



# Get Shit Done!

with Daily Doables

CHANGE YOUR LIFE IN 30 DAYS! ✓

BREAK FREE FROM OVERWHELM ✓

SMASH PROCRASTINATION ✓

CONQUER CHAOS ✓

SET AND KEEP BOUNDARIES ✓

KICK PERFECTIONISM ✓

ACHIEVE YOUR WILDEST DREAMS ✓

Get  
shit  
Done!

Welcome to your 'Get Shit Done with Daily Doables' journal and to your very last day of procrastination, perfectionism, and overwhelm. No longer will you end the day with a to-do list longer than the one you started with.

You know what it's like: you wake up determined to smash your goals and before you know it eight hours have passed, distractions have killed your focus, and your 'to dos' have become 'haven't had time to dos'.

As your boundaries melted into the sunset, what you'd planned on doing got overlooked as someone else's needs became more important than your own. No more! In just 30 days you'll learn to:

- end procrastination
- underwhelm your overwhelm
- set and keep your boundaries
- exchange Fear-Fuelled Perfectionism for Joy-Fuelled Perfectionism
- shift your mindset
- accomplish your goals
- and finally feel your life is on track and organised

'Get Shit Done with Daily Doables' is *the* way forward to achieve absolutely anything and everything you want.



## What are Daily Doables?

Daily Doables are achievable goals that get completed within a short timeframe (one day or less). They can be separate doables or part of a bigger goal.

You'll choose 3 Doables a day: a Priority Doable, Doable 2, and Doable 3, and write them down in your journal. The purpose of your three achievable Doables is to lift you out of procrastination, underwhelm your overwhelm, get you organised, and set your potential free.

When you prove to **yourself** that you can set and accomplish something every day - however small - your brain and mindset changes. You swap the disempowering, restrictive beliefs that say, 'I'm a confused mess and can't do this' for empowering and liberating beliefs that affirm: 'look at me! I can organise myself and 'Get Shit Done!'

You're no longer procrastinating and feeling overwhelmed because of everything you're failing to get done. Instead, you have something achievable to focus on. You get to work because you have structure and clarity. You're confident you can achieve what you've set out to do. The pressure's off.

Daily Doables are the perfect way to complete little chunks of a bigger project without overwhelming yourself. Writing a book may involve hundreds of different doables but writing 50 words of a draft intro, inserting page numbers, and drafting a few working titles are three Daily Doables you can complete in a day. No overwhelm leading to procrastination, just a huge sense of accomplishment to build on, the next day.

How do you eat a giant cake? One slice at a time!



Daily Doables can be whatever you choose as long as they prove your ability to get your goals done. In fact, your first few doables may look like this:

Priority Doable: get out of bed.

Doable 2: clean teeth.

Doable 3: make and drink a cup of coffee.

If these are achievable goals for you right now then *they* are your priorities. Getting them done will prove that you can achieve what you set out to do. What feels like a mountain to climb for some of us will seem small and simple to others. It doesn't matter.

When you've ticked-off three doables you'll have kicked-off a process that shifts your mindset out of procrastination and into proven action-taking. You've proven to yourself that you can accomplish something without judging its size or importance, and you no longer freeze in despair when you see another day has passed without achievement.

As you take action and gain clarity about your goals, your ideas about what's important or relevant may change. These 'Un-Doables' are part of your evolutionary process. As priorities change so do our minds and that is absolutely normal and more than ok.

The power behind the mantra 'Get Shit Done' will ensure your Daily Doables are completed, but if a Doable that once seemed important now feels unnecessary, you can add it to the 'Un-Doables' page at the back of your journal.

You can review the Un-Doables page every few days and either decide to reinstae a doable or cross them off your list altogether.

## A Little Light on Procrastination and Distractions

I know all about fragmented thinking and spaghetti brains. I used to be a procrastinator who struggled to get anything done without chaos, panic, overwhelm, and anxiety leaking from every pore. I struggled to find a system that helped me figure out, set, and achieve my goals, and prove to myself that I could 'get shit done!'

As I learned to stop being a 'Fear-Fuelled Perfectionist' and a 'People-Pleasing Procrastinator' I stopped worrying about other people's moods and opinions and began to prioritise my needs. I started by setting smaller, achievable goals and proved to myself that I could start and finish what I began. I was no longer goal-hopping and ending up with zero results.

That wasn't easy for a life-long self-abandoning, people-pleasing, procrastinating, perfectionist (the 3 Pees)! But I did it, and you can do it too.

If we're unfocussed to begin with we're more likely to be drawn away from our goals. Giving in to the '3 Pees' fuels our belief that we're not capable of finishing what we start.

After you've listed your Daily Doables in your journal you'll see a section headed 'If I Have Time'. This is for you to write down distractions and attend to them later - but only once you've completed your 3 Doables!

From now on, if it's not written down in your journal as a Daily Doable, it doesn't get prioritised!

There's a good reason why you have '30 days of Daily Doables' in your journal. Research showed that '30' was the definitive number of days it took to permanently shift perspectives and recognise ourselves as people who can 'Get Shit Done'.



In fact, after just one day of setting and achieving their Daily Doables, 100% of research participants wanted to return to their Daily Doables on Day 2. They completed their '30 days of Daily Doables' in 30 days with no gaps in between.

See how you go; there's no right or wrong way to do this and absolutely no pressure. As you complete more of your journal you'll begin to see the connection between the Daily Doables you complete, the Daily Doables you procrastinate about, and the ones that you add to your Un-Doables list.

When you uncover the *emotional connection* between your completed Daily Doables and your Undoables, you'll understand **why you want to do more of some things and less of others**. Some Daily Doables will make you feel overwhelmed and anxious, while others will make you feel happy and motivated. *Not* achieving goals is **never about laziness**; there's always a deeper, underlying, emotional reason.

