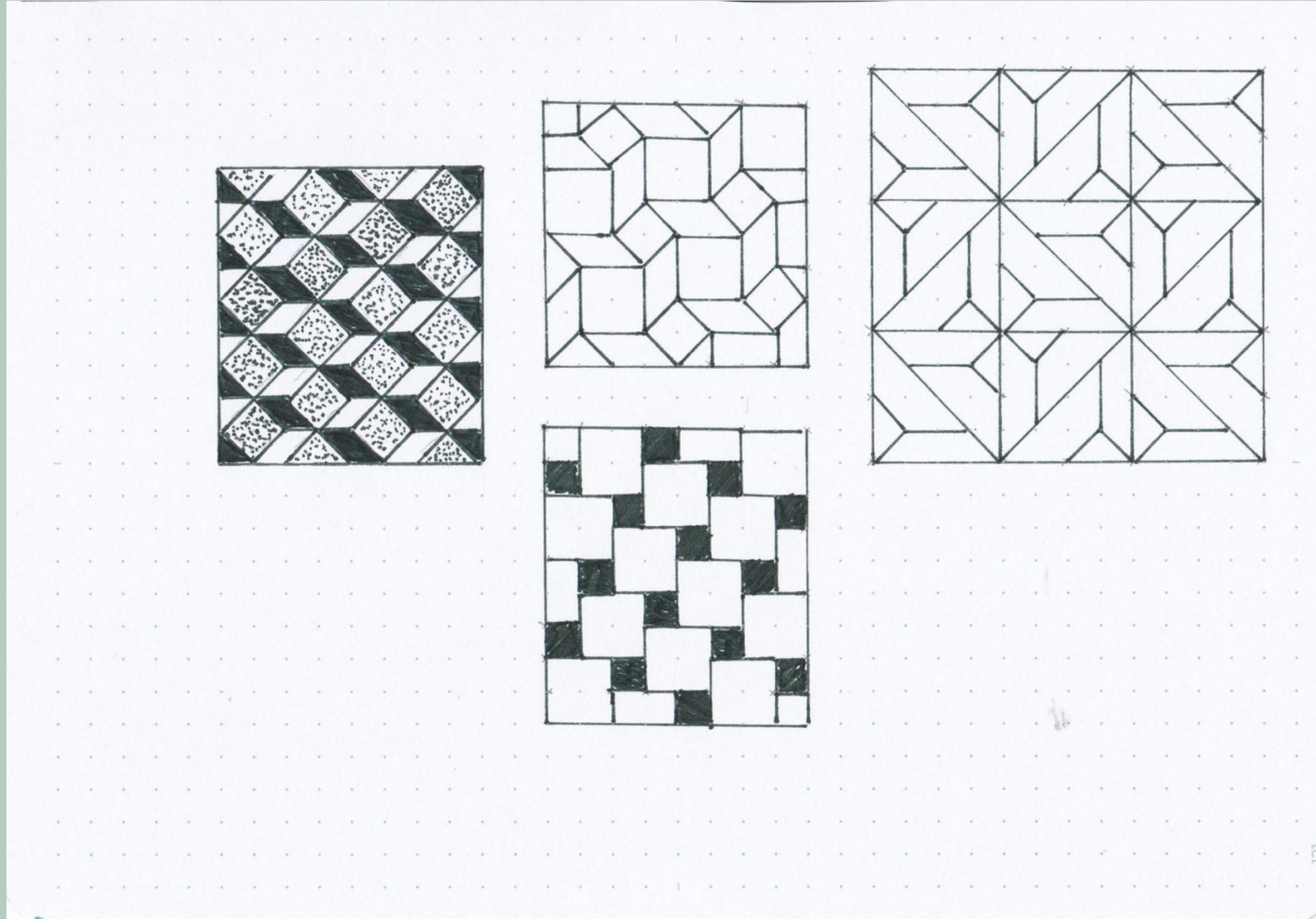
Fri 12 May

Jan

MINDFULNESS DODDLE



MINDFULNESS DODDLE



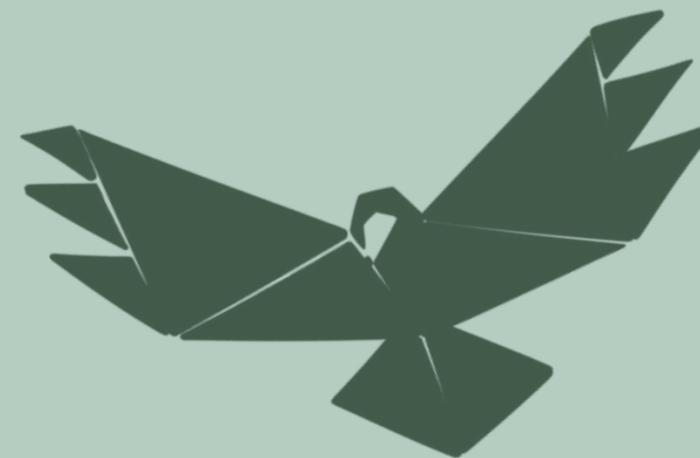
MINDFULNESS BINGO

601

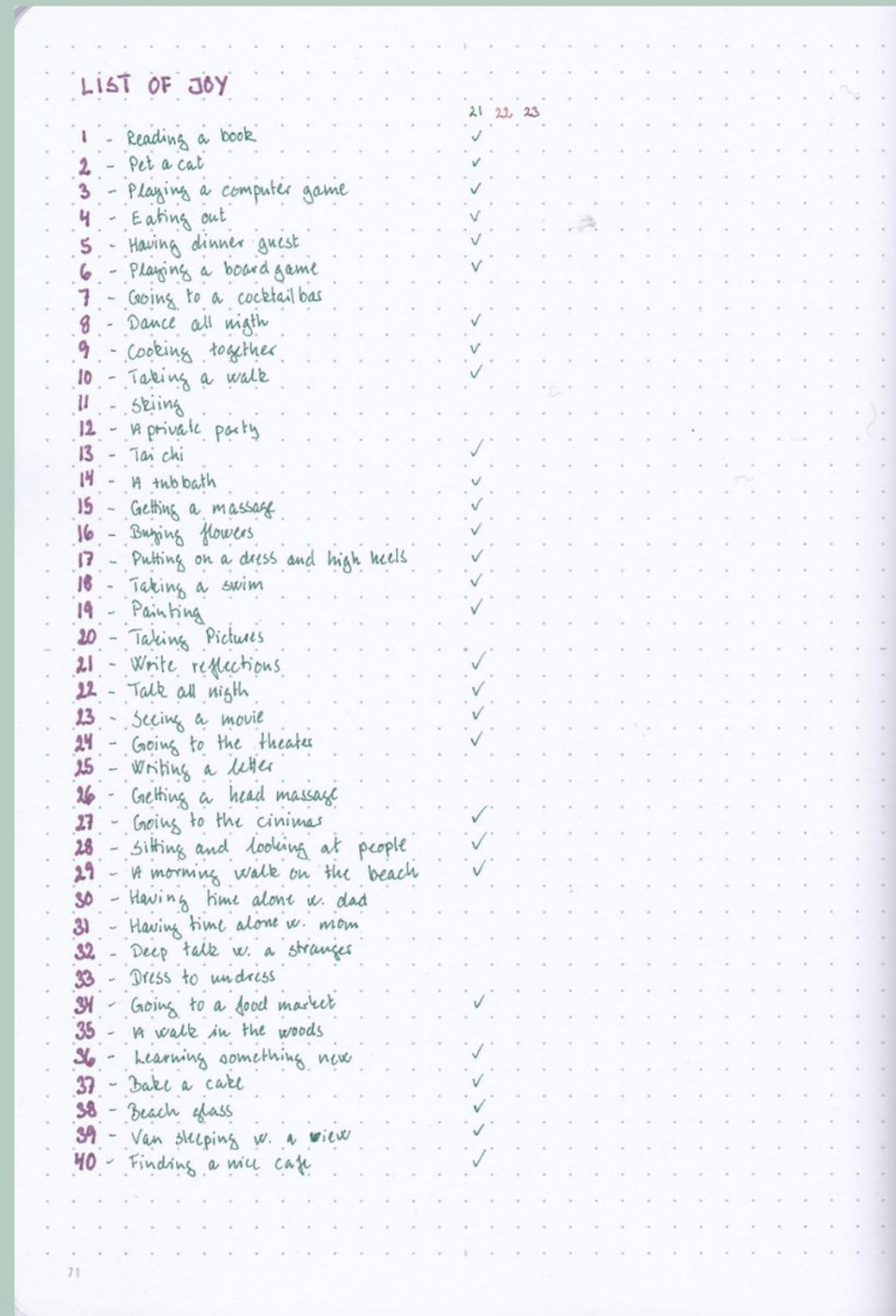
Gå en tur i frokost pause	Bring aften på noget kreativt	Fokuser på en dagligdags opgave m. alle sanser
En dag uden mobil	Skriv et brev til en ven, du ikke har set længe	Tag et langt bad mens tankerne vandre
Sortere rodde skuffen	Sid ned ting du er taknemlig for	Sid 30 minutter i stilhed
Tag en rute til arbejde	Spis et stykke chokolade så langsomt som muligt	Ha en dag uden planer

