

What's inside?

- fun quizzes
- habit trackers
- planning pages
- podcast links
- helpful charts
- a permission slip
- journal prompts
- small challenges
- task lists
- bucket lists
- bullet journal ideas
- seasonal planning
- handy checklists
- reading trackers
- meal planning
- notes from April

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WELCOME TO THE BOOK GUIDE

Congrats & Gold Stars!

You've taken the first major steps by getting my book *Subtle Resistance*, and now downloading this guide. This resource is here to help you put those insights into action.

Real change doesn't happen overnight—it's built through small, intentional choices made consistently over time. This workbook is designed to guide you through reflection, planning, and practical exercises to make sustainable shifts in your daily life.

As you work through these pages, remember this is not about perfection. It's about progress. Some exercises might feel easy, while others might challenge you to think in new ways.

Feel free to skip what doesn't fit right now and give yourself grace as you experiment with new habits and perspectives.



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April is a planner, overachiever, curator of ideas, and recovering perfectionist. Her passion for learning reflects her love of books, personal growth, and the joy of trying new things.

When she's not homeschooling, writing, or folding laundry, you'll find April baking something sourdough-related or sneaking in a quiet moment with a book.

April and her large family live in a farmhouse in the Arizona desert. They embrace adventure and creativity—whether it's exploring the Southwest in their Jeeps, hosting game nights, or discovering new hobbies together.

find me online:

<https://linktr.ee/april.edwards>



PHOTOS TAKEN BY MARY EDWARDS
OR FROM CANVA

KEY TAKEAWAYS FROM EACH CHAPTER



PHOTOS BY [MARY EDWARDS](#)

“*I want to push back against what has been expected of me.*”

- **My Burnout Story:** Recognizing limits and prioritizing well-being.
- **Breaking Myths:** Resisting perfection and external pressures.
- **Restful Productivity:** Working with energy, not against it.
- **Reclaiming Weekends:** Prioritizing rest and meaningful recovery time.
- **Boundaries:** Protecting time, energy, and personal needs.
- **A Peaceful Home:** Creating a calm and functional space.
- **Rhythms & Routines:** Small daily actions leading to big change.
- **Planning:** Staying flexible while making intentional choices.
- **Personal Growth:** Continuously learning and evolving.

1 - MY BURNOUT STORY

What is your messy beginning?

(No judgment, we all have to start somewhere.)

resources: [Podcast Ep. #001 - my burnout story](#)
[My Burnout Breakthrough](#)

✓ Signs of Burnout Checklist

Use this checklist to identify if burnout might be affecting you.

What do you experience regularly?

- Constant fatigue, even after rest
- Difficulty concentrating or making decisions
- Increased irritability or emotional numbness
- Feeling detached from work or personal responsibilities
- Neglecting self-care or healthy habits
- Overwhelm that feels impossible to manage

Journal Prompt:

Take 3 minutes to write about a time you felt burnout creeping in.

- What were your daily habits like?
- How did your body and mind feel?
- What external pressures contributed to the exhaustion?



“You are not meant to run on empty.
Rest is not a reward—it is a necessity
for a thriving life.”



