



The Life Planner: Companion Questions

by Jennifer Louden

Welcome to *The Life Planner: Companion Questions*. This document consists of 52 weeks of life planner questions; the same questions in the same order you find in *The Life Organizer: A Woman's Guide to a Mindful Year*. The reason I've made these questions available is so that you can more easily create your own style and format of life planner without having to type or write in the questions. You are invited to print these questions out or, if you wish to write in the document, there is a [downloadable Word document](#). Be aware, however, the formatting may be off in the Word document because of differences in computers.

You will find only the questions here without the accompanying explanations. You might find yourself wanting to have *The Life Organizer: A Woman's Guide to a Mindful Year* nearby for support and explanation.

We've kept this document pretty basic to make it easy to print out, especially on older printers. Although we have used color, you can, of course, print in black and white.

It is my hope and desire you will turn this life planner into a tool, a vehicle, a support to create a life you love—a life that soars, flows, and expresses you.

Week One

INTENTION



Have to:

Could do:

Want to:

Let go of:

What experience or feeling do I yearn for today?

How might shadow comforts or time monsters block me from trusting myself or from exploring the yearning I just named?

What would help my body feel listened to and loved?

How have I been talking to myself lately?

I praise myself for:

Week Two

INTENTION



Have to:

Could do:

Let go of:

What am I most passionate about this week?

What or who do I want to say no to this week?

What or who do I want to say yes to?

What touch, texture, or physical contact would nourish and calm me?

What might shift if I used the interruptions of my life this week to remind me to be grateful and to come into the present moment?

I trust:

Week Three

INTENTION



Have to:

Could do:

Let go of:

What do I want to learn in the coming months?

What do I need to dump out of my brain to make more space for what I would rather focus on?

Creative self, what enchantment and soul food are you hungry for? I'm willing to listen.

With whom might I share my idea of comfort with this week?
Not because you have to or to impress or to take care of but simply because it feels good and easy.

I'm satisfied with:

Week Four

INTENTION



Have to:

Could do:

Let go of:

What perceived weaknesses or recent mistakes can now be turned into compost, and what will I grow in this compost? What is waiting for me to claim it? How can I plant a new beginning?

What is my biggest source of stress, irritation, or annoyance these days?

What story am I telling myself about this stressor?

What are the facts in what I just wrote?

Given these facts, what might I be open to doing or feeling today that I haven't done or felt before?

I'm ready to receive:

Week Five

INTENTION



Have to:

Could do:

Let go of:

How is confusion or not knowing showing up in my life these days?

What might be the gift or opportunity in these moments of not knowing?

What do I desire this week? What beckons to me, even if it doesn't make logical sense or I'm certain I don't have the time or energy?

What are the three or four things I think about most?

Is this what I want to think about?

What do I want to receive into my life this week? What gifts offered to me by the bountiful universe am I ready to accept?

I've always wanted to:

Week Six

INTENTION



Have to:

Could do:

Let go of:

If I could do or be or feel anything this week, what would it be?

Am I willing to take one doable step toward what I want?

What one basic need do I want to pay attention to this week?

How and to where can I slip away for a mini-retreat really *soon*?

When I think of a current favorite shadow comfort or time monster (like _____ or _____) I think I could actually be hungry for _____.

I know:

Week Seven

INTENTION



Have to:

Could do:

Let go of:

What could I lean back on and trust today?

What am I too busy to think about?

What is not thinking about this costing me?

What physical activity would I like to enjoy this week?

What do I want to enjoy this season that I haven't yet made time for?

I tolerate:

Week Eight

INTENTION



Have to:

Could do:

Let go of:

What are three ways I'd love to flow with my life today?

Body, what intuitive messages are you sending me? I'm ready to listen.

I could invite more rest and quiet into my life this week by . . .

What emotional release do I need, if any? Is anything, no matter how trivial or petty it may be, clogging my emotional arteries?

I respect:

Week Nine

INTENTION



Have to:

Could do:

Let go of:

What do I need less of this week?

What could be a good rhythm for my week?

Am I doing something for someone else that I want to do for myself?

How can I help my mood support me in flowing with my life this week?

What are my current four to six focuses? Have I been adding more “pots to the stove” than I have burners (i.e., time and energy)?