ANDRE IDEER

SELVFORKÆLELSE HJÆLPSOMHED



LIST OF JOY - TING DER GØR MIG GLAD



**SKAL VÆRE
UAFHÆNGIG AF
ANDRE**

**BÅDE SMÅ OG STORE
TING**

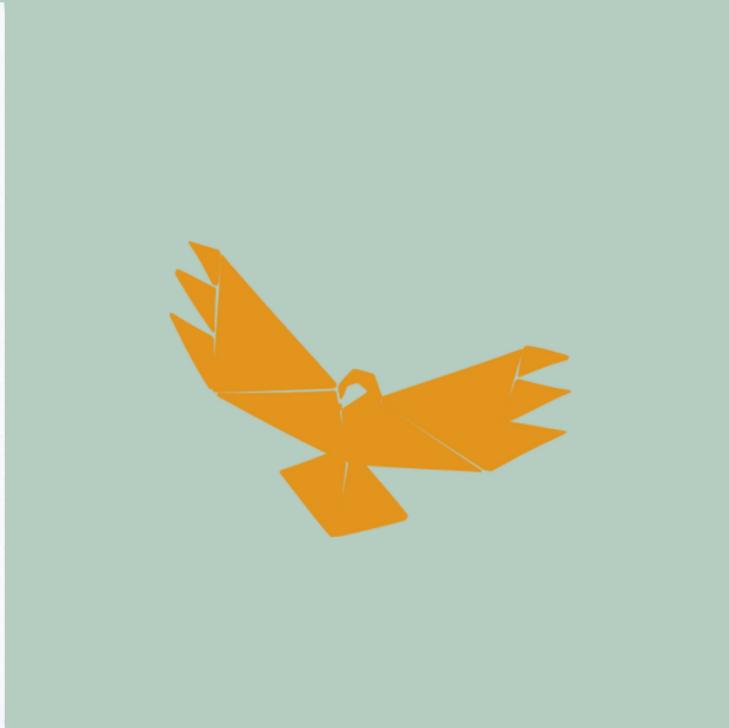
OPBYGGES LØBENDE

MOOD TRACKERS

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
JAN																																
FEB																																
MAR																																
APR																																
MAY																																
JUN																																
JUL																																
AUG																																
SEP																																
OKT																																
NOV																																
DEC																																

■ LYKKELIG ■ GLAD ■ TRIST ■ SUR ■ VRED

😊 😊 😐 😞 😡



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥
FEB	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥
MAR	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥

GODT  DÅRLIGT

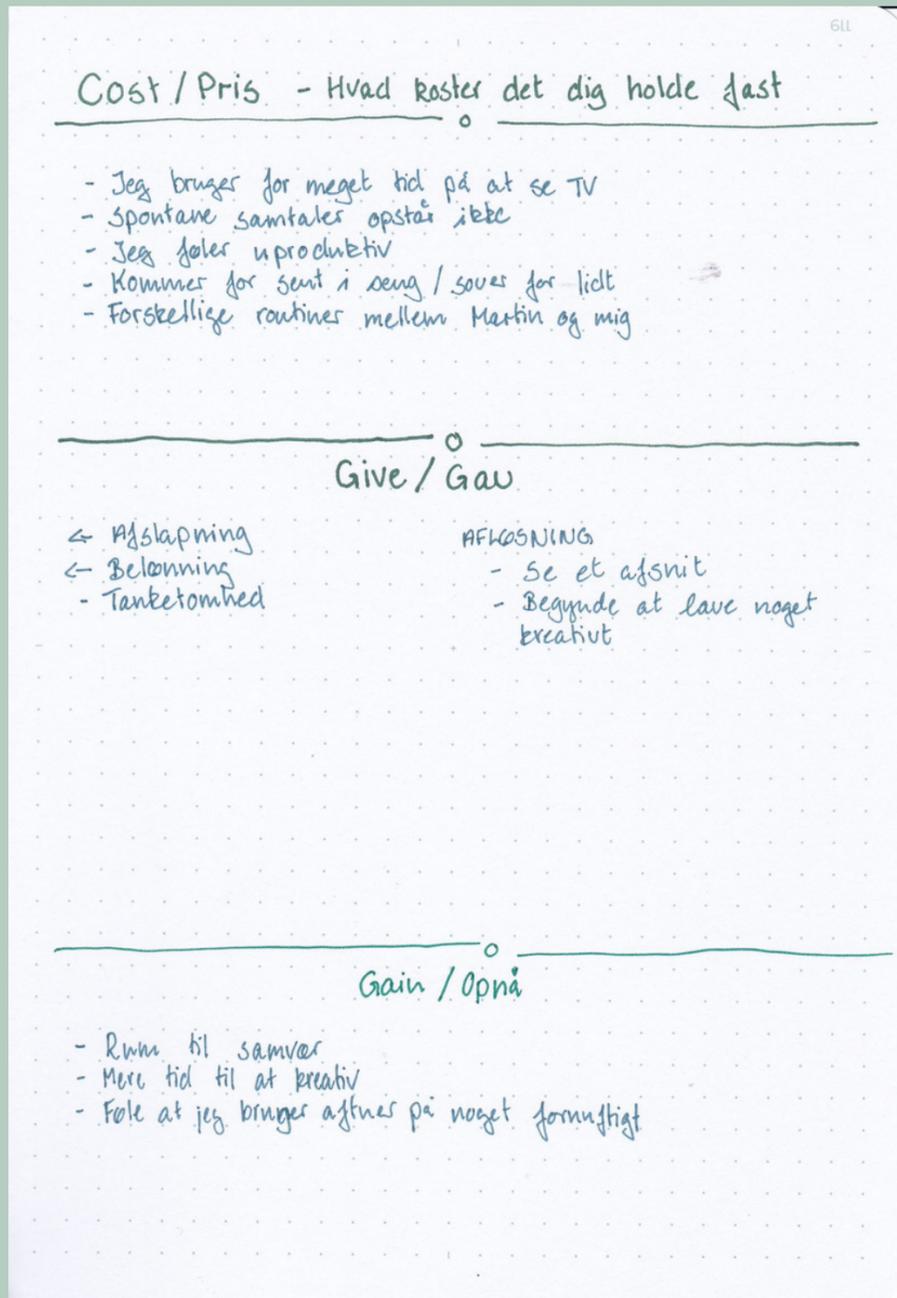


VANER OG RUTINER

COST - GIVE - GAIN

12 UGERS PLAN

COST - GIVE - GAIN



COST/PRIS

HVAD KOSTER DET AT HOLDE FAST I VANEN

GIVE/GAV

HVAD GIVER VANEN DIG, VÆR ÆRLIG OVERFOR DIG SELV

HVAD KAN DU ERSTATTE VANEN MED, DER KAN GIVE DIG DET SAMME ELLER NOGET LIGENDE

GAIN/OPNÅ

HVAD KAN/VIL DU OPNÅ VED AT DROPPE VANEN OG ERSTATTE DEN MED ALTERNATIVET

12 WEEK PLAN



MÅL (GOAL)

HVAD VIL DU OPNÅ, VÆR KORT OG PRÆSIC

MOTIVATION

HVORFOR VIL DU OPNÅ DETTE

MILEPÆLE (MILESTONES)

HVILKE MILEPÆLE ER DER I LØBET AF DE 12 UGER

CRITICAL DRIVERS

HVAD SKAL DU HAVE KLAR INDEN DU STARTER PLANEN OG HVAD SKAL DU VÆRE OPMÆRKSOM PA UNDERVEJS

HJÆLP (SUPPORT)

