

Me Season

PLANNER



It's Time To Get What YOU Want

You have been taking care of everyone else and supporting them in their dreams, but what about you? It's time to reclaim your **TIME**, make space for **YOUR** dreams, and get clear about what **YOU** want. Then **GO** For It!

This planner is going to help you get crystal clear on your desires and directions and set your **WHOLE Goals** (Goals to have more **Wealth**, **Health**, and **Optimized Living** Everyday).

It's Your Season!



Latrice Folkes Jones

ME SEASON RESOURCES

Here are some things to help you step into your “Me Season” and reach all of your goals.

FOLLOW THE SERIES

Follow the series and me on my social media:



[Join My Free Facebook Group](#)

ME SEASON TOOLKIT

The Whole Boss Biz Me Season Toolkit will help you finally make yourself and your dreams a priority with More Energy and Excitement, A Clearer Vision, Less Overwhelm, and Less Clutter. This bundle is a perfect way to get back in alignment so that you can reach your goals more easily, attract more money, and the right clients into your business.



GET THE TOOLKIT

<https://cart.wholeboss.com/me-season/>

What's included in the planner?

*All Worksheets are Fillable and Links are Clickable On Your Computer

1. **Whole Boss Evaluation Worksheet** - First, let's get real honest with ourselves, where we are in our life & and business right now, and where we want to go with the Whole Boss Evaluation Worksheet.
2. **Whole Boss Goal Planner** - Next, let's use the Whole Boss Goal Planner Worksheet to get clear about our true desires that determine our underlying driving factors to accomplishing our goals. We will build from those desires to set our Big Picture Whole Goals in each of the 4 major areas of our lives along with small actionable steps, milestones, and potential roadblocks.
3. **Profitable HRS Time Sheet** - Track how you spend your time each day to see where your time is going using the Profitable HRS Time Sheet.
4. **Profitable HRS Scheduler** - Get control of your schedule by listing your daily, weekly, and monthly events and batching them with the Profitable HRS Scheduler Worksheet.
5. **Whole Boss Decluttering Plan** - Now that you have a clear view of what's on your plate, it's time to start getting rid of some stuff with Whole Boss Decluttering Plan to clear a path for your success.
6. **Whole Boss Self-care/Energy Planner** - Further, plan your self-care with the Whole Boss Self-Care Planner which also includes supplements and a meal planner.
7. **Whole Boss One-Page Business Plan** - Let's take a look at the big picture of our business with the Whole Boss One-Page Business Plan and get clear about your "You-Centered" Business as well as your "Client-Centered" Services.
8. **Journal Pages** - Use these for self reflection and notes.



Where

ARE YOU

NOW?