I trust:

Week Ten

INTENTION



Have to:

Could do:

Let go of:

Spirit, what would you have me do, feel, or think to be fully alive this week?

What one thing could make my life more joyful this week? Lighter? Easier?

What shadow comforts and time monsters suck me in these days? What mood am I usually in when I call on these old friends?

What would I like to be free of this week?

I accept:

Week Eleven

INTENTION



Have to:

Could do:

Let go of:

If I knew now what I will know at the end of my life, what would I choose to do with my precious life energy this week?

What could my Wise Woman, my Grandmother, the self I will become, give me to help me create a week that fits me and to radiate love into the world?

What small shifts can I make that might enhance my routine, give me a more grateful, flowing, God-smacked perspective?

What hidden gift wants to unfurl in me this week?

I'm not ready to let go of:

Week Twelve

INTENTION



Have to:

Could do:

Let go of:

How do I feel about the choices I've been making in the last few weeks?

Who am I becoming with these choices? Are these choices moving me toward or away from what I most value? Are they moving me away from or toward a life that fits me?

As I look back over my "Have to," "Could do," and "Let go of" lists since starting this process, what do they teach me about my life? Do I see any patterns? Am I willing to notice any small shifts that I have made?

When have my shadow comforts been most active? What about my time monsters?

What gifts have my life insights brought? What has remembering them given me or saved me?

I am grateful for:

Week Thirteen

INTENTION



Have to:

Could do:

Let go of:

What inspires me these days? How could I follow this inspiration, be shaped by its energy?

Body, what signals are you sending me that I need to pay attention to?

What do I resent these days?

What kind of self-nurturing would cultivate more self-trust?

How in touch with my heart have I been lately? How often am I life organizing in the moment?

I forgive:

Week Fourteen

INTENTION



Have to:

Could do:

Let go of:

How can I meet myself where I am today?

How can I connect deeply with something larger than me, my needs, my agenda, my plans?

Where or when do I find myself focusing outside of myself, on what others think of me or in doing things for others they could do for themselves?

If I want to, I can nurture myself in a way that celebrates the current season by:

I praise myself for:

Week Fifteen

INTENTION



Have to:

Could do:

Let go of:

If I created my week with my body as my ally, taking into consideration her needs, I might. . . .

Body, what pleasure do you crave?

How can I connect with someone today in an honest, utterly “me” way?

What simple practice could help me connect daily with my truest self?

What media experiences do I choose to take in this week? What media experiences do I choose to let go of?

I accept:

Week Sixteen

INTENTION



Have to:

Could do:

Let go of:

What I am most committed to these days?

How am I fighting against or denying reality? Is this fight increasing my stress?

I've been honoring my minimum requirements lately by:

What gift could I offer to someone or something this week?

What inspiration am I hungry for? What flavor or mood of imagination, spirit, beauty do I want?

I know:

Week Seventeen

INTENTION



Have to:

Could do:

Let go of:

If I were suddenly infused with twenty times more courage, what would I let myself know about? What depth of desire might reveal itself to me?

How might allowing myself to remember that I am Divine, part of All That Is, help me rest this week, even in the midst of my busyness?

What role are shadow comforts and time monsters playing in my life these days?

What might change for me today if I found something to laugh at, or at least smile at, every hour?

How can I love myself with food this week?

I'm tolerating:

Week Eighteen



INTENTION

Have to:

Could do:

Let go of:

How much of my heart am I willing to shine out into the world?

What am I most afraid of or worried about these days?

What would help me embrace, adore, and soften toward one fear or worry right now?

What love and attention would I like to give to my financial life this week?

What pleasure could color bring to me?

I praise myself for:

Week Nineteen

INTENTION



Have to:

Could do:

Let go of:

Where am I in respect to this moment? Where am I in respect to me?

What do I choose to take responsibility for today? Perhaps something I've been blaming someone else for or avoiding noticing my part?

I can tempt more breathing space and stillness into my life by . . .

What would it feel like to nurture someone I love this week by _____?

I'm grateful for:

Week Twenty



INTENTION

Have to:

Could do:

Let go of:

Source, I am ready to receive inspiration and guidance. What do I need to know?

As I consider the next few days, where do I automatically assume I *don't* have a choice in how I react, in what I do, say, and think? Where do I automatically defer or shape myself to someone else's plan or needs?

What would I like to change about my plans for the next few days now that I see the new choices that are open to me?