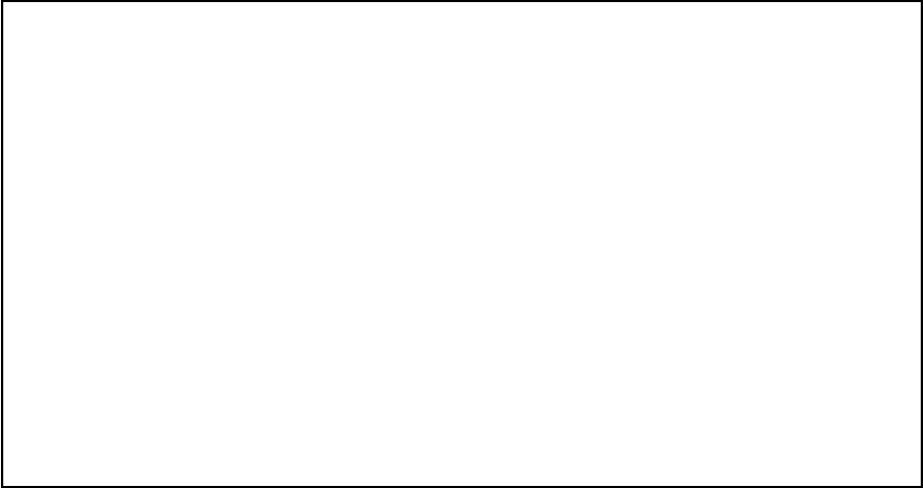
Achieving your Daily Doables *will* change your life. Choose 3 Daily Doables from the pile of possibilities (that you also have space in your journal to write down) and focus on them. If you drift off then bring yourself back and refocus on the Daily Doables you've written down.

Completing your Daily Doables allows your confidence and motivation to grow. It proves, above all else, that whatever's kept you stuck in the past, you can challenge it, change it, and 'Get Shit Done'! Let's Go!

# KNOW YOUR BIG PICTURE

Are you clear about what you're building or is it a little blurry? No pressure. Even if it's still blurry here's an opportunity to think about what you could stop doing so you can start and finish the goals that will get you from \*here\* to \*there\*?

I NEED TO STOP:

A large, empty rectangular box with a thin black border, intended for the user to write down what they need to stop doing.

SO I CAN START:

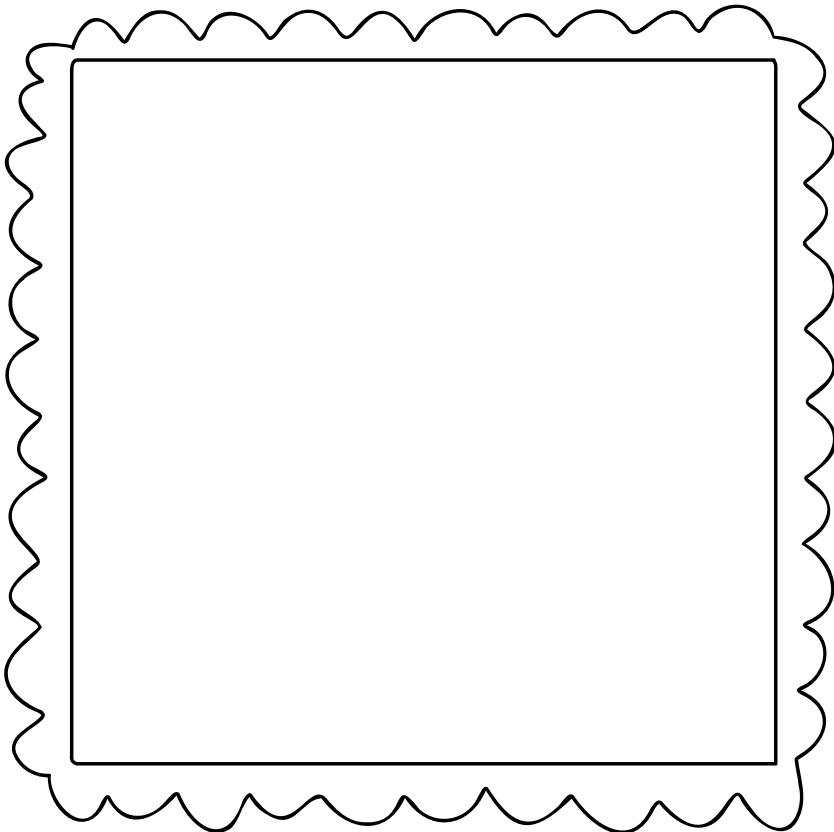
A large, empty rectangular box with a thin black border, intended for the user to write down what they can start doing.

Think about where you are now. What goals have passed you by as your focus has been elsewhere? This time last week/last month/last year where did you tell yourself you'd be in a week/month/or years time? Are those desires still strong? Or are they ready for the Undoables page?