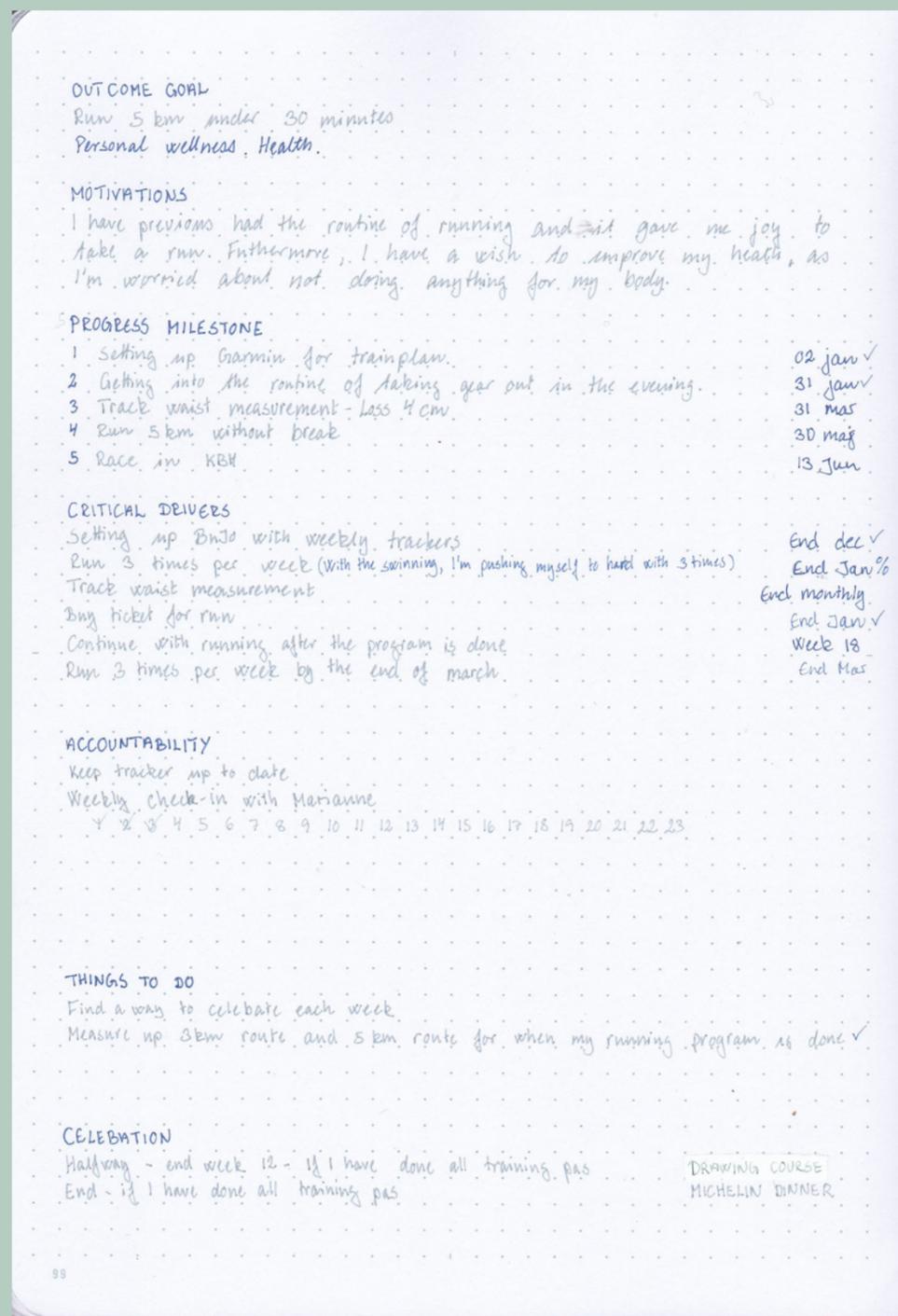
HAR DU BRUG FOR HJÆLP TIL NOGET OG HVEM KAN HJÆLPE DIG

ANSVARLIGHED (ACCOUNTABILITY)

HVORDAN HOLDER DU DIG SELV ANSVARLIG

FEJRINGER(CELEBRATION)

HVILKE FEJRINGER ER DER, HUSK OGSÅ AT FEJRE DE SMÅ SEJRE OG IKKE KUN HOVEDMÅLET!



12 WEEK PLAN - LØB 5 KM

OUTCOME GOAL

Run 5 km under 30 minutes
Personal wellness, Health.

MOTIVATIONS

I have previous had the routine of running and it gave me joy to take a run. Furthermore, I have a wish to improve my health, as I'm worried about not doing anything for my body.

PROGRESS MILESTONE

1. Setting up Garmin for train plan.
2. Getting into the routine of taking gear out in the evening.
3. Track waist measurement - less 4 cm.
4. Run 5 km without break.
5. Race in KBH.

02 Jan ✓
31 Jan ✓
31 Mar ✓
30 May ✓
13 Jun ✓

CRITICAL DRIVERS

Setting up Bn30 with weekly trackers
Run 3 times per week (With the swimming, I'm pushing myself to hard with 3 times)
Track waist measurement
Buy ticket for run
Continue with running after the program is done
Run 3 times per week by the end of march.

End Dec ✓
End Jan %
End monthly ✓
End Jan ✓
Week 18 ✓
End Mar ✓

ACCOUNTABILITY

Keep tracker up to date
Weekly check-in with Marianne
Y X 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23

THINGS TO DO

Find a way to celebrate each week
Measure up 3 km route and 5 km route for when my running program is done ✓

CELEBRATION

Halfway - end week 12 - if I have done all training pas
End - if I have done all training pas

DRAWING COURSE
MICHELIN DINNER

WEEK 1 3-9 JAN M T O T F L S	WEEK 2 10-16 JAN M T O T F L S	WEEK 3 17-23 JAN M T O T F L S	WEEK 4 24-30 JAN M T O T F L S
---------------------------------	-----------------------------------	-----------------------------------	-----------------------------------

% ACCOMPLISH 75% Went dead in the Garmin running app
WAIST 17 Jan 72 cm

WEEK 5 31 JAN-6 FEB M T O T F L S	WEEK 6 7-13 FEB M T O T F L S	WEEK 7 14-20 FEB M T O T F L S	WEEK 8 21-27 FEB M T O T F L S
--------------------------------------	----------------------------------	-----------------------------------	-----------------------------------

% ACCOMPLISH
WAIST 14 Feb 77 cm - 64.9 kg - 27.8%

WEEK 9 28 FEB-6 MAR M T O T F L S	WEEK 10 7-13 MAR M T O T F L S	WEEK 11 14-20 MAR M T O T F L S	WEEK 12 21-27 MAR M T O T F L S
--------------------------------------	-----------------------------------	------------------------------------	------------------------------------

% ACCOMPLISH
WAIST

WEEK 13 28 MAR-3 APR M T O T F L S	WEEK 14 4-10 APR M T O T F L S	WEEK 15 11-17 APR M T O T F L S	WEEK 16 18-24 APR M T O T F L S
---------------------------------------	-----------------------------------	------------------------------------	------------------------------------

% ACCOMPLISH
WAIST

WEEK 17 25 APR-1 MAY M T O T F L S	WEEK 18 2-8 MAY M T O T F L S	WEEK 19 9-15 MAY M T O T F L S	WEEK 20 16-22 MAY M T O T F L S
---------------------------------------	----------------------------------	-----------------------------------	------------------------------------

% ACCOMPLISH
WAIST

WEEK 21 23-29 MAY M T O T F L S	WEEK 22 30 MAY-5 JUN M T O T F L S	WEEK 23 6-12 JUN M T O T F L S	WEEK 24 13-19 JUN M T O T F L S
------------------------------------	---------------------------------------	-----------------------------------	------------------------------------

% ACCOMPLISH
WAIST

Swimming 082



12 WEEK PLAN - RUTINE MED AT SKRIVE BLOG INDLÆG

OUTCOME GOAL

Post meaningful and consistent on blog, LinkedIn, Facebook and Instagram.

MOTIVATION

I want to build a personal brand around my coaching. Have already got clients through it and want to use it as a visit card. I want to add value in my brand and not just inform people about my service. I like to write and share knowledge.

PROGRESS MILESTONE

1. Have setup inspiration ideas in Asana
2. Have build the routine of time blocks
3. Have build up a back catalog of 3 month
4. Can use Canva easy
- 5.

CRITICAL DRIVERS

Sorted in Asana
Find tutorial
Finish tutorial
Find contents tool
Stick to time blocks
Getting posts proof read
Find weekly goals

ACCOUNTABILITY

Keep trackers up to date
Celebrate wins

CELEBRATIONS

Sorted in Asana
Finish tutorial
First re-post
3 months back catalog
Being consistent for 12 weeks