What desires am I not allowing myself to acknowledge or enjoy?

What sensual beauty calls to me?

What relationship needs my attention this week?

I love:

Week Twenty-One

INTENTION



Have to:

Could do:

Let go of:

What makes me sing with joy and jump out of bed at 6 a.m.? What do I have to pull myself away from? If nothing does, what do I wish did?

If I were pushing or forcing or getting ahead of what is unfolding naturally, it would probably be in the area of_____.

Are my shadow comforts and time monsters making it easy to forget I am loved and supported by All That Is?

Who am I being that allows others to shine?

One basic need I'll nurture this week is:

I trust:

Week Twenty-Two

INTENTION



Have to:

Could do:

Let go of:

What would truly nourish me today?

Are my beliefs and private thoughts supporting me?

What one thought could I change that would allow me to be more at peace today?

What does my heart need this week?

What expression could my creativity exult in this week?

I giggle at:

Week Twenty-Three

INTENTION



Have to:

Could do:

Let go of:

What might help me to live from the inside out in the next week?

How can I support myself in making choices from my heart?

How could sound offer me sustenance this week?

Body, are you sending me any whispers, intuitions, or twinges that I'm ignoring? If so, what message are you trying to give me?

I'm tolerating:

Week Twenty-Four

INTENTION



Have to:

Could do:

Let go of:

What do my actions and choices over the last three months or so reveal about what's most important to me?

What and whom have I trusted in the last three months or so? How has faith in my deepest experiences made my life brighter or easier?

When I look back over my "Have to," "Could do," "Let go of" lists for the last months and compare them to the lists of the months before that, what shifts do I see? What feels different?

What one shadow comfort or time monster am I ready to accept as part of me, for right now? What one thing am I ready to stop making excuses for, to stop feeling guilty about, and to gently embrace?

How has remembering my life insights changed the choices I've made or the reactions I've had?

I'm grateful for:

Week Twenty-Five

INTENTION



Have to:

Could do:

Let go of:

What or who have I been envious of lately? Or do I wish I could have more or less of in my life?

What could I set right, forgive, or finish, that would allow me to connect with my love of life today?

How have I started and ended my days in the last month? Does this help me set the tone for my day in a way I like, and do I have time to rest, reflect, or nurture myself at the end of some days?

What happens when I want something but I can't have it?

I celebrate:

Week Twenty-Six

INTENTION



Have to:

Could do:

Let go of:

What part of my life, body, or emotions wants my attention? What do I wish to cherish and pay attention to?

What request do I need to make, and of whom do I need to make it?

Today, I am going to make my eating or exercise choices from a place of “How can I cherish myself more?” and that may mean that I . . .

How are my beliefs and private conversations supporting what I want to create in the world?

I'm ready to let go of:

Week Twenty-Seven

INTENTION



Have to:

Could do:

Let go of:

How do I want to feel this week?

What does my body need this week to create the life I desire?

How might I choose to have an impact on my world this week?

What would help me love and accept the things I have to do this week?

I savor:

Week Twenty-Eight

INTENTION



Have to:

Could do:

Let go of:

What is life calling forth from me this week? Do my four to six focuses fit with where my passion wants to flow?

What basic need or minimum requirement of mine could use a little loving attention? Have I been forgetting something I need to be myself?

What life insight could make my life easier these days?

What olfactory delights might nurture me?

If I choose to share joy with another person this week, I might . . .

I believe:

Week Twenty-Nine

INTENTION



Have to:

Could do:

Let go of:

What is beautiful, satisfying, filled with love, and blessed with grace about my life right now?

If I had a choice in what I think, as I consider the next few days, where would I automatically assume I *can't*: can't live my life, be in silence, listen to my inner wisdom?

How, if at all, are shadow comforts and time monsters making noise in my life?

What one thing might I do this week, if it feels right, to make someone's life easier?

What physical organization does my life need this week?

I trust:

Week Thirty

INTENTION



Have to:

Could do:

Let go of:

How can I support myself in becoming the person I most want to be?

What part of me needs attention this week?

What have I been giving to someone or something that I no longer want to give?

What do my surroundings reveal about me?

I'm ready to celebrate:

Week Thirty-One

INTENTION



Have to:

Could do:

Let go of:

What do I want to accomplish this week?

