

The 3 Steps

to ...

Creating Sacred Time

- **Step 1 - Expand Time:**

- Identify, eliminate, and automate tasks, freeing up time for more meaningful, personal growth pursuits.

- **Step 2 - Make it Sacred:**

- Create and refine dedicated growth windows, crafting sacred time for profound self-discovery and growth.

- **Step 3 - Honour the Commitment:**

- Reflect on your journey, set boundaries, and commit to practices that inspire ongoing transformation.



Creating Sacred

DAY 1: IDENTIFY

Time



What if you designed your life around what you value most? How would you spend your time?

Write without stopping, crossing out, or pausing. Don't worry about sentence structure, grammar, or even what it looks like on the page. Just allow your truth to flow.



Creating Sacred

DAY 2: ELIMINATE

Time



What did you observe about how the day unfolded
after eliminating social media, TV & news for 1 day?



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DAY 3: AUTOMATE

Time



What necessary activities could you automate & make more efficient so that they take less time?

Grocery shopping

Cleaning

Food Preparation

Household Admin

Commuting

Write out your plan to automate at least 1 of your low value activities



AUTOMATION HACKS FOR MEAL PLANNING & MORE

Meal Planning Tools:

Real Plans Ap. <https://realplans.com/>

This is the ap Katie Wells mentioned in her interview with Dr. Stacy.

- meals for specific diets (e.g., the GAPS diet for gut health, Whole30, Keto etc....), but works for any dietary preference.
- integrates the kind of cooking appliances you have, the kitchen tools you need,
- instantly creates the grocery list ,
- allows you to eliminate what you already have from the list
- can be easily shared and scheduled.

Cost: Free for 1 week then about \$19/month USD



AUTOMATION HACKS FOR MEAL PLANNING & MORE

Meal Planning Tools:

PlanToEat.com - <https://www.plantoeat.com>

- Collect recipes from cookbooks, blogs and more, which you can drop onto a weekly calendar to automatically generate a grocery list
- organized list by grocery aisle, and store.

Cost: Free 14-day trial. No credit card required. Only \$5.95/mo or \$49/year USD



AUTOMATION HACKS FOR MEAL PLANNING & MORE

Planning & Lists for All Household Activities:

Anylist App - <https://www.anylist.com/>

- suggests common grocery items as you type,
- automatically groups items by category — i.e. dairy items, produce,
- stores personal recipes and creates shopping lists
- links to pick up and delivery apps,
- allows you to shop within your budget by integrating the price of items
- can be used for just about any activity (packing for vacation, gift ideas)

Cost: Free; additional cost of \$9.99 USD/ year for an individual or \$14.99USD / year for a household for more list capacity



AUTOMATION HACKS FOR MEAL PLANNING & MORE

Planning & Lists for All Household Activities:

Cozi App - <https://www.cozi.com>

- plan meals, automatically create the grocery list, organize your family's schedule and keep a to-do list all in one place.
- make color-coded shared family schedules and send updates to family members.

Cost. free.



AUTOMATION HACKS FOR MEAL PLANNING & MORE

Meal Kit Delivery Services:

For those who want a home cooked meal without having to organize or shop for a thing.

[Hello Fresh](#)

<https://www.hellofresh.com/>

<https://www.hellofresh.ca/>

[Goodfood](#) - <https://www.makegoodfood.ca/>

[Chefsplate](#) - <https://www.chefsplate.com/>

[Gobble](#) - <https://www.gobble.com/>

Operates in the US only

Grocery PICK UP & Delivery Services

- <https://www.instacart.com/>
- Amazon Fresh



Creating Sacred

DAY 4: CREATE

Time



SACRED TIME PLAN

My window(s) for Sacred Time will be between.....

I will use my Sacred Time to.....

I will need to do the following to prepare for my sacred time



Creating Sacred

DAY 5: REFINE

Time



Sacred Time Ritual to Amplify Presence & Self-Love

I bring a sense of presence & self-love to my Sacred Time by...