WHOLE BOSS EVALUATION WORKSHEET

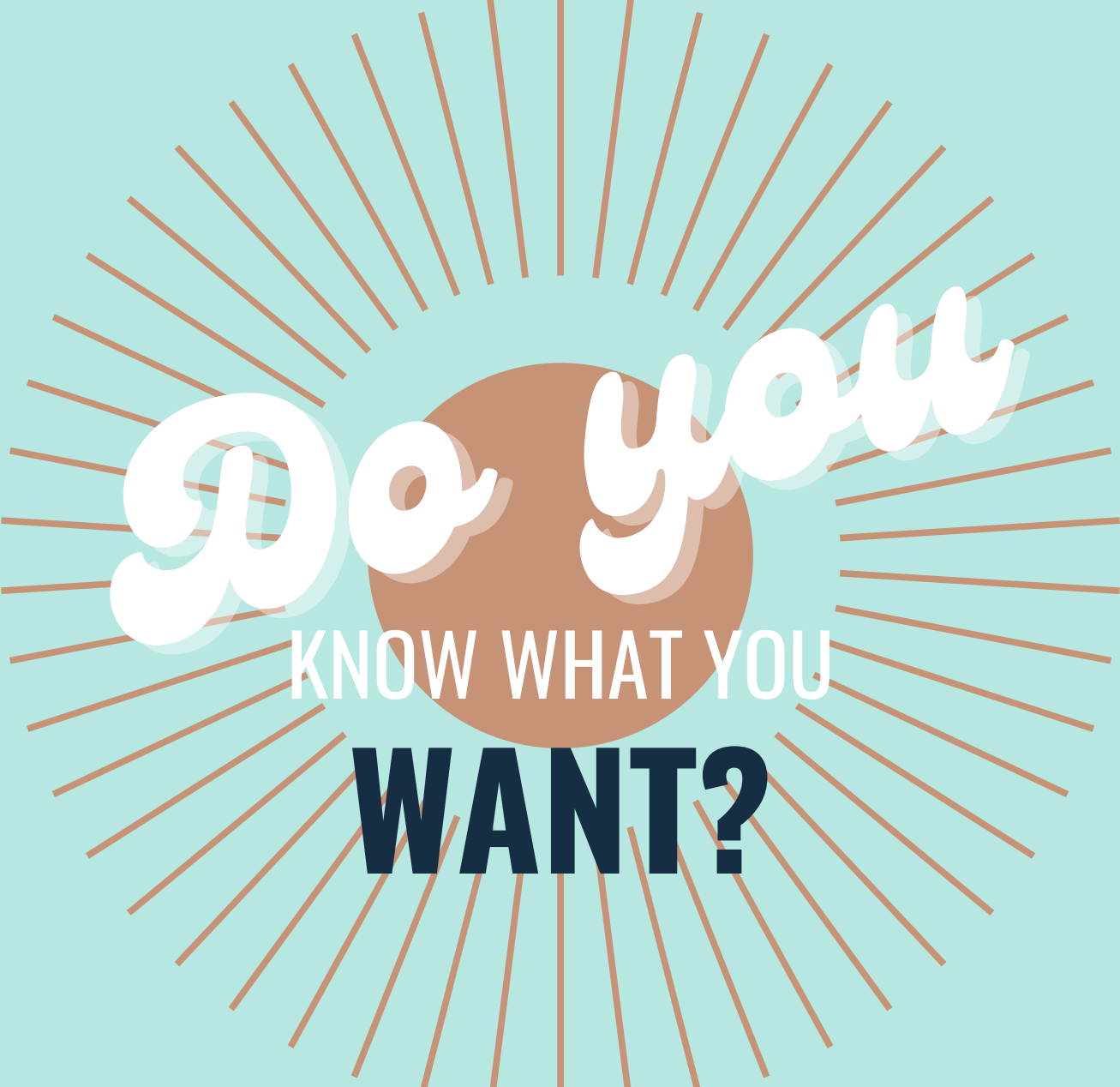
Let's take a snapshot of where you're at in your life & business and where you want to go

Where are you now in your life and business?

Rate your life now between 1-5, 5 being the best. 1 2 3 4 5

What do you want?

HEALTH	Physical Health	☐ ☐ ☐ ☐ ☐	
	Mental Health	☐ ☐ ☐ ☐ ☐	
	Emotional Health	☐ ☐ ☐ ☐ ☐	
	Spiritual Health	☐ ☐ ☐ ☐ ☐	
WEALTH	Income	☐ ☐ ☐ ☐ ☐	
	Wealth Attraction	☐ ☐ ☐ ☐ ☐	
	Savings	☐ ☐ ☐ ☐ ☐	
	Investments	☐ ☐ ☐ ☐ ☐	
FAMILY	Children Health	☐ ☐ ☐ ☐ ☐	
	Children Happiness	☐ ☐ ☐ ☐ ☐	
	Quality Time	☐ ☐ ☐ ☐ ☐	
	Orderly Home	☐ ☐ ☐ ☐ ☐	
LOVE	Ideal Mate Attraction	☐ ☐ ☐ ☐ ☐	
	Happiness	☐ ☐ ☐ ☐ ☐	
	Passion	☐ ☐ ☐ ☐ ☐	
	Commitment	☐ ☐ ☐ ☐ ☐	
BUSINESS	Clients	☐ ☐ ☐ ☐ ☐	
	Offers	☐ ☐ ☐ ☐ ☐	
	Content	☐ ☐ ☐ ☐ ☐	
	Outreach/Social Media	☐ ☐ ☐ ☐ ☐	



Do you

KNOW WHAT YOU

WANT?