What thoughts might support me in enjoying my week?

What love can I share this week?

What is the next doable step I could take this week to bring me into greater alignment with my financial wellbeing?

What is feeling less than clear or vibrant in my body? Are there any aches or twinges? Is there any dull, stopped up, even chronic pain I'd like to listen to and take care of?

I surrender to:

Week Thirty-Two

INTENTION



Have to:

Could do:

Let go of:

What do I need most this week?

How active are the *shoulds* in my life these days?

What desire of mine could I share with someone I love?

What would my creative self like this week?

Where am I telling myself I must be different (smarter, kinder, faster, more organized) than I am currently? In what area of my life am I critical of how I'm showing up?

I'm ready to receive:

Week Thirty-Three

INTENTION



Have to:

Could do:

Let go of:

As I see my life as an act of devotion to Spirit, what am I drawn to do, create, or be?

What (projects, relationships, boondoggles), if any, are currently weighing on me?

What is the next doable step I need to take in each of these situations or projects?

How could a nap or a miniretreat help me be true to myself this week?

What creative treat or spiritual connection could replace an outmoded shadow comfort or time monster or simply something I'm bored with?

I am deserving of:

Week Thirty-Four

INTENTION



Have to:

Could do:

Let go of:

What brings me joy? How do I want that joy to express itself in my life today? This week?

What or whom is giving me energy these days?

What quality would I like to call in from the Divine this week?

What could I choose to do that might help to heal someone in my community?

What shall I do for fun, silliness, laughing until I pee in my pants this week?

I love:

Week Thirty-Five

INTENTION



Have to:

Could do:

Let go of:

What is the relationship between health and self-love for me right now?

What small act of self-kindness could soften and help me love myself more in my relationship to money?

What resources do I need to call upon this week to embody a dream, take good care of myself, or let go of something I no longer want to do?

What does it mean for me to be healthy?

I'm itching to:

Week Thirty-Six

INTENTION



Have to:

Could do:

Let go of:

What have I been creating in the last three months?

When I look back over my “Have to,” “Could do,” “Let go of” lists for the last three months and compare them to my to-do lists before that, what shifts do I notice?

As I look back, when have my shadow comforts been most active? What about my time monsters?

How has remembering my life insights helped me? Is it time to add new ones to the list or to rewrite any of the existing insights?

What direction is my life headed in these days? If I were a poet, how might I sum up where I’m going?

I am honored to:

Week Thirty-Seven

INTENTION



Have to:

Could do:

Let go of:

What small shift in my thinking might make this week easier and more delightful?

What personal limit I am denying or pushing against?

What gift can I effortlessly reveal in the coming days?

What act of self-kindness would strengthen me this week?

What one small detail, if I addressed it, would make my daily life easier?

I love:

Week Thirty-Eight

INTENTION



Have to:

Could do:

Let go of:

What is one fear, anxiety, or uncomfortable place in my life right now? What is it stopping me from doing, feeling, or being?

If I were somebody who could achieve _____ (whatever the fear or anxiety is stopping me from doing), what would I be able to do?

What media experiences have I been imbibing lately? What media experiences would it be nurturing to let go of?

What personal grooming habit am I ready to let go of?

If there were something I needed to grieve, it might be . . .

I've always wanted to:

Week Thirty-Nine

INTENTION



Have to:

Could do:

Let go of:

What would help me go with the flow of life this week?

How can I nurture my body so that I am taking care of myself in sync with the season?

What is hanging on the edge of my consciousness that I'm ready to be aware of?

What am I willing to celebrate about myself this week? To notice and applaud?

When will I be in nature this week?

I accept:

Week Forty

INTENTION



Have to:

Could do:

Let go of:

What basic need could use some attention? How often am I meeting my minimum requirements?

How do I like to nurture myself? What truly feeds and replenishes me?

I've been forgetting a life insight lately, and the way I'd like to remember it is by _____.

How do I choose to spend my time this week? Who do I choose to spend my time with?

I praise myself for:

Week Forty-One

INTENTION



Have to:

Could do:

Let go of:

What would I choose to do this week if I remembered that I am a quirky, fabulous, utterly unique and perfect face of God?

My mood lately has been . . .

Is pushing, forcing, striving, or doing excessively for others present in my life these days? If so, how might I embrace that part of me, honor it, and ask it what it needs to feel important, taken care of, or special?