1 2 3 4 5 6 7 8 9 10 11 12

Posted on Monday
Write Wednesday
Edit Friday

Post written
Habit
Routine
Communication
Coaching tools
Relationship



MÅLSÆTNING

WHEEL OF LIFE

BREAK IT DOWN

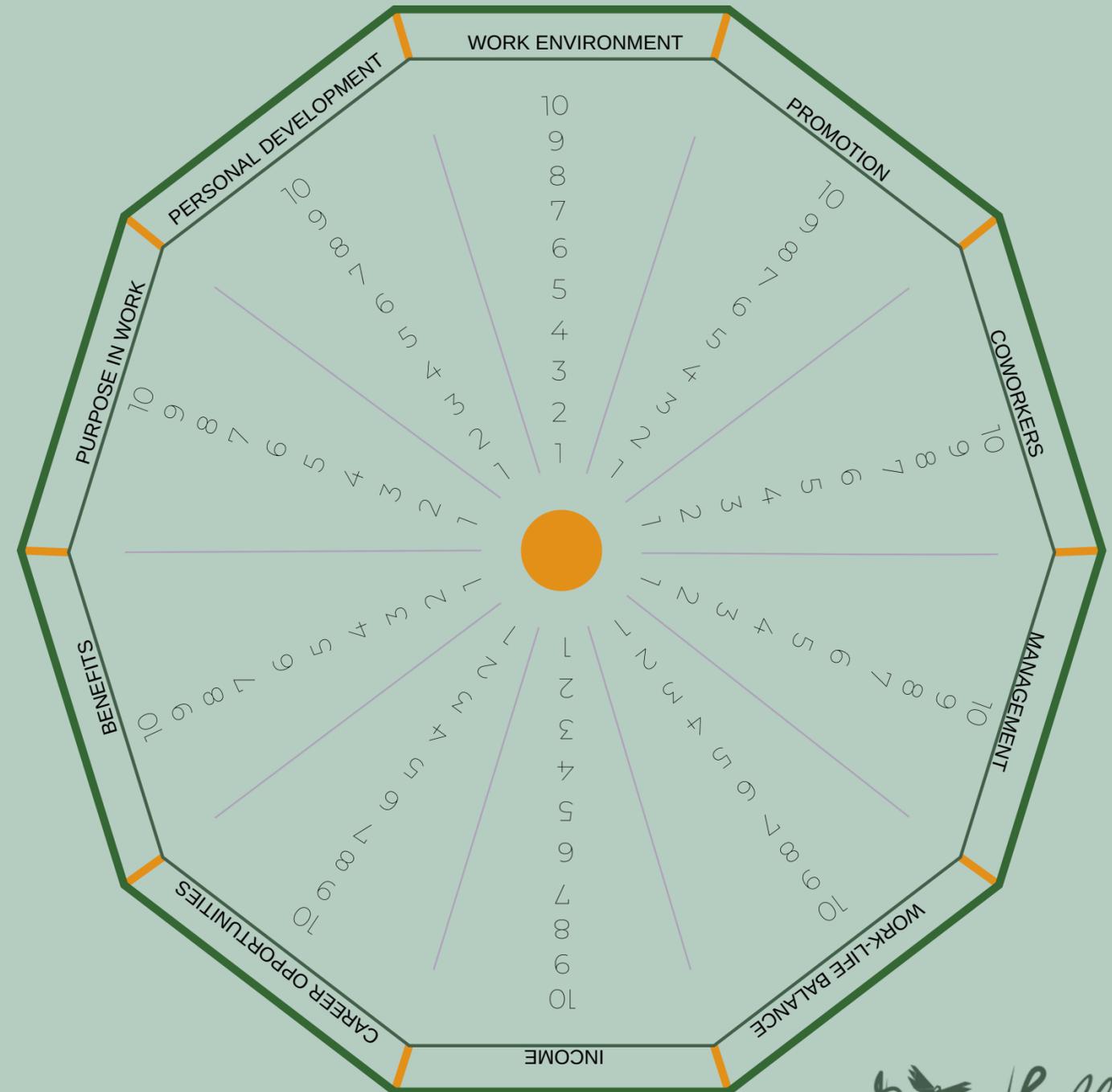
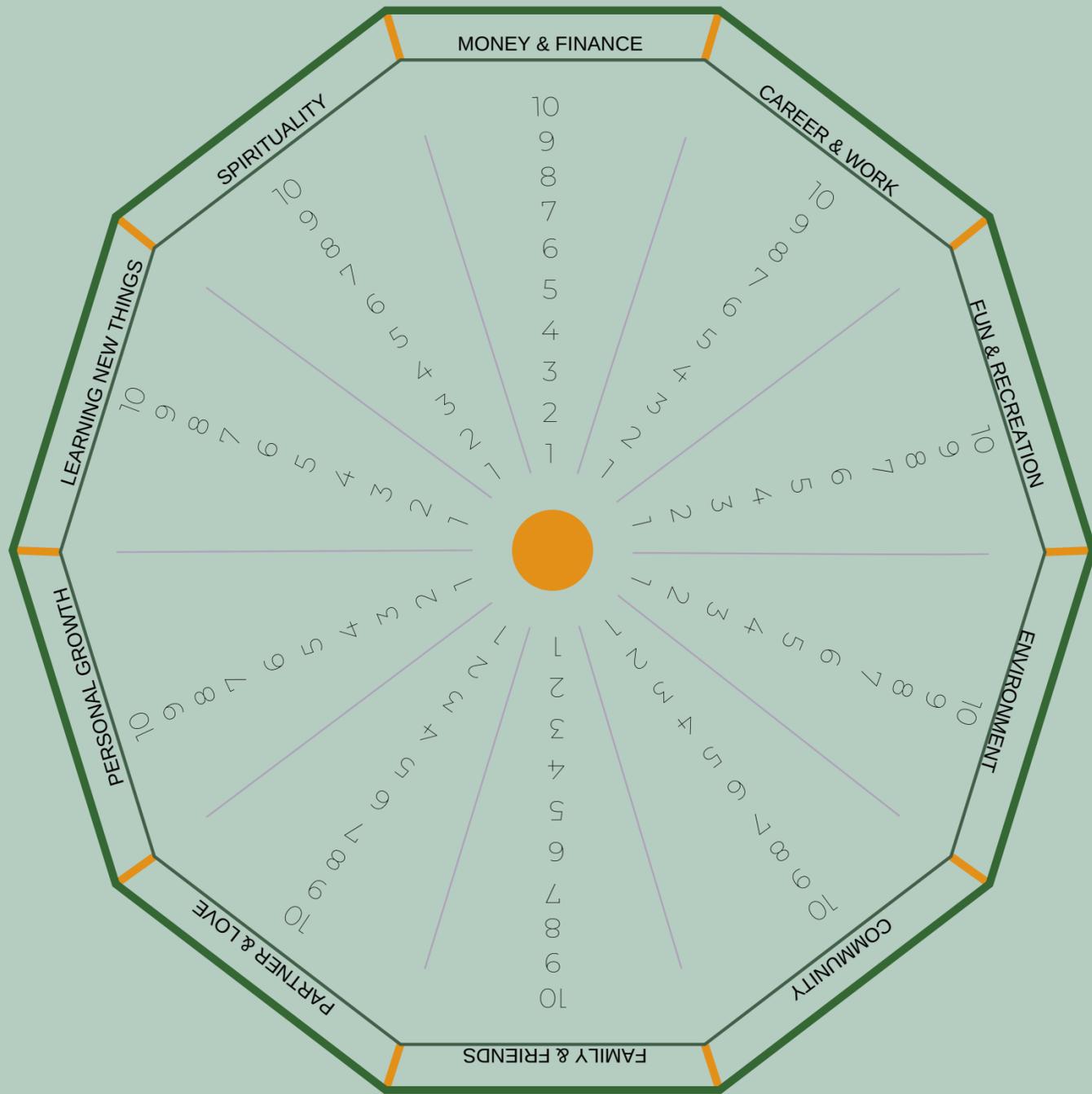
SMART

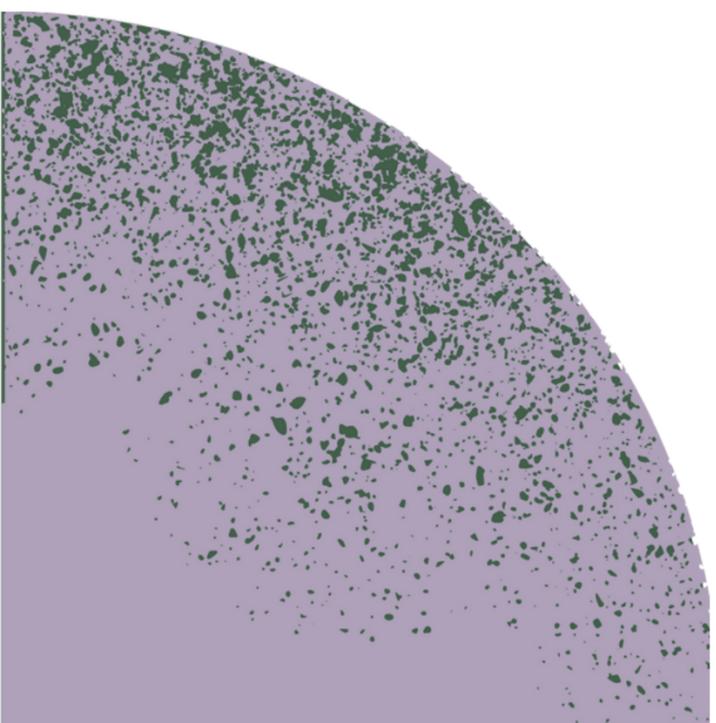
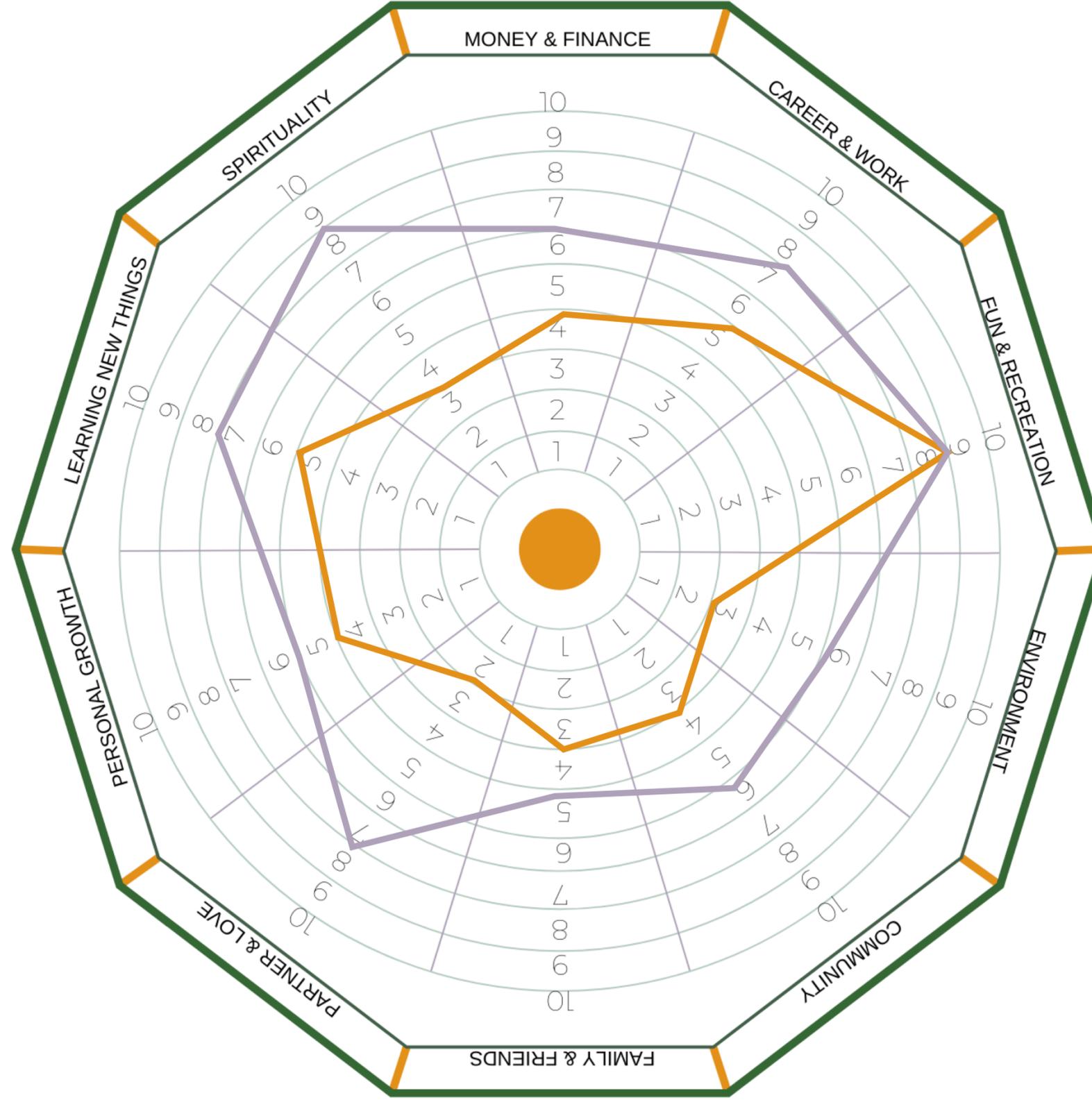
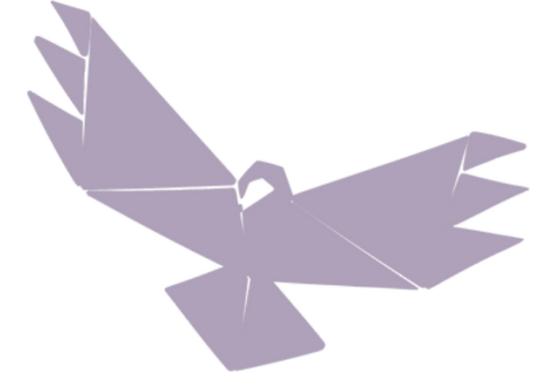
TIME BLOCKS

