

# 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?**



# *Creating Sacred*

## DAY 3: AUTOMATE

### *time*



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

Grocery shopping

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Cleaning

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Food Preparation

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Household Admin

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Commuting

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



## AUTOMATION HACKS FOR MEAL PLANNING &amp; 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 &amp; 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/](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.



DESIGN *Your Life* ACADEMY

## 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: REFINED

# *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 NAVIGTING 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?

