



# Festive Mojo Planner

Keep your energy, focus and joy intact this festive season with a simple 7-day planner. One week of intentional actions can help you thrive, not just survive.

**Tip:** Use the planner daily for just one week to start. Notice how small, intentional actions protect your energy and keep your mojo glowing.



# FESTIVE Mojo Planner

Date:

## MORNING MOJO BOOST

One thing I'll do for myself today:

Quick energiser (stretch, meditate,  
short walk):

## MOJO DRAINER CHECK

One potential stressor today:

How I'll manage it:

## CONNECTION & JOY

One potential stressor today:

How I'll manage it:

## GRATITUDE & WINS

One potential stressor today:

How I'll manage it:

## EVENING REFLECTION

How did I protect my mojo today?

What can I tweak tomorrow?