*write it down* 

## BIG PICTURE FRAME

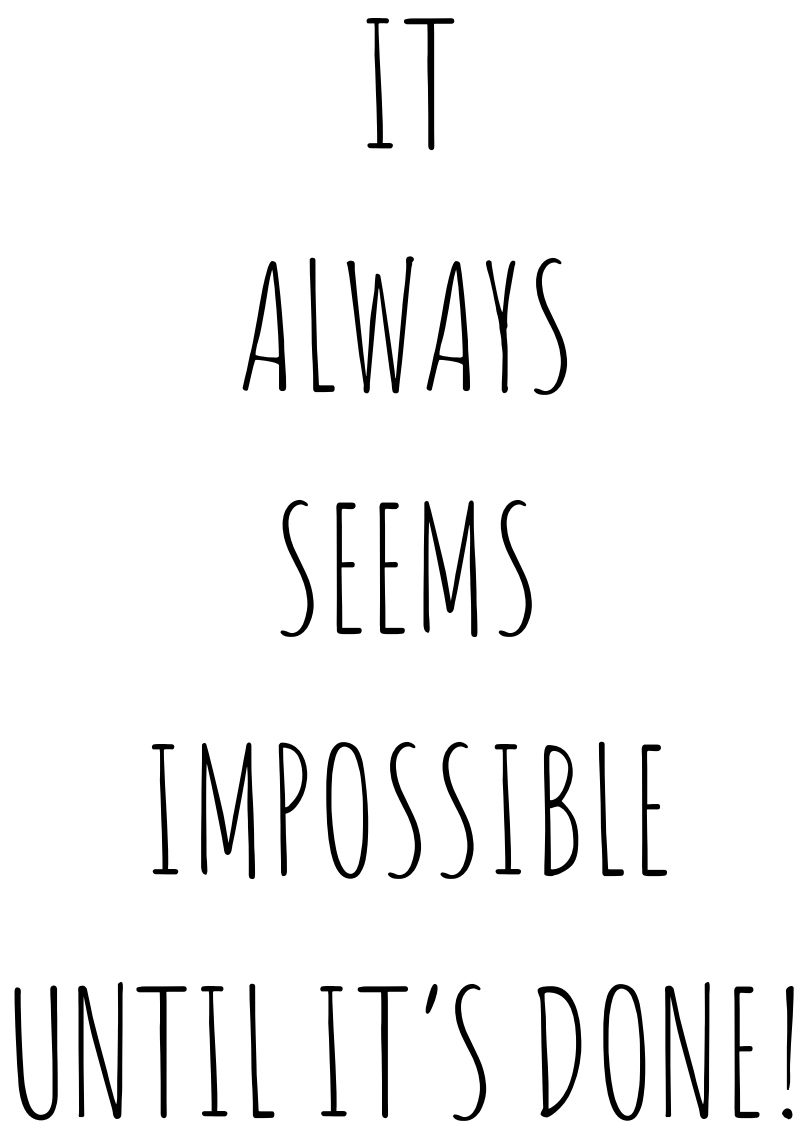
And now think about where you want to be. Write and/or draw in the 'Big Picture Frame' everything that needs to happen to bring your Big Picture to life. How do you see yourself? How do you want to feel? Where do you live? What does your home look like? Where do your main sources of income come from? How much money will you be comfortably making every month? What about your mindset? What are you tolerating...what are you not? How many followers will you have on social media? What must you achieve and complete to make your Big Picture real? Your Big Picture will start coming to life as you write down and take action to achieve your Daily Doables.



WHICH DAILY DOABLES WILL BRIDGE THE GAP BETWEEN WHERE YOU ARE  
AND WHERE YOU WANT TO BE

*write it down* 

WHAT'S IN THE GAP?



IT  
ALWAYS  
SEEMS  
IMPOSSIBLE  
UNTIL IT'S DONE!

# DAILY DOABLES DOWNLOAD PAGE

Every 7 days you'll have the opportunity to write in your journal all the big and little things you want and need to get done. This is your opportunity to think about all the actions that will contribute to the bigger picture you've just visualised for your life.

Your **Daily Doables Download Page** is a to-do list with an edge - and a much sexier vibe. It gives you freedom and space to offload the noise in your head by expressing every last thought on to paper. This process will end procrastination and overwhelm, and help you go beyond your potential.

The **Daily Doables Download Page** helps you break down complex goals into manageable and achievable Daily Doables. These pages empower you to make progress by focusing on the steps you need to take to get your goals done and to start living your life with a sense of purpose and accomplishment. Your **Daily Doables Download Page** will inspire and motivate you to make steady and meaningful progress.

Your first page is up next!

# DAILY DOABLES DOWNLOAD PAGE

HEY GOOD LOOKIN'. WHATCH'YA GOT COOKIN'?

Whatever you're ruminating about, procrastinating over, or simply too nervous to think about starting, this is the place to write it down! If it's jumping off the page in any way, shape, or form - however scary - schedule it as a Priority Doable, Doable 2, or Doable 3.

When we write things down we shift ourselves out of mental mind-spinning, dream-stealing denial, and plain old don't-know-where-to-start confusion. All the negative emotions like fear, self-criticism, and judgement are taken out of the mix as we step effortlessly into clarity and action. Write it, doodle it, list it with bullet points, highlight it with colours of the rainbow...just get it down and done!



There are 2 Downloadable Pages to start with, then one 'top up' page every 7 days. You can revisit your Download Pages wherever you are on your Get Shit Done! journey.

The courage to change your mind is a superpower so no need to hold on to goals that you've outgrown or, equally, to be embarrassed about goals you've got judgements about - are they even your judgements or someone else's?



# DAILY DOABLES DOWNLOAD PAGE

Write it all down, get it off your chest, doodle it, unpack it emotionally. Then choose your first Priority Doable, Doable 2, and Doable 3 for day one.

What isn't included today can be scheduled for tomorrow or next week. The focus is setting 3 Daily Doables that you can get done today and prove to yourself that you can overcome mental blocks, procrastination, and all the other potential-blocking challenges you've been sabotaged by before.

Don't overthink it, don't ruminate, procrastinate, or deliberate. If you remember something later come back and write it down. You can come back to the page anytime, add more, or transfer anything you've changed your mind about to the Un-Doables page for later review. This is a win-win approach to getting shit done.

Ready? Start transferring everything in your head into the space below and over the page! It's not a race, take all the time you need to get your mental to-do list down on paper.

*write it down* 

# DAILY DOABLES DOWNLOAD PAGE

*write it down* 

Now choose 3 Doables from the pile and transfer them over to the next page.



**DAY 1**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**


HOW AM I FEELING?



Whatever the outcome today, you're amazing! You've shown up, started, and you're learning what works and what doesn't. You've accomplished more than you realise and you've given yourself the best possible start in achieving all your future goals however big or small.

From this point forward, you're someone who 'Gets Shit Done!'

**AFFIRMATION**



I am proud  
of myself.

NOW YOU'VE COMPLETED DAY ONE,  
YOU CAN COMPLETE ANYTHING!





## DAY 2

DATE: ..... TIME: .....

My Priority Doable today is:

.....

.....

.....

Doable 2 is:

.....

.....

.....

Doable 3 is:

.....

.....

.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....

.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 3**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 4**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 5**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 6**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 7**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

---

---

How do I feel about Doable 2?

---

---

How do I feel about Doable 3?

---

---

Have I got everything I need to help me focus on my doables?

Yes  No

If no, what do I need to help me focus?

---

---

If I'm distracted I will:

---

---

What's my 'why' for doing my doables?

---

---

---

---

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





WEEK ONE:  
7 DAYS, DONE!

HOW ARE YOU DOING?

