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Cover design and illustration by Connie Gabbert Design + Illustration

The author is represented by Alive Literary Agency, 7680 Goddard Street, Ste #200, Colorado Springs, CO 80920. www.aliveliterary.com.

The Successful Woman Planner

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Published by Harvest House Publishers

Eugene, Oregon 97408

www.harvesthousepublishers.com

ISBN 978-0-7369-7510-0 (pbk.)

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Printed in China



HARVEST HOUSE PUBLISHERS
EUGENE, OREGON

18 19 20 21 22 23 24 25 26 / RDS-JC / 10 9 8 7 6 5 4 3 2 1

Introduction

Looking back over nearly two decades of book writing, one theme has always been consistent in my books: asking readers powerful questions. I believe you have the answers you need to solve your life's biggest challenges and most exciting opportunities. The key lies in asking the right questions. Most people never pause long enough to ponder options they haven't previously considered. It is a simple practice, really. But it must be done with intention.

Successful women have one thing in common: In the face of challenges and opportunities, they say something different to themselves than the average person. They understand the power of words to articulate a vision and explore solutions to a problem. They recognize the power of their words to speak life into a situation—or speak death. And because they so clearly understand the power of their words, they use them intentionally to pave the way to their dreams.

As you travel these pages, use the insights and questions I share as a guide to inspire you on a journey of self-coaching and meaningful discovery. You'll see some of the most inspiring research and ideas from *Successful Women Think Differently* and *Successful Women Speak Differently*. Each of these books is filled with powerful questions that provoke thought, inspire authentic vision, and help you uncover your deepest desires and break through your biggest fears. Use these pages to explore your answers to questions that will open the door to a life full of purpose, resilience, and joy.

Putting pen to paper can sometimes feel intimidating. Wanting to say just the right thing can prevent you from saying anything at all. But if you're willing, reward and wisdom come from developing the habit of getting your thoughts out of your head and onto paper. This planner was created to help you do that.

The power of words can be life changing. Writing through your life's challenges and your life's vision can reap health benefits and mental clarity. So write to your heart's—and your health's—content. Be honest. Dream big. Explore your fears. Find your courage. Then keep this little book in a treasured place so you can refer back to it again and again, reminding yourself of the truths you've already discovered.

Warmest wishes,



What happens if God is calling you
out of your comfort zone
to stretch and break free of your fear of rejection or failure?

It is during those times that it is essential to
tap into a growth mindset.

“To him who is able to do immeasurably more than
all we ask or imagine, according to his power
that is at work within us” (Ephesians 3:20).

Habits
to Make You
Happier,
Healthier, and
More Resilient

Choices That Will Change Your Life

My ultimate goal is to help you develop the habit of coaching yourself. Within the pages of my books and now this planner, you will learn more about how you can develop the skills to coach yourself through the many choices and decisions you have to make in life. As we begin our journey through the year, you will learn guiding principles that will help you achieve your goals. There are seven personal decisions that I encourage you to embrace as a way of life.

These seven choices are a set of personal decisions for women who are serious about maximizing their personal and professional lives—women, like you, who don't want to look back ten years or twenty years from now with regret. Every woman who experiences authentic success—a harmony of purpose, resilience, and joy in her life—has incorporated these decisions into her life. I am asking you right now to commit to them. They are simple but profound choices about your thought processes. No matter what you encounter on your journey toward your vision, these seven decisions will steer you in the right direction, restore peace and confidence, and boost your happiness even in the midst of challenges.

Seven Key Decisions

Decision #1: I do not downsize my dreams.

Decision #2: I focus on solutions, not problems.

Decision #3: I choose to be authentic.

Decision #4: I choose courage over fear.

Decision #5: I choose relationships wisely and nurture them intentionally.

Decision #6: I will actively seek feedback and use it to grow.

Decision #7: I know my purpose and take daily action in the direction of my vision.

MONTH:

MON

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SUN

THUR

FRI

Successful women *believe* in themselves. They have an authentic confidence that buoys them in the face of challenges and opportunities.

Week 2

What Is Success?

Success is a harmony of purpose, resilience, and joy. When these three elements flow together, you will experience true success. Think of it this way: Success is living your life's purpose and embracing resilience and joy as you do.

Purpose: Service fulfills the successful woman—

Who do you impact?

Resilience: Hope sustains the successful woman—

What is your most meaningful goal?

Joy: Happiness empowers the successful woman—

What brings you joy?

MONTH:

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FRI

Success is living your
life's purpose and
embracing resilience
and joy as you do.

Week 3

Believe You Can Do It!

The edge the successful woman has over the average woman is in her thought processes. It is not external, but internal. Sometimes it is learned through experiences and parental examples. However, some aspects of the thought process come very naturally to you. You are either more optimistic or pessimistic in your thinking. Although you may naturally lean in one direction or the other in the face of a challenge or opportunity, an optimistic thinking style can be learned.

Women who are most successful explain their failures in terms of things they can take control over. They realize they have weaknesses and faults, but those are not the sole reasons why things go wrong.

The successful woman is hopeful. She is empowered by knowledge of lessons gleaned from the failure of the previous try. She doesn't take failure personally, and she knows that failing doesn't make her a failure.

Answer this question honestly and without too much thought: Recall a circumstance where you feel you failed. Why did you fail? Jot down the first things that come to mind. Just a short bullet-pointed list:

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Adopt a "growth mindset"
rather than a fixed one.