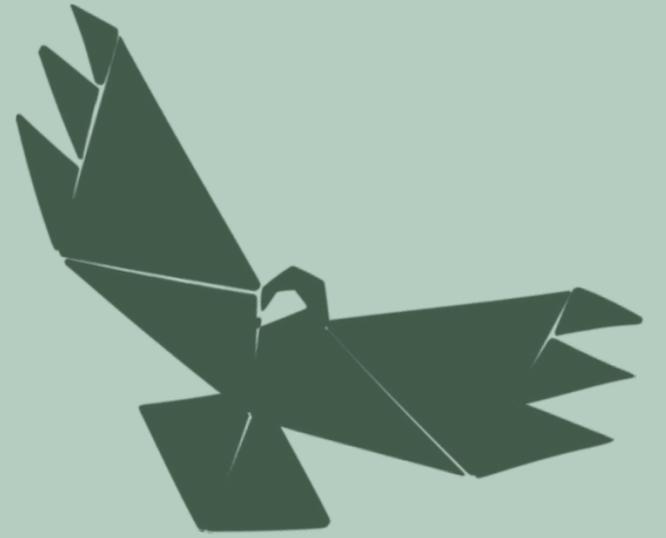
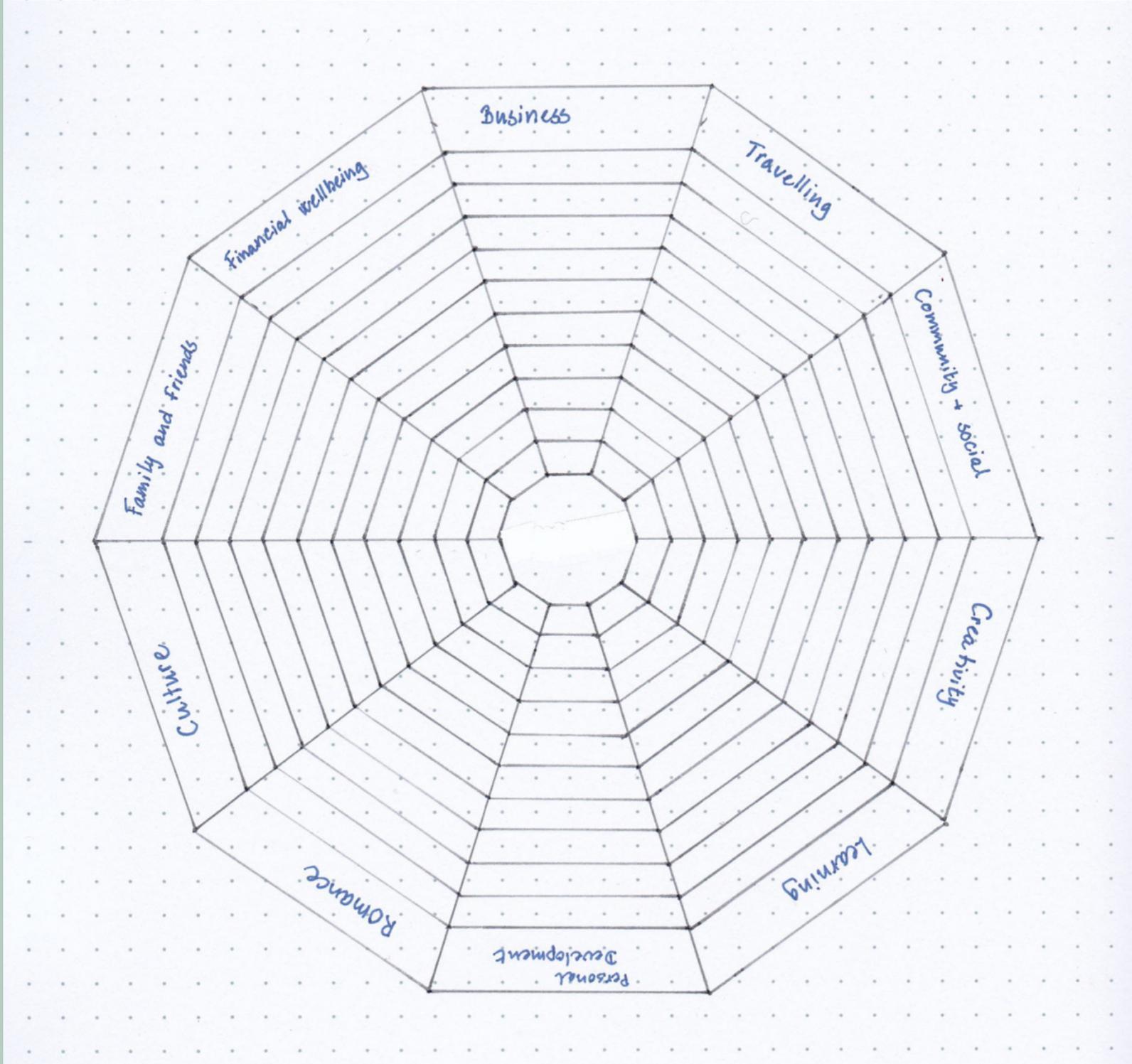
TRACKERS