DO YOUR DOABLES NEED SIMPLIFYING OR ARE YOU  
READY TO STRETCH YOUR DOABILITY AND PROVE  
THAT YOU CAN GET EVEN MORE SHIT DONE?

This is your opportunity to write/draw about how you're feeling. What do you think about your Daily Doables journey so far? Have you noticed any emotional connections between the Doables you get done and the ones you don't? Did someone fill your head with reasons why you couldn't, wouldn't, or shouldn't achieve your goals? Have you given negative meaning to the things people have done to you or said to you that has kept you stuck and ruminating? Have you joined the dots between distractions and the days your goals don't get done? Were there specific people or situations for which you sabotaged your Daily Doables?

This a blank page; no lines, boundaries, or borders, just space for you to express yourself.

*write it down* 



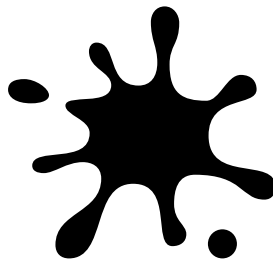
## A LITTLE LIGHT ON PROCRASTINATION



Procrastination is not laziness. Procrastination is a genuine fear that we're not capable of tackling the task ahead, so we put it off. We worry it's too much for us, we'll do something stupid, or we'll let people down.

The seeds of procrastination were planted by an overbearing person who made us feel nervous about making decisions. They left us feeling that our efforts were not worthwhile or valuable. When we feel encouraged and supported, we develop confidence and resilience. We dare to try, to have a go, because even if we fail, we know we'll still be loved and supported. But if experience has taught us that we'll suffer if we fail or even before we start we're warned about what will happen if we don't do well, then a huge fearful shadow is cast over our attempts to start something new or to finish what we've started. We want to step outside our comfort zone (or as I call it our 'Trauma Survival Zone'), but when we try something new or need to complete something, we're reminded of what happens when we fail. We buckle under the limited expectations we have of ourselves and become overwhelmed at the prospect of offering up something less than perfect.

We decide the safest thing we can do...is nothing. By not trying at all we avoid the painful memory of what failing once meant and the consequences it carried. When more is demanded of a procrastinator, when they're teetering on the brink of overwhelm, their 'inner critic/outer bully' joins the procrastination party and reminds them how it feels to fail...



Procrastination stands strong alongside people-pleasing, self-sabotage, and its most vindictive of all cellmates - perfectionism. 'If I can't do it perfectly (and that voice from the past will tell you that you can't) then I won't even bother trying.'

Procrastination is sometimes described as rebellion, an 'eff U' to being told what to do, but it's deeper than that. Procrastination is fear-based, not defiance-based. When we procrastinate we're saying to ourselves 'I'd rather have the comfort I get from not doing it than the criticism I'll get from doing it wrong' or 'I'd rather have the safety of underachievement than the judgement of failure' or maybe 'they'll criticise me whatever I do so I just as well stay safe and not try anything.'

Overcoming procrastination begins when we understand how our past emotional experiences have shaped us to become a perfectionistic people-pleaser. We tend to procrastinate about something we can't put off or something we can't forget about so stress and anxiety are added into the mix.

As adults, when we procrastinate, we're being driven by our inner child's emotions and experiences. We're allowing the child whose needs were not met to have another day of stress, anxiety, and failure. Pick that child up or take them by the hand and show them what an empowered person looks like. Show them what they can achieve above and beyond the toxic projections of other people's shame. Help them heal from the conditioning that led them to procrastination.

When did you first receive the message that your efforts were not good enough? Or that it was easier to ignore something than to sort it out? Or that trying something new or taking a risk was a bad idea?

Every time we attempt to step outside our Comfort Zone/Trauma Survival Zone we're reminded of a time when trying something new or taking a chance was met with criticism, humiliation, and shame. Our efforts to try something new ended in us feeling unsettled and humiliated - and *that's* why we procrastinate.

## HOW DO WE STOP PROCRASTINATING?

When we allow our conscious adult self to take over decision-making from our wounded inner child we change our beliefs from 'this is too hard for me' to 'I can do this, I can cope with anything and get shit done'. This is the best way to start challenging procrastination.

Whatever it is that you're putting off, when you understand who's at the source of your self-doubt and shame you'll realise it's not you who is stopping you but the critical people from the past. Their relentless, overwhelming judgements continue to sabotage you. Tackling procrastination by taking the first small step towards achieving a goal, however small, trumps procrastination every time.

### AFFIRMATION





# DAILY DOABLES DOWNLOAD PAGE

SO WHAT'S NEXT?

DO YOU NEED TO BUILD ON WHAT WAS CREATED AND ACHIEVED IN THE  
LAST 7 DAYS? WHAT NEW DOABLES NEED TO GET DONE?

*write it down* 

# DOABLES DOWNLOAD PAGE

KEEP GOING...WRITE IT DOWN AND TURN INTO A DOABLE!

*write it down* 



**DAY 8**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 9**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 10**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 11**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 12**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



DAILY DOABLES REVIEW PAGE

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 13**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



DAILY DOABLES REVIEW PAGE

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

YES!

HOW AM I FEELING?





**DAY 14**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?



# DAILY DOABLES DOWNLOAD PAGE

14 DAYS IN - YOU'RE ON FIRE! 

Here's another space for you to write down yet more Daily Doables that need to get done! Are you adding any Daily Doables to your Un-Doables list? Or are you ready to reclaim an Un-Doable and, as if by magic, turn it back into a Daily Doable?



So, what's on your mind?

*write it down* 

# DAILY DOABLES DOWNLOAD PAGE

*write it down* 



**DAY 15**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



DAILY DOABLES REVIEW PAGE

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?



# OVERWHELM

IS IT A SMILE? OR A LID ON A SCREAM?

There's both a reason and an explanation for our debilitating experiences of overwhelm. Feelings of overwhelm arise when we sense control slipping away. We're scared something dreadful will happen if we can't manage to get things done correctly. Our fear response is triggered and our brain and body are flooded with stress hormones. Overwhelm is anxiety at full throttle. It's panic. It's a cry for help. When we feel overwhelmed we've arrived at the conclusion that: I CAN'T DO THIS, I CAN'T COPE!!!!!!!