WHOLE BOSS GOAL PLANNER

Reach Your WHOLE Goals

WHAT I WANT: Identify your true desires in each of these major areas of your life, this will be your underlying driving factors to accomplishing your goals and overall balance.

HEALTH	FAMILY	WEALTH	BUSINESS

BIG PICTURE WHOLE GOALS: Identify your big goals based on your ultimate desires. These goals should be specific and measurable.

HEALTH	FAMILY	WEALTH	BUSINESS
WRITE	YOUR BIG	PICTURE	WHOLE GOALS
WRITE	YOUR SMALL	ACTIONABLE	STEPS
WRITE YOUR	MILESTONES	YOU WANT	TO HIT

A stylized sunburst graphic with a central brown circle and numerous thin brown lines radiating outwards in a semi-circle. The word "Making" is written in a large, white, cursive font with a slight shadow, positioned over the sunburst.

Making

THE MOST FROM YOUR

TIME?

PROFITABLE HRS TIME SHEET

How are you spending your time?

Log the hours you spend doing each activity for the week to see where your time is going.

Activities	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Totals
Sleeping								
Eating								
Personal Hygiene (Bathing, hair, make-up, etc.)								
Exercising								
Household Chores (Cleaning, Cooking, Shopping, Etc.)								
Job/Work (Full-Time, Part-Time, Freelance, Etc.)								
School/Education								
Commuting/Travel								
Family Time/Relationships/ Friendships								
Extracurricular Activities (Clubs, Church, etc.)								
Leisure Time/Entertainment (Watching Tv, Movies, going out, etc.)								
Web/Social Media Surfing								
Income Generating Activities (creating offers, followups, sales calls, marketing activities, etc.)								
Business Networking								
Business Admin Activities (Email, Legal, Customer Service, etc.)								
Other								

WHOLE BOSS SCHEDULER

Schedule Your Time Daily, Weekly, Monthly, Batching

Daily Monday - Friday

List the things you do daily along with the times here, for example, you take the kids to school at a certain time every day at 8 am. (Take Sara to school 8:00 am)

Weekly Events

List the things you do weekly here, for example, your weekly wash day. (Saturday Wash Day)

Monthly Batching

List days of the week or month that you batch tasks, for example, your content. You may batch shoot 4 videos for the month in one day. (Last Tuesday of month batch next month YouTube videos)



Ready

TO MAKE

SPACE?

WHOLE BOSS DECLUTTERING PLAN

Identify & Release Your Clutter, Clear a Path to Your Success

Head

Do a brain dump of your ideas, desires, fears and anything taking up mental space.

Heart

Identify emotions you need to let go of that's holding you back.

Body

What foods and activities do you need to let go of for a healthier body?

Home

What "stuff" can you get rid of in your home that's adding too much clutter?

Digital Spaces

What cyber areas do you need to clean out? Email, social media, etc.

Commitments

What commitments can you get rid of, delegate or shorten?



WHOLE BOSS SELF-CARE PLANNER

Love Yourself More Each Day

MINDSET/MEDITATION/GRATITUDE

☐ DONE HOW LONG?

EXERCISE

☐ DONE HOW LONG?

TYPE?

HYDRATE

☐ 16 OZ. H2O 

☐ 16 OZ. H2O 

☐ 16 OZ. H2O 

☐ 16 OZ. H2O 

SUNSHINE

☐ DONE HOW LONG?

SUPPLEMENTS

☐ VITAMIN B-12

☐ IRON

☐ VITAMIN D3

☐ OMEGA-3

☐ MULTIVITAMIN

☐ OTHER

MASTER MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B							
L							
D							
S							

REST

BEDTIME:

REST ____ HOURS



Ready

TO MAKE MORE

MONEY?

WHOLE BOSS ONE-PAGE BUSINESS PLAN

The Holistic Approach to Building a Business You Love

You-Centered Business

Who are you?

List your passions and talents.

Your Business Model

How do you want to serve?

- ☐ 1-on-1 coaching
- ☐ group coaching
- ☐ online courses
- ☐ membership site
- ☐ speaking/live events
- ☐ physical products
- ☐ author/books
- ☐ affiliate marketing/MLM
- ☐ other: _____

Your Ideal Client

Who do you want to serve?

