

Date:

Creating Your Master Plan – Instructions

To live well with MS, you don't need to be an expert in MS.

You need to be an expert in You.

A Master Plan is a unique combination of techniques that work for you.

They're split into layers (areas of focus) so you can develop multiple areas at once without them getting muddled.



Use the sheet on the following page to keep track of layers as you develop them, as well as to note (and give yourself huge credit for) what you're already doing.

Here's an example of a layer sheet:

Layer – Stress Management

Why – Relaxing is one of the kindest things I can do for myself

Current techniques – Daily (hourly) thought management, 30-minute meditation two to three times a week.

How can I make this better? – I want to meditate more each week

New techniques: Small steps to take (Try one for a month) –

- Meditate 15 minutes every Tuesday morning
- Cut all meditation time down to 20 minutes

Notes – What worked was specifying Tuesday morning meditation. 15 minutes doesn't work, but 10 minutes was doable.

To try next – making all meditations 20 minutes. My plan is cutting the time will make it easier to fit in my day.

Take small steps and remind yourself daily of why you want to do it.

Have fun creating your personal Master Plan!

Date:

My Master Plan

Layer -

Why -

Current techniques -

How can I make this better -

New techniques -

Notes -

If you have questions about your Master Plan or any other worksheet from the book, email me at Andrea@AndreaHansonCoaching.com. I'm happy to help!