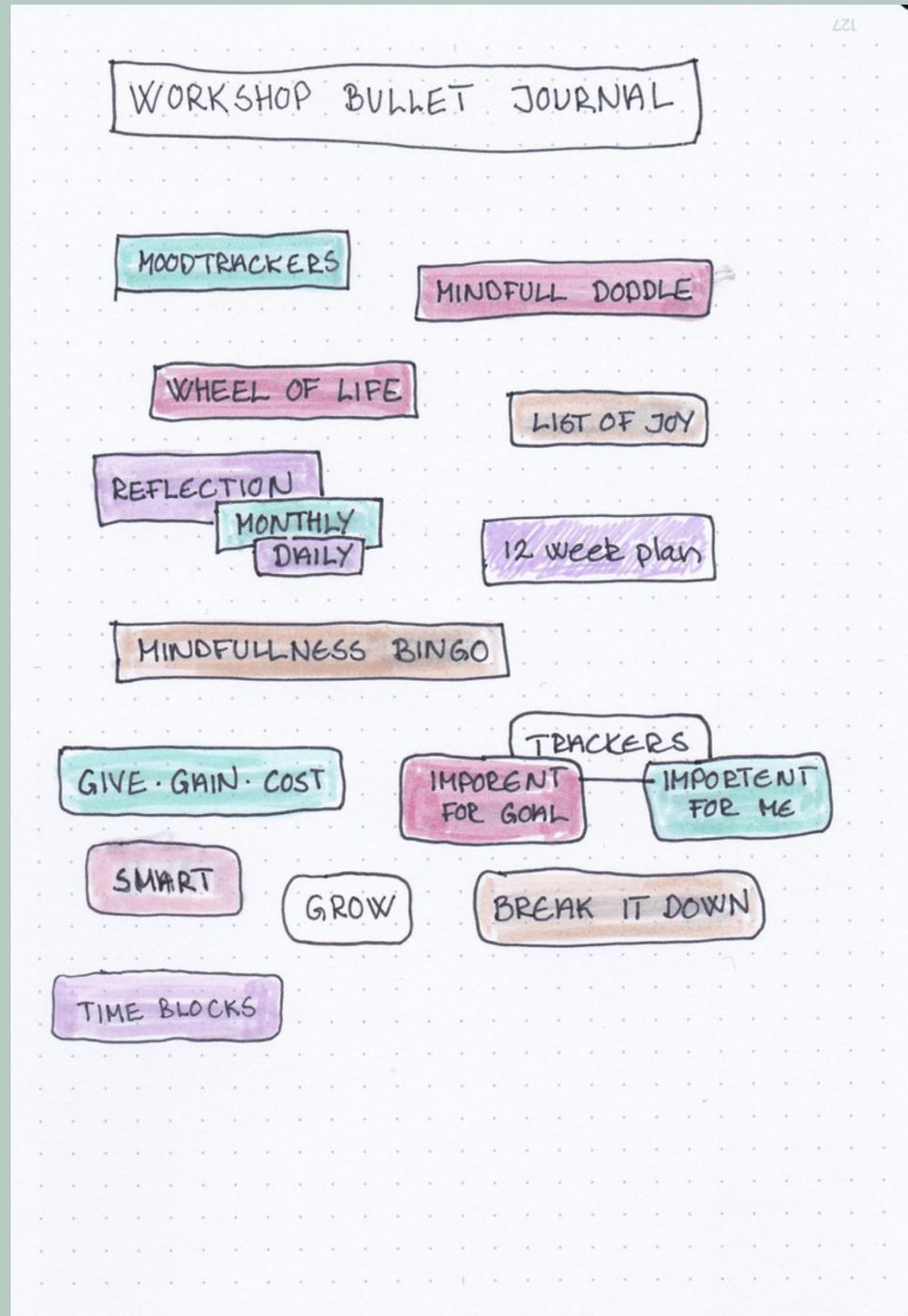
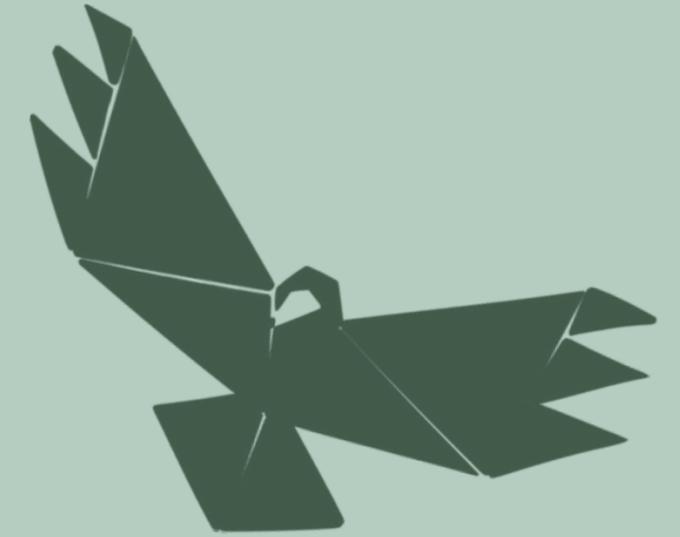
Komplet eller fokuseret evaluering







BREAK IT DOWN - SIMPELT



BREAK IT DOWN - KOMPLICERET

Want to be more active on social

Social Media
LinkedIn
Website
Facebook
Instagram

ACTIVE ON CONTENT ON SOME

LinkedIn

- Daily comments
- Have the network
- Morning routine w. cat
- Make tracker

Facebook

- Find more groups
- Relevant groups
- Blog posts?
- No fixed interval?

Topic

- # Habits
- # Routine
- # Communication
- # Coaching tools
- # Relationships

Fixed post

- Monthly intentions
- last wednesday
- Follow-up on podcast
- Ask for link
- Make archive
- Deadline of jan 2023

Media and consistet

OWN CONTENT

Deadline 01 Feb 2023

Friday 10-13

Once a week

Use TILOR

Facebook

Find inspiration

Canva - Make graphic

Instagram

Blog post → Medium.com

Once a week - Time block for writing

Wednesday 10-13

Support Martin Copy writes Swap

Deadline 01 Feb 2023

Friday 10-13

Time block for edit

Instagram

Blog post → Medium.com

Once a week - Time block for writing

Wednesday 10-13

Topic tags #

Shift between topic

Content calendar - Find program

POST MONDAY MORNING ALL PLATFORMS

Deadline 01 Feb 2023

Friday 10-13

Time block for edit

Instagram

Blog post → Medium.com

Once a week - Time block for writing

Wednesday 10-13

Topic tags #

Shift between topic

Content calendar - Find program

POST MONDAY MORNING ALL PLATFORMS

SMART



SoMe

S	<p>SPECIFIKT - Hvad vil du opnå</p> <p>At være mere aktiv på SoMe</p> <ul style="list-style-type: none"> - Opbygge et personligt brand - Komme i kontakt med flere samarbejdspartnere - Få flere klienter (1 ny om måneden) * Blive booket en gang om måneden
M	<p>MÅLBART - Hvornår er du i mål</p> <ul style="list-style-type: none"> - Når jeg poster ugentligt - Når jeg kommentere dagligt
A	<p>ATTRAKTIVT - Hvorfor gider du bømpe</p> <ul style="list-style-type: none"> - Får allerede klienter gennem facebook og hjemmeside, vil have flere. - Har fået et samarbejde gennem linkedin, vil have flere. VED DET VIRKER!
R	<p>REALISTISK - Har du de ressourcer, du behøver</p> <ul style="list-style-type: none"> - Hjælp til at rette indlæg = Martin / Copy writer? - Sætte tid af = Time blocks - Sortere i inspirations indlæg = Asana - Planlægge indlæg frem adrettet = Contents calendar
T	<p>TIDSBESTEMT - Hvornår, Deadlines</p> <p>Lave 12-week plan - start 01 jan 2023</p> <p>Sort i Asana - 01 feb 2023</p> <p>Start ugentlig post - 01 feb 2023 Tracker</p> <p>Start daglige comment - 01 jan 2023 Tracker</p>