The addition of this small ritual impacted me in the following ways...



Creating Sacred

DAY 6: PROTECT

Time



THREATS TO SACRED TIME

The biggest threats to my ability to follow through are...:

I will eliminate these threats by...



PERSONAL BILL OF RIGHTS

1. I have the right to ask for what I want.
2. I have the right to say no to requests or demands I can't meet.
3. I have the right to express all of my feelings, positive or negative.
4. I have the right to change my mind.
5. I have the right to make mistakes and not have to be perfect.
6. I have the right to follow my own values and standards.
7. I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.
8. I have the right to determine my own priorities.
9. I have the right not to be responsible for others' behavior, actions, feelings, or problems.
10. I have the right to expect honesty from others.
11. I have the right to be angry at someone I love.
12. I have the right to be uniquely myself.



PERSONAL BILL OF RIGHTS

- 13. I have the right to feel scared and say “I’m scared.”
- 14. I have the right to say “I don’t know.”
- 15. I have the right not to give excuses or reasons for my behaviour
- 16. I have the right to make decisions based on my feelings
- 17. I have the right to my own needs for personal space & time
- 18. I have the right to be playful and frivolous.
- 19. I have the right to be healthier than those around me.
- 20. I have the right to be in a non abusive environment.
- 21. I have the right to make friends and be comfortable around people.
- 22. I have the right to change and grow.
- 23. I have the right to have my needs and wants respected by others.
- 24. I have the right to be treated with dignity and respect.
- 25. I have the right to be happy.

From The Anxiety & Phobia Workbook by Edmund J. Bourne, Ph.D., New Harbinger Publications



ASSERTIVE COMMUNICATION STRATEGY

Assertive communication involves clearly, and respectfully expressing your needs and your boundaries

It requires 3 things:

1. Understanding your rights in the situation
2. Calm
3. To be focused and unwavering in delivering your message in order to achieve the goals of the communication.

Steps for creating an assertive request:

- Define the issue for yourself. What is the problem, the consequences of the problem for you, your feelings about it?
- Keep the request simple. Ask for 1 thing. Be as specific and direct as possible, focusing on the behaviour you would like to see change



ASSERTIVE COMMUNICATION STRATEGY

Steps for creating an assertive request:

- If you decide to provide an explanation for your request (which is optional) **own your feelings** by using "I statements". **Don't apologize, don't blame**
- Be conscious about phrasing things in a neutral way as you state the consequences of their help or lack of it.
- Decide on the natural consequences for not meeting your request in advance of the conversation and be willing to state and follow through with these consequences if needed.



ASSERTIVE COMMUNICATION STRATEGY

Example of Assertive Request:

Every time the kids interrupt me I not only don't get the most out of my yoga session but I end up feeling angry and resentful towards them which I don't want to feel. I would really like your support to help protect the time I have set aside for my yoga practice by being willing to step in and take care of the kids in case they get out of bed after I put them down for the night. Can you do that for me?



STRATEGIES FOR NAVIGATING RESISTANCE

- **The broken record technique.** No matter what they have to say to get you off track, you simply keep repeating the request until they agree. Acknowledge and validate their feelings and assert that a solution is needed without backing down

"I hear that you.... I still need to know if you can take over with the kids. Are you willing to help or not?"

- **Content to process shift.** If the content doesn't land, shift to focus on the process. Share what you are taking away from their reaction.

"You seem annoyed by my ask? Why is that?"

This might lead to clarifying your request further, or maybe it needs to be tabled for another time when heads are cooler.

- **Share the consequences and choices:**

Either it's option A (the original request) or option B (I will leave the house to do a yoga class after dinner and you will have to put the children to bed on your own).



Creating Sacred

DAY 7: REFLECT

Time



THE BIG TAKEAWAYS

What was the biggest impact of this 7 Day Challenge ?

What was your biggest take away from the experience?

What was your biggest win?

What commitment can you make to yourself from here on?