Overwhelm is a familiar feeling for procrastinators. It's a silent scream, a desperate need for our panic to be seen and heard, for recognition that despite our efforts the voices from the past are telling us that we can't do this, we're not coping. We've spent a lifetime feeling overwhelmed by other people's toxic power and once again our wounded inner child is crying out for comfort and reassurance.

As children we may have felt we weren't good enough or told that we'll never cope with a challenge or a change in our life. Now, as our environment is telling us to step up, our memories remind us of a time when power and control were taken from us and, once again, we're overwhelmed with the task at hand.

Feelings of overwhelm are often the resurfacing of pain-filled memories reminding us of a time when we were shamed, excluded, abandoned, rejected, criticised, humiliated, exploited, or dismissed. Our fear-based memories drop-kick us into overwhelm.



When we live with the underlying triggers that result in overwhelm we'll be hypervigilant - alert all the time, and switched on to stay safe. We survive in a 'trauma survival zone' seeking a safe harbour from choppy waters and rough seas. When it feels as though everything is becoming too much, the waves of overwhelm sweep us away from the safe harbour and plunge us headfirst into deep water.

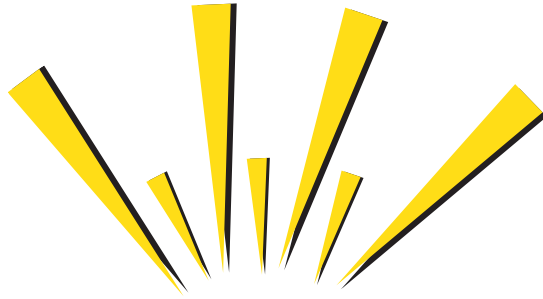
When we make ourselves wrong all the time (shame), when we live in fear of criticism (I get it), when we'd rather stick pins in our eyes than be disapproved of, humiliated, and dismissed, then we'll live a life ruled by overwhelm. The good news is we can learn to reclaim our emotional power and embrace our dazzling ability to not just cope with life but to manage it spectacularly. In order to fulfil our undeniable potential for coping and managing, we must lose our fear of stepping up and speaking up.

Feelings of overwhelm urgently need to be replaced with new realities that demonstrate our true ability to cope and manage anything and anyone. Starting now, get back in touch with *your* needs and *your* opinion. Learn to walk away before overwhelm capsizes you and remind yourself that there's a reason why you feel the way you feel - and it's not your fault. Breathe deeply and slowly and repeat, 'I can do this. I can do this!'

Stop allowing the critical bullies from the past to overrule your truth. Who would you be in those moments of overwhelm if you stopped listening to the critical voices from your past? They did you no good then, and they're doing you no good now. Dare to contradict the voice that says, 'you can't' and tell it that you absolutely can.

Repeat often: 'I can do this'; watch how old beliefs are replaced with new beliefs reinforcing what you're capable of doing and who you're capable of being.





OVERWHELM BECOMES UNDERWHELM WHEN  
EXTRAORDINARY PEOPLE FIRST LEARN TO COPE, THEN  
TO MANAGE, THEN TO THRIVE.

BE AN EXTRAORDINARY PERSON.

**AFFIRMATION**





WHAT'S YOUR 'NO WAY!' DOABLE? THE DOABLE THAT HAS YOU THINKING 'THERE'S ABSOLUTELY NO WAY I COULD APPLY MYSELF, COMMIT TO, AND ACHIEVE SOMETHING LIKE THAT.'

WHAT WOULD THAT NO WAY DOABLE BE FOR YOU?

MY 'NO WAY' DOABLE IS:

---

---

---

WHY IS THIS A 'NO WAY' DOABLE FOR ME?

---

---

---

TO ACHIEVE THIS 'NO WAY' DOABLE MY STEPS WOULD HAVE TO BE:

PRIORITY DOABLE:

---

---

---

DOABLE 2:

---

---

---

DOABLE 3:

---

---

---

When you're prepared to stretch your doability you open yourself up to three things:



When you make choices and decisions that are outside your 'trauma survival zone' you turn old disempowering habits and patterns into new empowering ones. In time your 'no way' doable will become a doable. Just watch and wait!

NEED TO LET OFF STEAM?



DO IT WITH A DOODLE RIGHT HERE



AND HERE



AAAAAAAAND HERE





**DAY 16**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



DAILY DOABLES REVIEW PAGE

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 17**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 18**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



DAILY DOABLES REVIEW PAGE

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 19**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 20**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?



# PERFECTIONISM

Perfectionists fall into two categories. In the first category are the perfectionists who aim to achieve perfection with a genuine passion for what they're doing. They're driven by the joy of achievement and accomplishment. They take breaks, laugh, socialise, and they sleep at night. They have great reputations for producing excellent work, being faultless, punctual, and kind-hearted. 'Behind the scenes' they're confident and generous, sharing their tips and tricks to help others. They were the kids encouraged and motivated by praise, but who also felt safe when they failed. They were inspired to try again with positive reinforcement of their individuality. They are the 'Joy-Fuelled' Perfectionists.

Then there's the rest of us, the ones for whom judgement is poison and as for criticism...? You just as well take a penknife to our colour co-ordinated bookshelves and mess up our sock drawers. We're driven by fearful emotions, we 'over-function,' work long hours taking on too much, and have trouble switching off. We're insecure, competitive, we don't take breaks or laugh much, and over-thinking keeps us awake at night. We were the kids governed by fear who only felt shame and humiliation when we failed. We are the 'Fear-Fuelled' Perfectionists.

Fear-Fuelled Perfectionists are unforgivingly hard on themselves. For them their relentless pursuit of perfectionism is how they believe they'll finally get the approval and acceptance they seek. Sadly, most of us are still waiting. The well-worn pathway of the Fear-Fuelled Perfectionist is rooted in the terror that 'they may see the real me if my perfect mask slips.'

"THERE IS SO MUCH PAIN BURIED IN THE PURSUIT OF PERFECTIONISM."