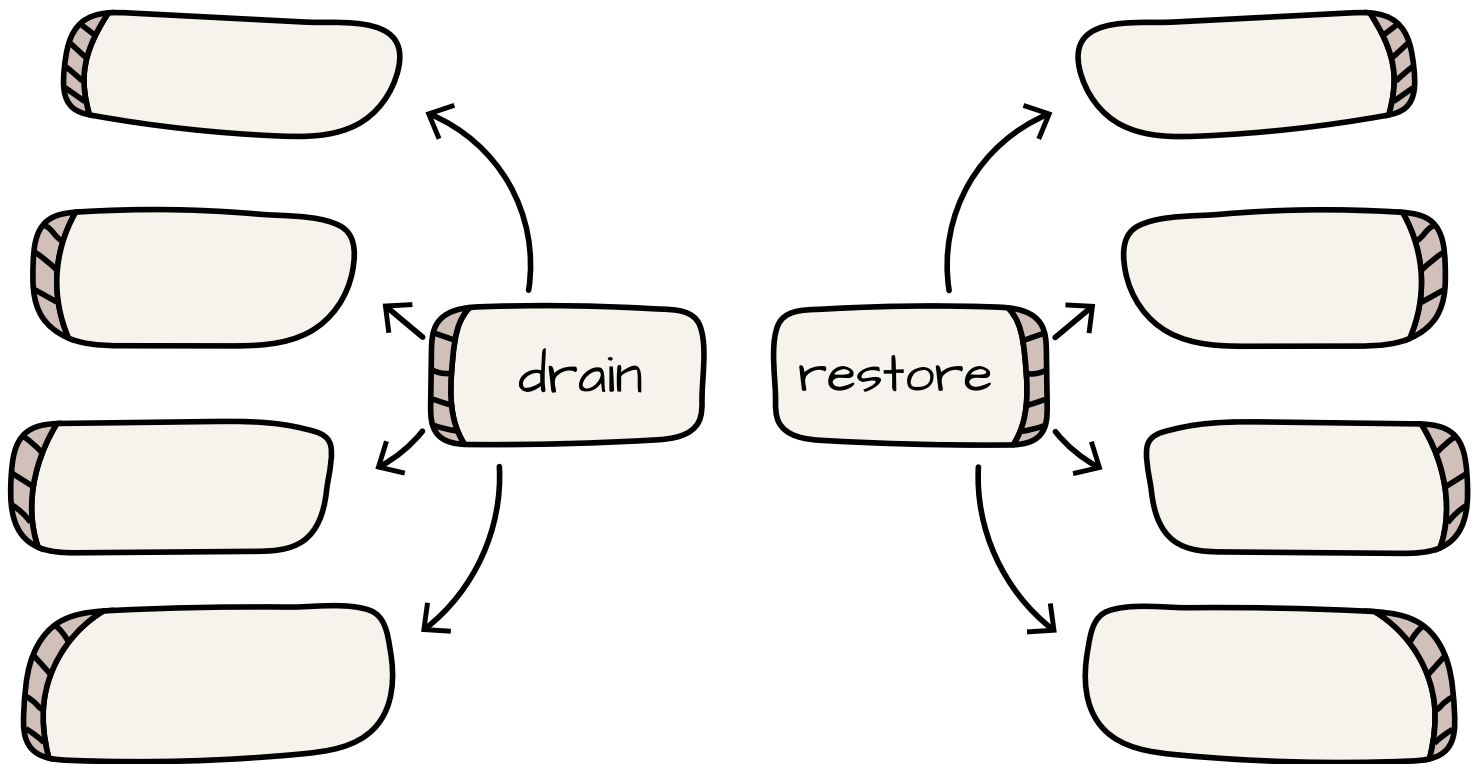


Energy Check-In: What Depletes & What Fills You Up?

Use the simple chart and list:

- **Activities that drain your energy**
 - ex: constant decision-making, lack of sleep, overcommitment
- **Activities that restore your energy**
 - ex: reading, walking, intentional rest, time with a friend

By recognizing these patterns, you can prioritize what helps you feel your best and set boundaries around what wears you down.



notes

2 - WHAT IS BROKEN & WHAT CAN CHANGE?

Break the Myths

Use this simple chart to make notes of what is holding you back.

Write down any beliefs you've held about success, productivity, or being "enough." Then, challenge those beliefs by rewriting them in a way that aligns with your well-being.

example:

- *Myth: "If I'm not busy, I'm being lazy."*
- *Rewritten Truth: "Rest is necessary for a healthy, sustainable life."*

myth I believed	rewritten truth

Your Permission Slip



- You are allowed to listen to that small voice inside.
- You can avoid perfection and unrealistic expectations of others.
- You can choose subtle resistance to build a life you enjoy.
- You can acknowledge what doesn't work for you.



Journal Prompt:

Take a few minutes to write.

- What cultural expectations or personal beliefs have made you feel pressured to do more or be "perfect"?
- Where have you already made small, positive changes that have helped improve your well-being?
- What is one subtle adjustment you could make today?

With some reflection and quiet you will know your next steps.



“ We can choose to resist perfection, burnout, and avoid keeping up with cultural norms that hurt us. ”



More Resources:

- [Blue Dots, Feeling Fearful & Tackling Overwhelm](#)
- [An Overachiever's Thoughts on Managing Expectations](#)
- [Podcast Ep. #009 - decision fatigue w/Jensen](#)
- [Capacity - Personal Growth](#)

3- RESTFUL PRODUCTIVITY



Small Challenge: "Slow Productivity Experiment"

For the next five days, try embracing a gentler approach to getting things done.