Your \$ Goal:

Your revenue goal for the year

Your Time Goal:

How many work hours per week

Client-Centered Services

Their Struggles

Your ideal clients biggest fears, questions and struggles.

Your Products

How can you help them solve their problems?

Freebie:

Intro offer (lower end):

Main offer:

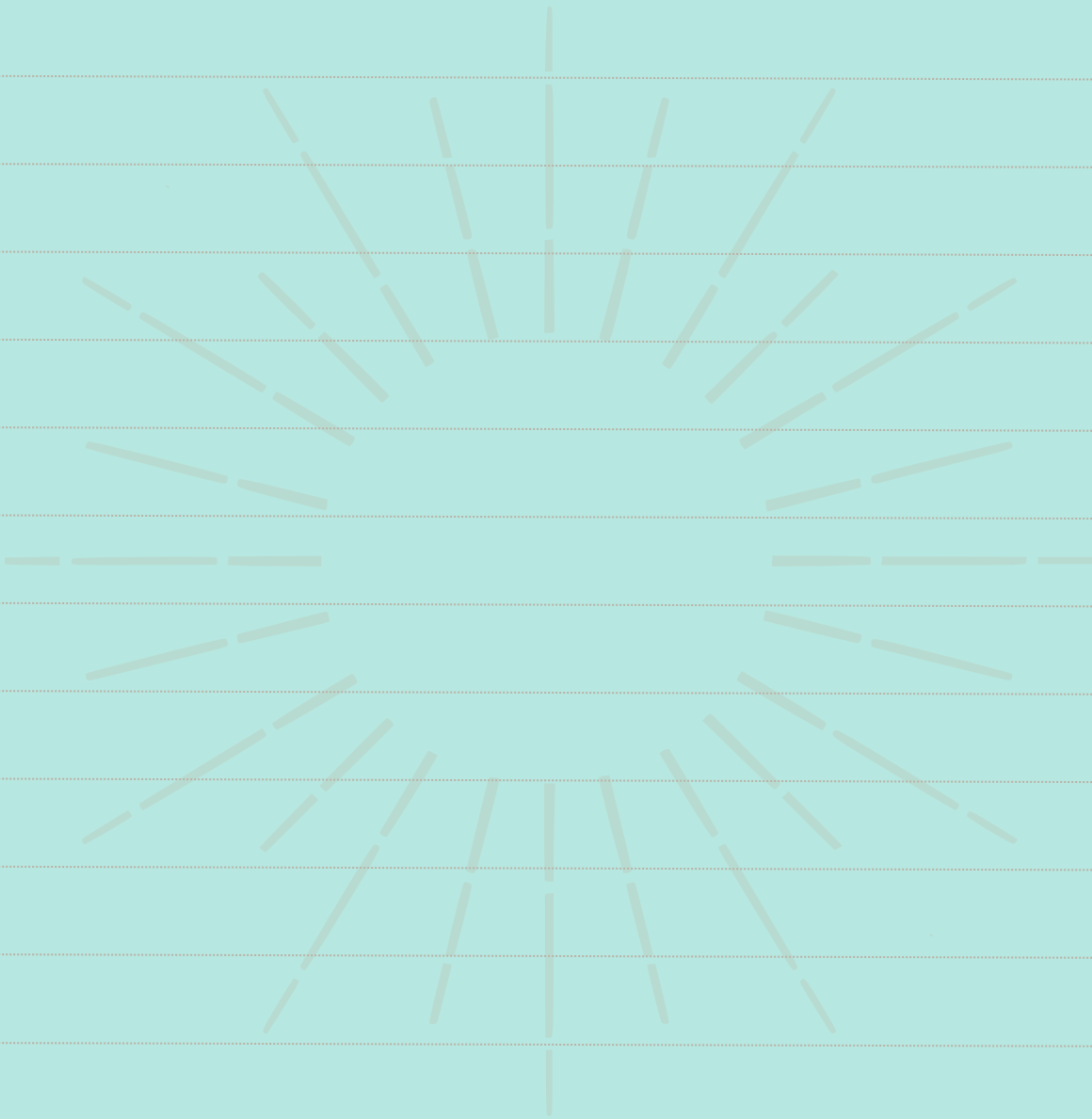
Next level offer (higher end):