When we don't feel loved and accepted, when we're criticised, judged, told we're lazy, and unfavourably compared to others, we may go out of our way to feel good enough or 'better than' as adults. We place incredibly high expectations on ourselves without realising that those expectations **belong to the critical voices that speak up at all our crucial, vulnerable moments**. When we're striving for perfection from a place of fear, we're striving to fulfil someone else's expectations of what life should look like. We attempt to fulfil *their* expectations to avoid a painful repetition of judgement and dismissal.

When a Fear-Fuelled Perfectionist aims for perfection they forget about their own ideas, creativity, purpose, and truth, and focus on someone else's. Fear-Fuelled Perfectionists never achieve the unrealistic heights of perfection they set for themselves, there is always 'better' to strive for. Their expectations punish them just like the critical voices whose shadows still loom over them, judging and condemning their every move.

### CAN WE BE BOTH JOY-FUELLED AND FEAR-FUELLED?

When it comes to perfectionism we're driven by joy or fear, never both. But, if you currently identify as a Fear-Fuelled Perfectionist, you can learn to become a Joy-Fuelled Perfectionist instead. You can retrace your steps to the source of your fear and discover who or what is fuelling it - and bring joy back to your goals and ambitions.

**AFFIRMATION:**



## WHAT HAS BEING A FEAR-FUELLED PERFECTIONIST COST YOU?

Make a note of everything including all the opportunities, interests, friendships, and relationships you've sacrificed because of Fear-Fuelled Perfectionism:

*write it down* 

Here's another opportunity to write/draw/doodle how you're feeling about yourself and your Daily Doables journey so far. It's a blank page; no lines, boundaries, or borders, just free expression to be you!

*write it down* 



**DAY 21**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?



# DOABLES DOWNLOAD PAGE

WOW, YOU'RE DOING AMAZING WORK!

21 days in and you're a Doable pro. Did you decide something was a 'No-Way Doable' that you now want to work on? Is there something that needs to get **added to** or **reclaimed from** the Un-doables page?

*write it down* 

# DAILY DOABLES DOWNLOAD PAGE

KEEP GOING...WRITE IT DOWN AND TRANSFORM IT INTO A DOABLE!

*write it down* 



**DAY 22**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 23**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





You've completed 23 of your 30 doable-days - you're on the home stretch! Here's another opportunity to write/draw/doodle your thoughts about your Doables journey.

**7 DAYS TO GO!**



*write it down* 

WHAT CHANGES HAVE YOU NOTICED IN YOURSELF?

.....

.....

.....

WHAT HABITS HAVE YOU BROKEN?

.....

.....

.....

WHAT DISEMPOWERING PATTERNS OF BEHAVIOUR  
HAVE YOU CHANGED?

.....

.....

.....



**DAY 24**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 25**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?



# BOUNDARIES

Boundaries act like a personal rulebook. They tell people who we are and what we'll tolerate. Boundaries show the world that we're sticking up for ourselves, what's appropriate and achievable for us, and what's not. Very few of us fail to recognise the necessity of putting a boundary in place but *setting* boundaries isn't the problem; *keeping* them is.

We give up on our boundaries because the **CONSEQUENCES** of keeping them feel so overwhelming. We either choose to stick to our boundaries and shoulder the emotional fallout, or we trade our integrity to stay in someone's 'good books' by giving in. When you've set a boundary and it's on the verge of being broken do you:

- Immediately reaffirm the boundary and stick to it regardless of the consequences?
- Reset the boundary making it so elastic it could stretch to the sun? or
- Give up, forget it, it's not worth the consequences?

Most of the time we're triggered by the fear of what we'll feel if we reaffirm and stick to our boundary - we could be judged, shamed, and rejected...so what wins? Our determination to reaffirm and stick to our boundaries regardless of the consequences? Or our fear of reliving the emotional pain of exclusion, judgement, shame, and rejection?

A boundary is a need, *our need*, and the consequences of the boundary only arise if someone else wants their needs met first. In that grey area between asserting our need to prioritise our boundary or having it challenged, we have a choice: do we meet *our* need and keep our boundary? Or do we meet *their* need and abandon ourselves once again? Sound familiar?

What are you worried you'll experience if you stick to your boundaries? Shame? Exploitation? Abandonment? Rejection? Criticism? Humiliation? Exclusion? Dismissal? These are the most feared emotional experiences, and we'll do anything to avoid them. Our fear of re-experiencing these overwhelming feelings and our desperate need to avoid them is why we give up on our boundaries.

The more manipulative and calculating someone is, the stronger our boundaries need to be. If the consequences of sticking to our boundary scares us, then we have irrefutable proof that our boundary needs to stay exactly where it is, and the person challenging it is the one who needs to go.

**AFFIRMATION:**



**I AM WORTHY OF PROTECTION. SO IS MY TIME AND PEACE OF MIND.**



**DAY 26**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



DAILY DOABLES REVIEW PAGE

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

YES!

HOW AM I FEELING?





**DAY 27**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?





**DAY 28**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



DAILY DOABLES REVIEW PAGE

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

YES!

HOW AM I FEELING?





**DAY 29**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



**DAILY DOABLES REVIEW PAGE**

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....  
.....

Have I proven today that I can get shit done?

Yes  No

Am I coming back tomorrow to get more shit done?

**YES!**

HOW AM I FEELING?



# 7 REASONS WHY WE DON'T HEAL

One of the most transformative healing truths we can embrace is the one that says: 'we are in control of meeting our own needs, and our healing belongs to us.' **We** are responsible for our healing. Someone else's toxic power may have brought us here, but the resilience, confidence, and empowerment we're reclaiming for ourselves is what will get us out. This moment and the millions of moments ahead will now be shaped by you and you alone, not by anyone else.

Experience has shown me seven reasons why we don't heal:

BLAME  
DENIAL  
FEAR  
SELF-PUNISHMENT  
UNWORTHINESS  
JUDGEMENT  
CONDITIONAL HEALING

## **BLAME**

Blame means to accuse, condemn, shame, and criticise - and we've had enough of that. When we blame, it means we're angry - and it tends to be the type of anger that reduces our ability to heal.

There's a time and a place for blame but this is not it; we're reclaiming our power, not giving more of it away. When we blame someone we become powerless to act on our feelings. We're so consumed by blame and anger that we struggle to transform our emotional suffering. My philosophy isn't about blaming others for what they did or didn't do - it's about accountability. Accountability turns blame into a fuel that powers our healing and our recovery.