SPECIFIKT

HVAD VIL DU OPNÅ

MÅLBART

HVORNÅR ER DU I MÅL

ATTRAKTIVT

HVORFOR GIDER DU DETTE

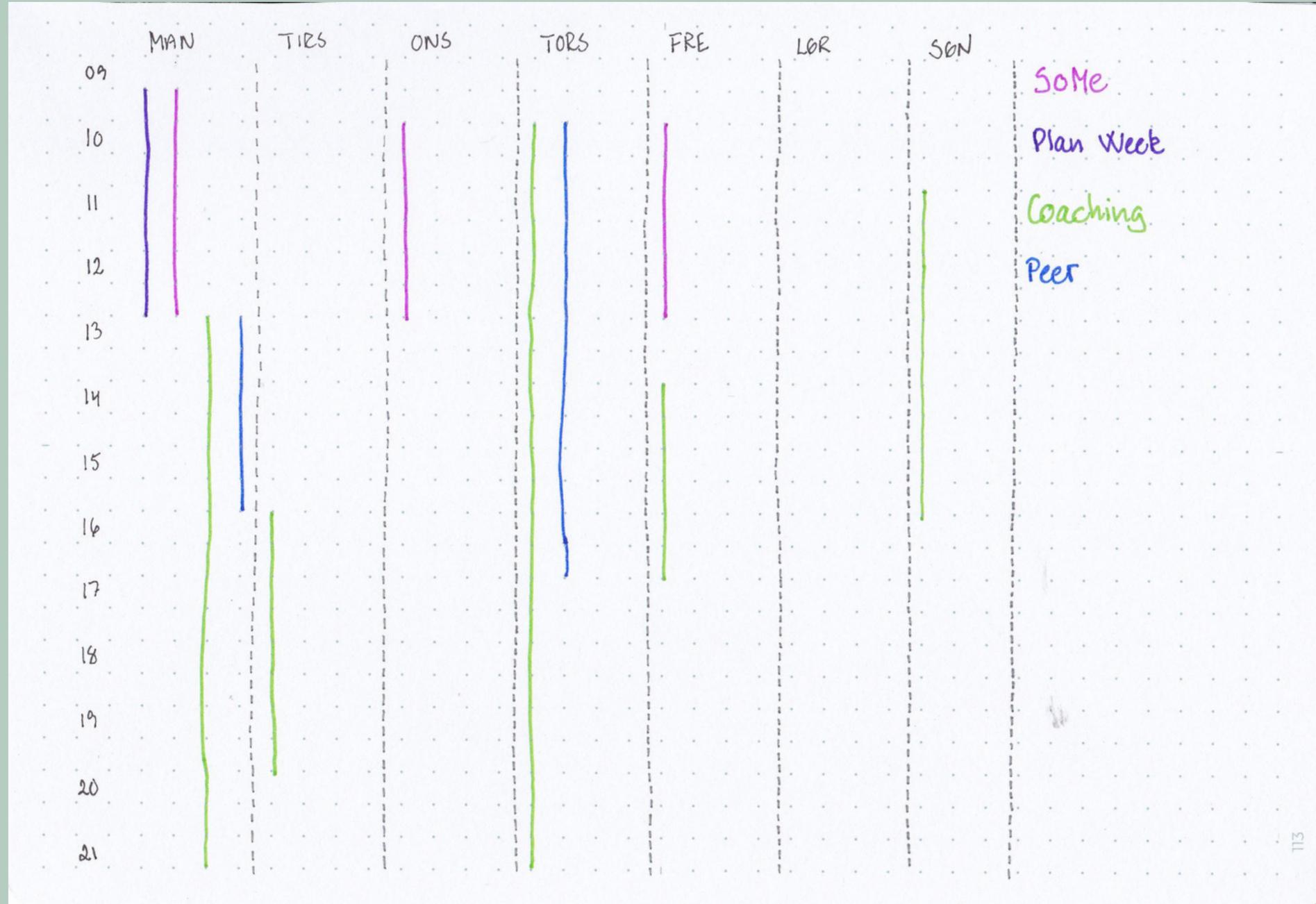
REALISTISK

HAR DU DE RESOURCER ELLER EVNER DU BEHØVER

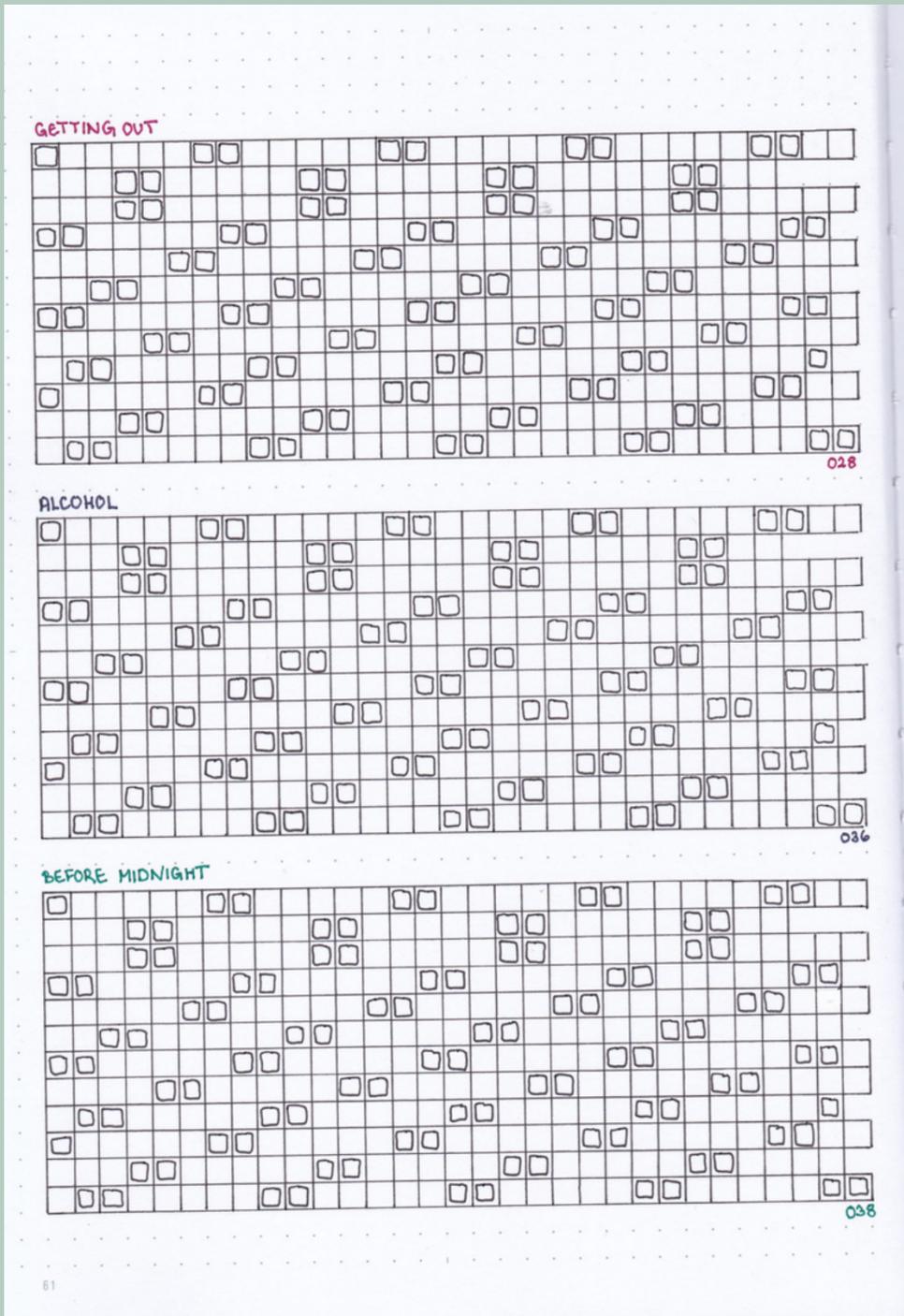
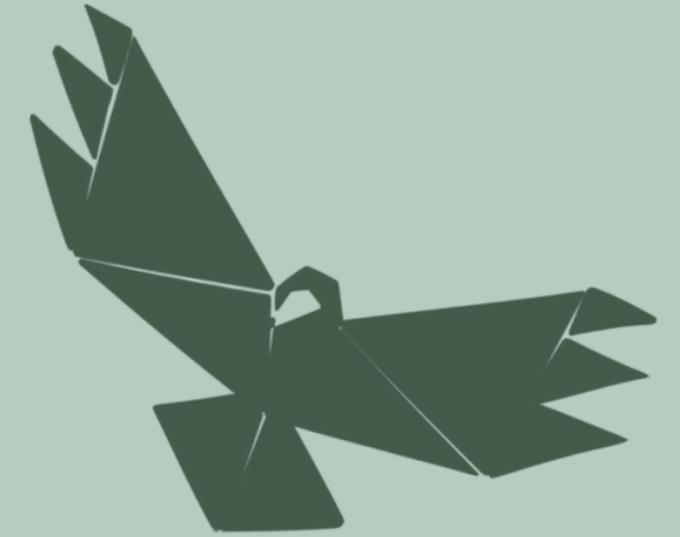
TIDSBESTEMT

HVAD ER DEADLINE

TIDS BLOKKE



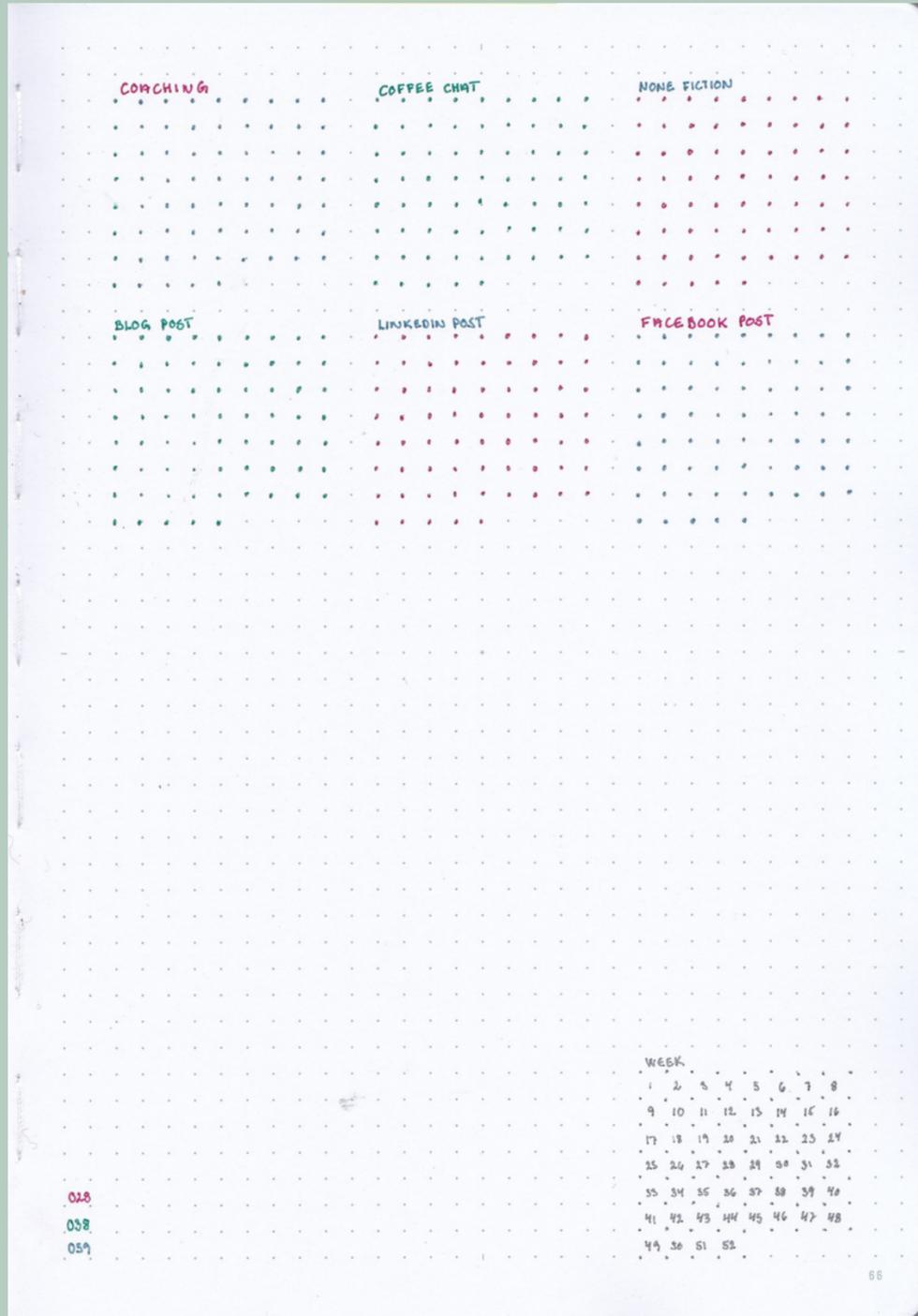
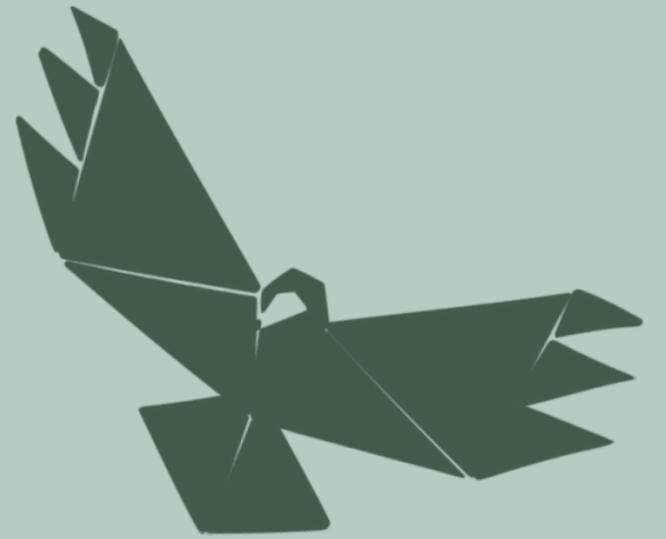
DAGLIGE TRACKERS



PRIVATE
KOMME UD
ALKOHOL
INDEN MIDNAT
BINGE WATCHING
LESS THAN 20

FORRETNING
TADAA LISTE
LINKEDIN AKTIV
KOMMENTERE PÅ ANDRES POST
FÅ KOMMENTAR PÅ EGNE POST
MIN POST BLIVER RE-POSTED

UGELIGE TRACKERS



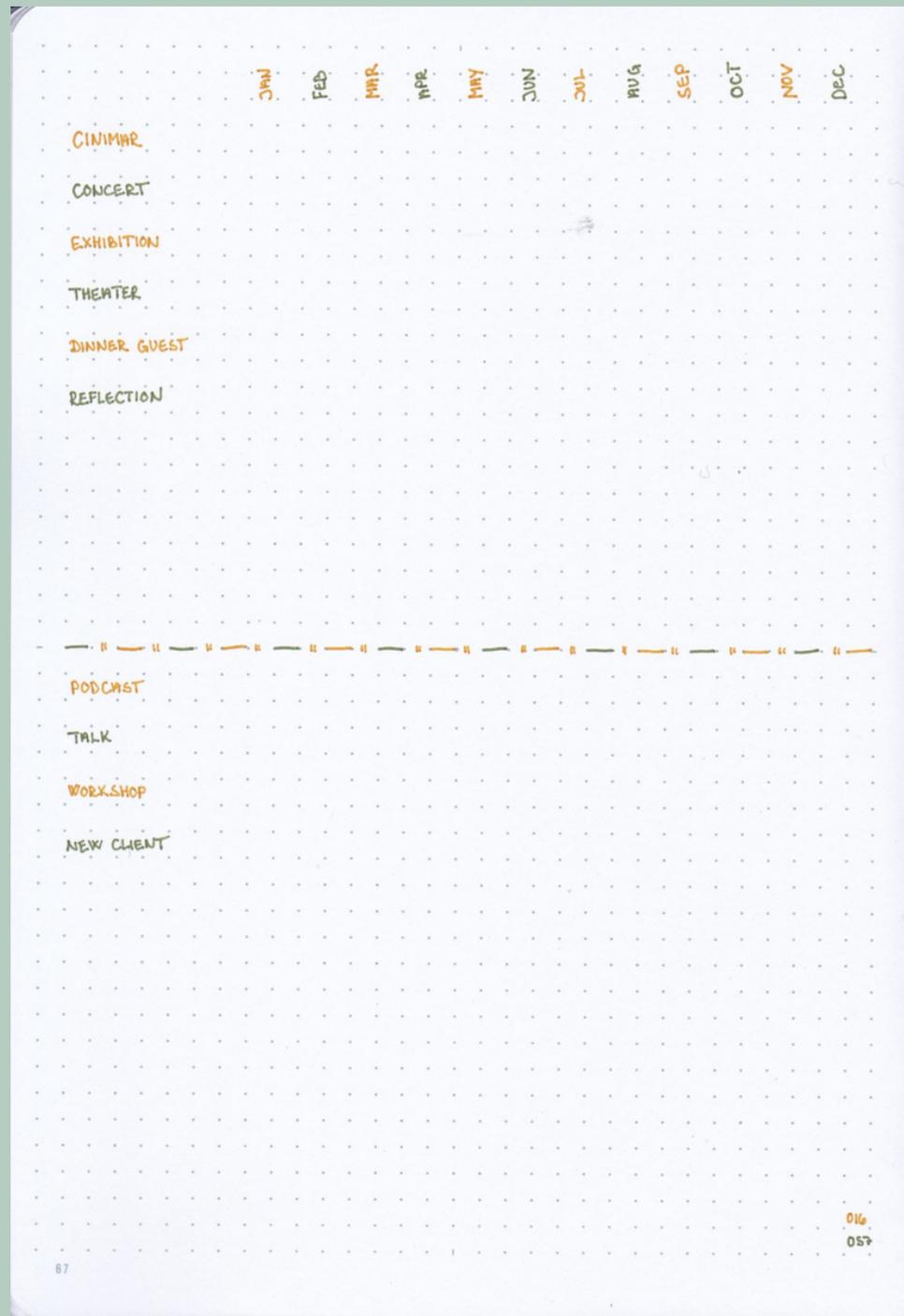
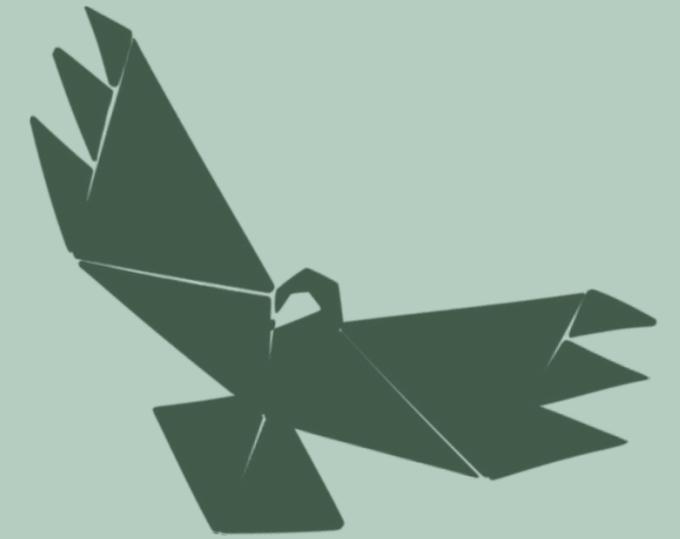
PRIVATE

- SNAKKE MED MOR OG FAR
- SNAKKKE MED DK VENNER
- KVALITETS TID
- JOURNALING
- LASE
- KREATIV
- REGNSKAB
- NO BUY
- HOLD BUDGET
- GA FOR EN TIME

FORRETNING

- COACHING
- KAFFE CHAT
- FAG LITTERATUR
- BLOG POST
- LINKEDIN POST
- FACEBOOK POST

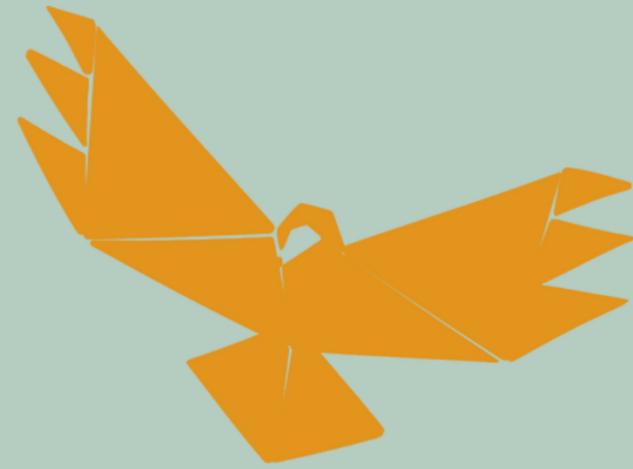
MANEDLIGE TRACKERS



PRIVATE
BIOGRAF
KONCERT
UDSTILLING
TEATER
MIDDAGS GÆSTER
REFLEKTION

FORRETNING
PODCAST
OPLAG
WORKSHOP
NY KLIENT

MOBILPAY



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WWW.HILBRANDS.COACH