Your Content

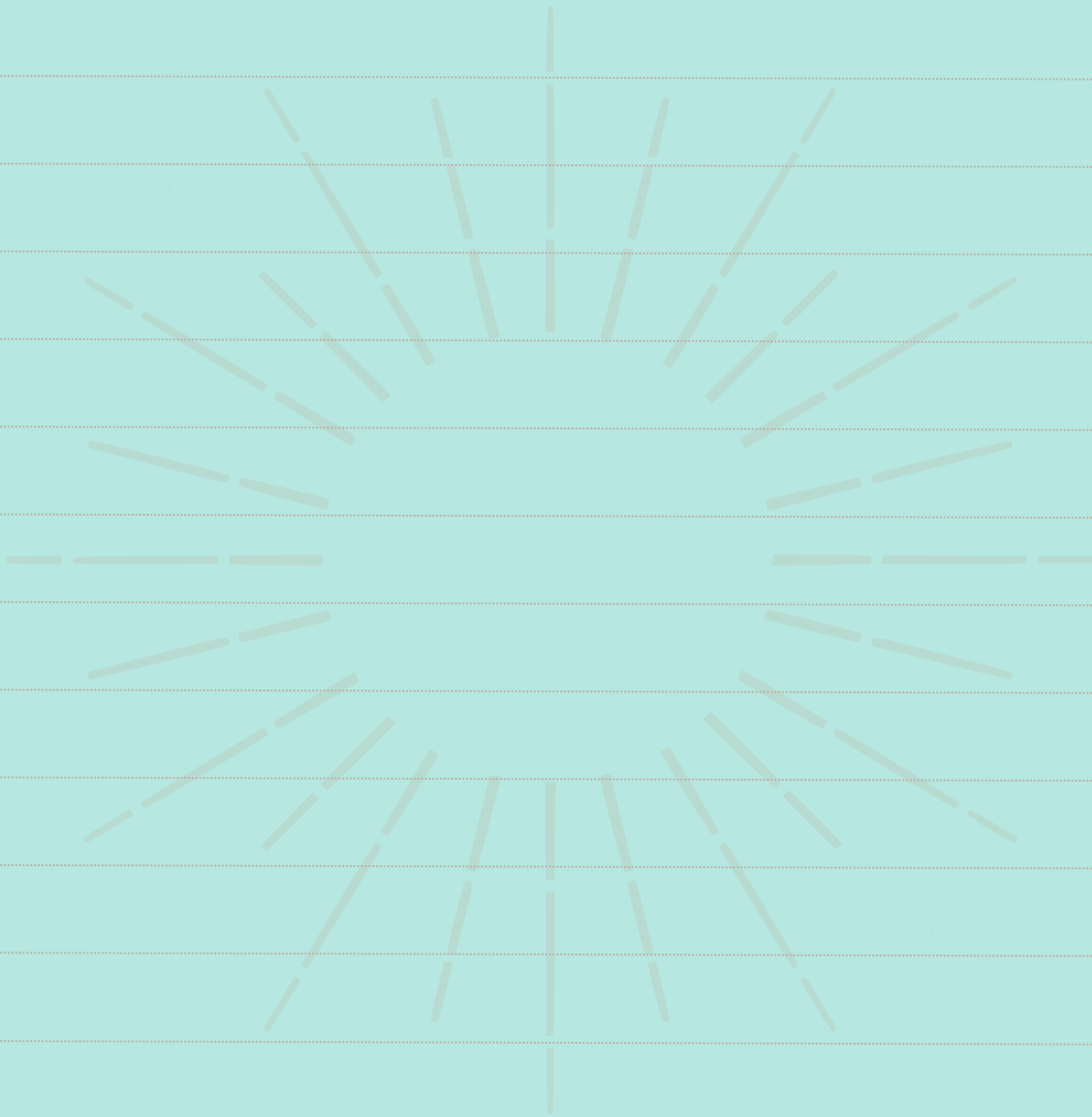
How will you reach your ideal clients?

- ☐ blog/content upgrades
- ☐ videos/lives
- ☐ podcast
- ☐ social media micro blog
- ☐ guest post/articles
- ☐ emails/newsletters
- ☐ ads
- ☐ social media: _____

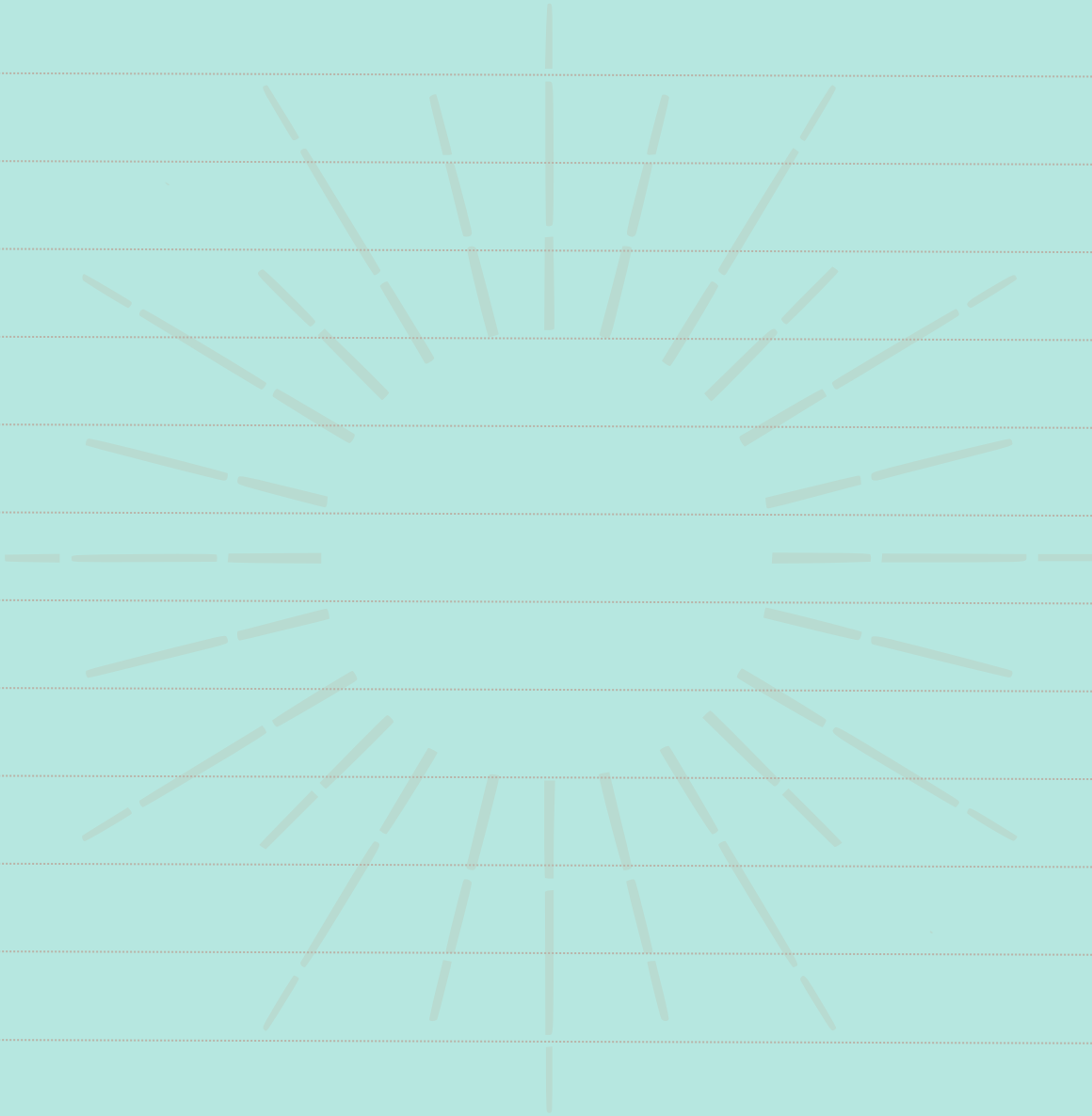
Journal



Journal



Journal



Journal