When we correctly identify the source of our emotional struggles, and stop punishing, shaming, and blaming *ourselves*, we begin a process of accountability that takes us on a journey towards emotional freedom. When we hold the 'right' people accountable, we can genuinely say: 'this was not my fault; this story is not mine, it belongs to someone else.' These authentic statements are the truth, and the truth always sets us free.

## **DENIAL**

If we're not seeing the emotional truth about *why* we feel the way we feel and do the things we do, then we're in denial. We can't help it. When we're scared to talk about our feelings in case we upset someone, or worse they ignore us and don't validate our suffering, we end up denying our pain so we can cope with it. We know from experience that upsetting the perpetrators of our pain is to be avoided at all costs. We've learned that to stay in someone's 'good books' means we must stay silent and deny our truth. We've learned that upsetting people leads to criticism, rejection, silence, and dismissal. If we venture down *that* path we'll restart the familiar cycle of feeling abandoned and rejected that we've tried so hard to avoid. When we stop rolling our shame in glitter to block out our emotional pain, we can reach the root cause of our struggles, reclaim our power, and win our emotional war. I promise you, moving out of denial and into the light of your truth will move you forward on your road to emotional freedom like nothing else. And the people you're scared of offending and upsetting won't even know what you're doing.

## **FEAR**

Being scared of what we might 'feel as we heal' stops us from looking at the difficult stuff - but the worst may already be over. Chances are nothing will ever feel as bad again as the experiences we've already had. The burdens we've carried, borne from our painful encounters, is the heaviest it may ever get. Speaking our truth to the restrictions the past has over us will lift the burdens and heal what we feel. There's nothing scary about healing emotional suffering; what's scary is **not** healing it. Perhaps you're scared to heal because you believe it benefits you to stay wounded?

Does it get you the attention you seek or the financial support you need? There are no greater benefits, none, than emotional freedom and peace of mind. When we truly understand that, we will fearlessly begin - and embrace - our healing journey.

## **SELF-PUNISHMENT**

Please know it's no longer necessary to punish yourself for anything that's been done to you or said to you that caused you to feel emotional distress and suffering. Sometimes we believe we deserve to suffer - especially if we've been blamed and held responsible for the things that have happened to us. Other people's toxic projections and abuse were not our fault, we are not to blame, and we don't need to punish ourselves anymore.

Within us lives the power to heal and transform our past; we just need to be reminded from time to time that we're worth the effort and that **we matter enough to try**. When we replace self-punishment with self-compassion our heart opens and we learn to treat ourselves with kindness. You wholeheartedly deserve compassion and kindness for the road you've travelled, and for the upsetting, unsettling experiences you've survived.

## **UNWORTHINESS**

I used to feel how you might be feeling right now. But despite everything that had been done to me and said to me, despite everything I'd been blamed for, I eventually found myself in an emotional space where I felt worthy of healing. You may not feel worthy of something better than what you've got right now, but you can recognise the **value** of change and your ability to make it happen. By doing the work in this journal, you're actively finding solutions to heal the emotional confusion that's sabotaging your life and stealing your joy. **You can value the chance to feel something different even if you don't yet feel worthy of it.**

Not feeling worthy and deserving as an adult is a long-term consequence of suffering emotionally in childhood. You may have been told 'you're not worth it' or that 'you don't deserve good things'. But as you begin to untangle the lies and the betrayals of your past, you'll begin to feel worthy of so much more than you do right now.

## JUDGEMENT

We judge ourselves when we don't heal quickly enough. Worse, we give up on recovery because we think it's uncomfortable, hurts too much, requires too much effort, or it's 'just a load of nonsense.' Judgement stops us but often the voice that's judging us isn't ours; it belongs to someone from the past who created the emotional mess we're now in. I'm sure they'd have something to say about 'pulling yourself together' 'making better choices' and 'not being so dramatic' but if their advice was helpful it would have worked by now. The truth is: **judging yourself or the speed at which you're healing just holds you back from immersing yourself in the process.** Leave 'Judge Mental' at the door and give yourself time to tell your truth and win your emotional war.

## CONDITIONAL HEALING

We stay stuck without realising it by putting conditions on our healing. We tell ourselves we'll be happy when...we'll be at peace when... I've lost count of the number of people who have said to me 'if only I could...(fill in the blank) I'd feel happy/healed/free/complete/loved/at peace.' We're often waiting for someone or something to fill the emotional spaces left by inattentive or invalidating experiences from the past. Who or what are you waiting for?

Unconditional healing says: we can be whole and complete without someone else's permission, validation, love, or approval.

Look at it this way: when someone else supplies the contentment, peace, and love we're waiting for, they can take it away again. When **we** supply contentment, peace, and love for *ourselves* it can be shared, but never taken.

Knowing and experiencing peace is 100% achievable without waiting for someone or something else to provide it. Conditional healing will no longer feature in your recovery when you drop the conditions you place on it. There are few greater rewards on our journey through life than learning to meet our own needs, and renounce our expectations of others to meet them for us.