What would nurture my soul this week?

What self-nurturing could I share with someone I love?

I savor:

Week Forty-Two

INTENTION



Have to:

Could do:

Let go of:

What is beckoning to me these days?

What doable step could I take to explore this call?

To paraphrase the poet Mary Oliver, what would help me love the soft animal of my body today?

What shadow comforts or time monsters are no longer serving me?

Who could I see as holy today? Who could I greet as a part of the light within us all?

I tolerate:

Week Forty-Three

INTENTION



Have to:

Could do:

Let go of:

What area of my life or what role (as partner, business owner, artist, mother, caretaker, chauffer) could benefit from loving acceptance and nourishing attention this week?

Would one of my minimum requirements help me flow between areas of my life with more grace?

What secret grace might I offer the world this week?

Is there someone in my life with whom I am not feeling completely comfortable or with whom I'd like to be closer?

What one small change would I love to make in what or how I eat this week?

I'm ready to receive:

Week Forty-Four

INTENTION



Have to:

Could do:

Let go of:

What quality would I most like to share with, offer to, and beam out into the world today?

What fosters contentment in my life? What, if anything, nudges me toward discontent?

What is bugging me, or pushing me, or making me feel off kilter?

When was the last time I laughed at the absurdity of life?

I'm enjoying:

Week Forty-Five

INTENTION



Have to:

Could do:

Let go of:

What would I do differently this week if I was willing to hang out in the gap between what I want and where I am?

What self-nurturing activities might increase my courage to be in the gap?

What do I find myself complaining about lately? What do I say I don't have time or energy for?

If I decided to choose one life insight to guide my week, I would choose:

If I decided to forgive myself for something this week, I would choose:

I tolerate:

Week Forty-Six

INTENTION



Have to:

Could do:

Let go of:

What *one* area of my life do I wish to focus on and nurture this week?

If I planned my week with an attitude of play and ease, I would choose to . . .

What am I mulling over these days?

If I opened my heart and connected with someone in my life this week, I would . . .

I respect:

Week Forty-Seven

INTENTION



Have to:

Could do:

Let go of:

What wants to be at the heart of my life today?

What choices could I make today to create an exquisite, magnificent, sparkling-with-life week?

What, if anything, needs emotional healing in my body and my soul right now?
What needs gentle attention?

If I finished _____, it would be very self-nurturing.

I honor myself for:

Week Forty-Eight

INTENTION



Have to:

Could do:

Let go of:

When I spend time with or work with _____, I feel enlivened. I'd like to deepen that relationship by . . .

What do I most want to embrace about myself or someone or something else this week?

The quality I'd like to invite into my life from the Divine is _____, and will I invite this quality in by _____.

I want to play with:

One small step I am willing to take toward my financial wellbeing this week is:

I'm truly enjoying:

Week Forty-Nine

INTENTION



Have to:

Could do:

Let go of:

What gift could allowing myself to be both ordinary *and* Divine bring me this week?

What, if anything, am I resisting?

What might open in me if I embraced this resistance, sat with it, witnessed it without trying to change it, without making myself wrong for resisting?

How can I embody greatness today?

What can I do today to connect with my senses?

I praise myself for:

Week Fifty

INTENTION



Have to:

Could do:

Let go of:

Where does my energy want to flow this week?

What is falling through the cracks of my life these days?

What have I allowed myself to receive lately?

How have I been talking to myself recently?

If I had to think of a relationship that I'm ready to take some time away from or let go of, the one that would come to mind is:

I praise:

Week Fifty-One

INTENTION



Have to:

Could do:

Let go of:

How could I live this week as if I believed I was enough, do enough?

What might I risk today in service to love?

What loving choices could I make about food this week?

I want to connect with another amazing human being by:

One small to-do that has been hanging over my head and making me feel icky is _____. I guess-estimate taking care of this would take _____ amount of time.

I'm grateful for:

Week Fifty-Two

INTENTION



Have to:

Could do:

Let go of:

What gift do I give to the world each day, whether I want to or not?

What could I do to acknowledge my gift?

What is my story about the value of this gift? Does this story make it easier or harder for me to offer my gift?

What do I wish to remember about this gift as I go forward?

How do I wish to share this gift in the near future?

I wholeheartedly praise myself for: