



the
slow life
project

Daily Planner





Increase the satisfaction, focus and joy in your day, each and every day— in under ten minutes!

Motivational science suggests you should 'pay yourself first' in the morning, i.e. start your day by doing something just for you. That way, no matter what happens next, or how hectic your day gets, you've taken time for you already - no one can steal it from you.

You send a message to yourself that 'I matter' when you're the first thing in the day you focus on. You also send a message to your brain that your values matter, when you choose a value to focus on first thing in the morning.

Here's how to do it!

1. Choose a value to focus on

Have a brief think about your upcoming day and then choose one of your values to represent how you'd like to approach the day - your attitude towards the day, basically. If you don't know your values yet, head to the end of this info sheet for our list of sample values, and choose a quality you like from there 😊

2. Expand on the possibilities for that value

Answer the questions on the worksheet attached, either in your head while still in bed or in a journal/ on the worksheet.

3. Live your day focussed on that value

As you go about your day, do your best to live by that value. Look for opportunities, and take them! It can really help to ask the question:

“Will I be living by my value of (e.g. courage) if... ?”

Whenever you need to make a decision, or find yourself procrastinating! This question helps you keep focussed on what's important.

4. Praise yourself

Whenever you're successful in living by your value, no matter how small the action is, pause and praise yourself for living by that value, in whatever way feels natural to you.





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Why it works

Whatever you do first thing in the morning has a disproportionate effect on the rest of your day.

By focussing on your chosen value first up, you are priming your brain to respond to situations in line with your value. You're also focussing on something you can control. Feeling in control is a great way to reduce stress and anxiety (which occur when we start to feel like we are going to/have lost control of a situation)

You're also telling your brain that your values matter. This then encourages remembering to use your values, and taking advantage of spontaneous opportunities to live by your values.

Whatever you pay attention to, and write down, more deeply encodes into your brain (you're telling your brain it's important). Doing this with your values allows you to develop a positive core identity based on your values, as well as helping to change your brain so that living more and more by your values becomes easier over time.

Up level it

Combine the morning routine with evening reflection. Write down all the ways you lived by your values, big and small. Remember to use enough detail that if you read back through the events in a few weeks, you'll be able to remember the event.

Writing down your progress in this way helps you feel great about the progress you're making, and also you get to access the good feelings whenever you choose to re-read your reflection! Remember, nothing is too small to write down – it all helps you shift your sense of identity and purpose, and adds to satisfaction with yourself and your life.

For super charged results, really focus on how good (e.g. how excited, proud of yourself etc) it feels/felt to act on your value. This encourages your brain to associate acting on your value with a 'reward' (feeling good) and that increases the chances of you doing more of this in the future!





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Answer these questions in a journal, on this worksheet or in your mind while still in bed.

IN THE MORNING

Today I will live by the value:

I can act on this value today by doing:

- 1.
- 2.
- 3.

When I act on this value, I will feel (excited, proud etc):

And I'll find myself saying and thinking these kinds of things:

IN THE EVENING

*What did I do today, that was in line with my value? How did I think, speak and act in line with my value?
Who was I with? Where was I?*

Take the time to really feel how good it felt doing these things as you're writing about each event.





Big List of Example Values

- Accepting
- Adventure
- Ambitious
- Assertiveness
- Attention to detail
- Balance
- Belonging
- Calm
- Change
- Charity
- Comfort
- Community engagement
- Compassion
- Competitiveness
- Connection
- Connection to animals
- Connection to nature
- Consistency
- Courage
- Creativity: actioning
- Creativity: appreciation of
- Culture
- Curiosity
- Daring
- Delight
- Determination
- Devotion
- Discipline
- Disciplined
- Driven
- Education
- Efficiency
- Empathy
- Empowerment
- Endurance
- Enthusiasm
- Environmentalism
- Excitement
- Exploration (travel)
- Faith
- Faithfulness
- Family: extended
- Family: immediate
- Fitness
- Flexible
- Freedom
- Friendship
- Fun-loving
- Generosity
- Gratitude
- Grit
- Growth
- Growth mindset
- Harmony
- Health
- Honesty
- Humility
- Humorous
- Independence
- Individuality
- Inner peace
- Integrity
- Intimate relationship
- Justice
- Knowledge
- Learning
- Loyalty
- Newness
- Openness
- Optimistic
- Ordered
- Parenting
- Patience
- Patriotism
- Perseverance
- Playful
- Power
- Problem-solving
- Relaxed
- Reliability
- Resilience
- Respect
- Responsible
- Rule or law-abiding
- Safety
- Security
- Self-care
- Self-confidence
- Self-control
- Sensuality
- Spirituality
- Spontaneity
- Stability
- Status
- Staying true to your beliefs
- Strength
- Team-player
- Teams and clubs
- Thoughtfulness
- Thriftiness
- Tolerance
- Variety
- Vitality
- Wonder at the world