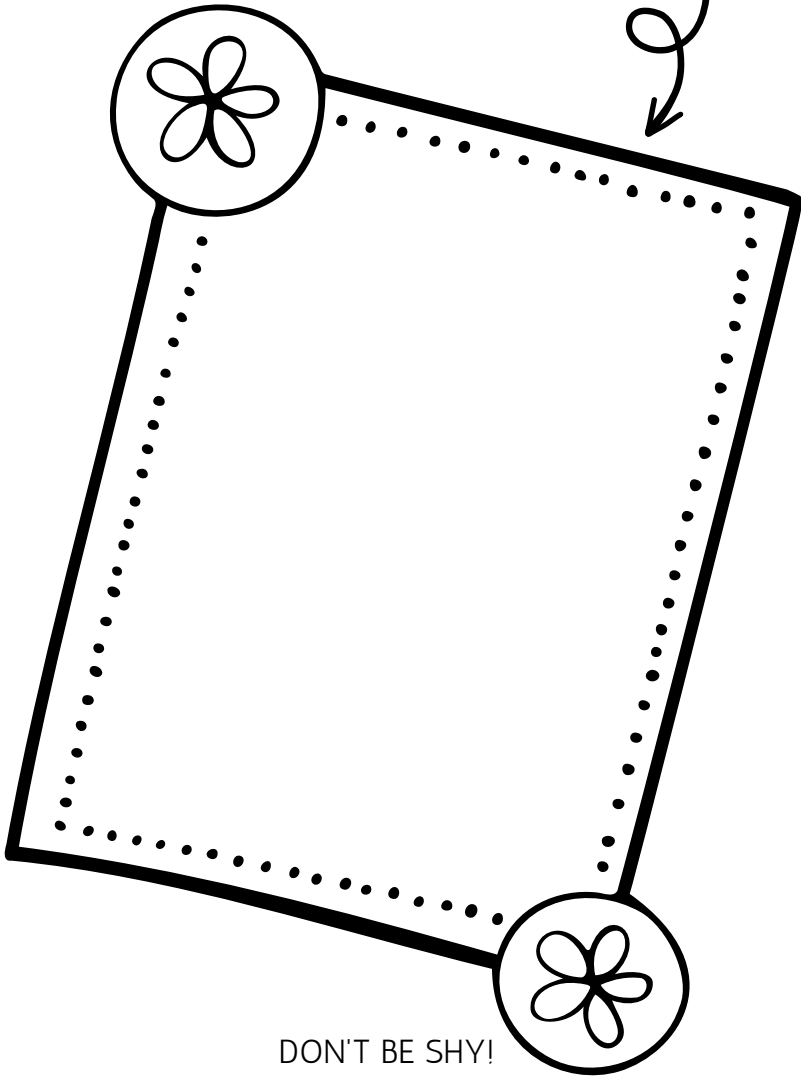
Making sure we meet our own needs is a cornerstone of good mental health. To know our worth means we know how to M.O.O.N!



ONE DAY TO GO!

GET YOUR PICTURE READY FOR  
**THE GALLERY OF ACHIEVEMENT**

A SELF-PORTRAIT OF YOU GOES HERE



DON'T BE SHY!  
GET YOUR MOST REDEEMING FEATURES OUT THERE!

## AND NOW, WRITE YOURSELF A LETTER!

As you approach your 30th day of Daily Doables and getting shit done, I'd like you to stop for a moment and reflect on everything you've achieved. There is no doubt that you'll have climbed and conquered mountains in the past 30 days you never thought were possible. This is your opportunity to look back and recognise the tremendous changes you've experienced, and the huge milestones you've achieved. We often overlook, and underestimate, the significant impact of our efforts and the resilience and courage it's taken to step away from our comfort zones and dive in to unfamiliar waters.

So, when you're ready, this is your opportunity to write yourself a letter. It could be a letter similar to one that you wished you'd received from someone in your past. It could be a letter telling you all the things you've longed to hear someone else say to you. Whatever story your letter tells let it be one of self-compassion and self-love. You are amazing. Remember that. Just look how far you've come.

Dear

---

---

---

---

---

---

---

---





**DAY 30**

DATE: ..... TIME: .....

My Priority Doable today is:

.....  
.....  
.....

Doable 2 is:

.....  
.....  
.....

Doable 3 is:

.....  
.....  
.....

Are any of my Doables part of a bigger goal? If yes, what is the bigger goal?

.....

Additional Doables if I have time:

.....  
.....

How do I feel about my Priority Doable?

.....  
.....

How do I feel about Doable 2?

.....  
.....

How do I feel about Doable 3?

.....  
.....

Have I got everything I need to help me focus on my doables?    Yes     No

If no, what do I need to help me focus?

.....  
.....  
.....  
.....

If I'm distracted I will:

.....  
.....  
.....  
.....

What's my 'why' for doing my doables?

.....  
.....

Today I want to feel...

---

---

---

---

Today I will show myself kindness by...

---

---

---

---

3 things I'm grateful for today are...

---

---

---

---



## DAILY DOABLES REVIEW PAGE

What time did I finish my Daily Doables?  a.m/p.m

Did I complete all of my scheduled Doables?

Yes  No

How do I feel about that?

.....

.....

Have I proven today that I can get shit done?

Yes!  Yes!  Yes!

*Congratulations!*

30-ISH DAYS LATER...



30 days of Doables under your belt, progress made, and evidence gathered to prove you can set and achieve your goals. You now have a whole new perspective about who you are and what you're capable of achieving.

HOW DO YOU FEEL?



Changing your ideas about who you are, and discovering the truth about your potential - and your ability to reach it - isn't easy. You're breaking down old conditioning and challenging the habits and patterns you've had all your life. I hope you've learned a lot about your true abilities, but above all, I hope you've acquired the self-belief and confidence to tell the truth about who you really are.

Remember, when life feels overwhelming and your truth feels far away just look around. If you don't like what you see or how you feel, you have the right to change your mind and the power to do something different.

# UN-DOABLES LIST

Un-doables are Doables that once looked and sounded great but no longer light you up enough to be actively worth pursuing. They feel less exciting or necessary than they once did but you're not quite ready to delete from your list altogether. A Daily Doable that feels like a heavy weight on your head or like a restrictive obligation belongs on this page. Interestingly, Undoables are often ideas and suggestions *other people* have given you...

Keep track of your Un-doables on this page for now. When you have a few written down, reflect on them and decide: **to doable or not to doable**. Only **you** can decide. But remember: **you have permission to change your mind**. You **do not have to stick** with anything - or anyone - you've outgrown.

And if you're reading this at the end of the 30 days...

Look back at your 'No Way' Doable.  
Do you still feel it's a 'No Way' Doable?  
If not, you know what to do(able)...



## That's all Folks!

You have changed your life! After you've rewarded yourself for this momentous evolution of your heart and soul, what will you do next?

How about continue your journey?

Come and say hello at [thehealinglibrary.com](http://thehealinglibrary.com) and immerse yourself in a healing journey at your pace in your own space.

There's a growing collection of books, journals, meditations, and online courses - no charge, just change.

*See you there!*