Each day, choose one priority task and allow yourself ample time to complete it without rushing.

Reflection:

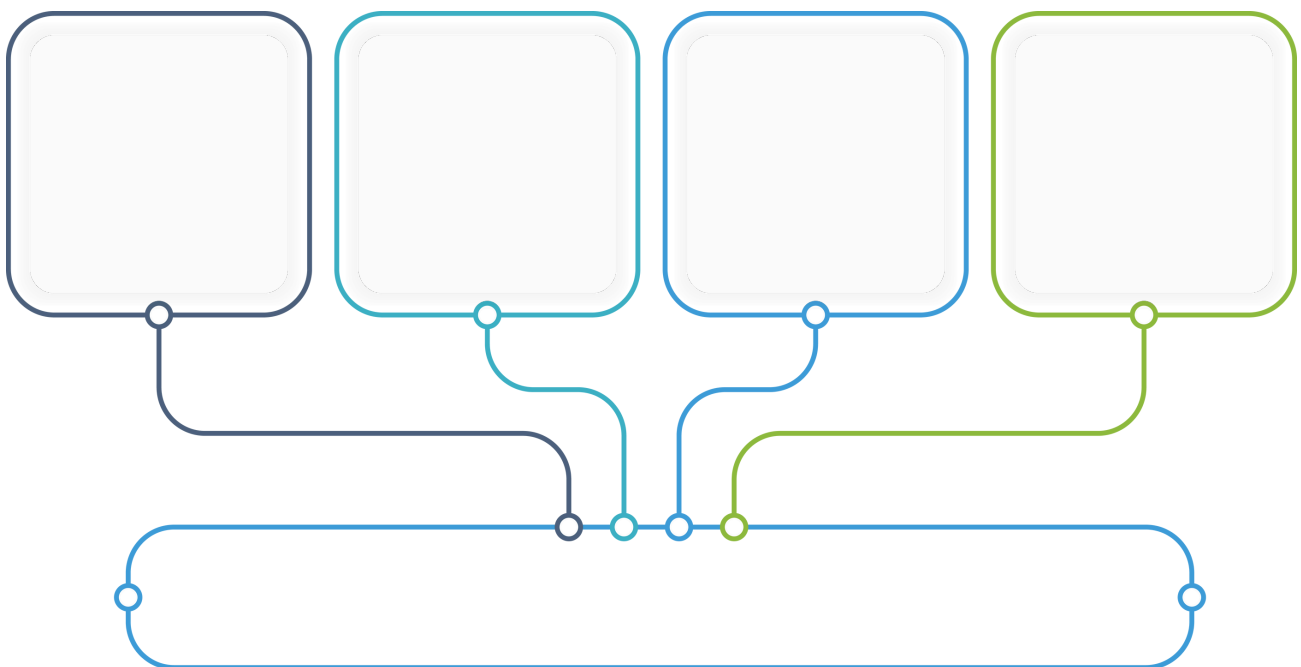
- *How did this change your stress levels?*
- *Did you still make meaningful progress?*



Batching Tasks for Efficiency:

Make a list of tasks you frequently do throughout the week. Identify which can be grouped to save time and mental energy.

Write out 4 small tasks that can be put together into one group.





Creating a Low-Energy Task List

When your energy is low, it's still possible to be productive in a gentle way.

Use this checklist to create a go-to list of tasks that require minimal effort.

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♥ Love it!

Now give yourself some gold stars!!

“Productivity isn't about doing more—it's about doing what matters, with a pace that sustains you.”



4 - RECLAIMING WEEKENDS

Designing Your Ideal Weekend

#1 - Define: Take a few minutes to describe what a truly restful and enjoyable weekend looks like for you. Include activities, people, and rhythms that make you feel your best.

#2 - Break Away: Breaking the busy cycle is simply making a list of obligations or habits that make weekends feel stressful and choosing to minimize or eliminate a few.

#3 - Action: Planning is awesome but useless if left undone.

notes



Weekend Rest

& YOUR PERSONALITY

Directions: Pay attention to your first reaction while you read. Quickly pick all that apply to you right now. There are no “right answers”.

What do you typically enjoy doing alone?

- a long walk on a nature trail
- organizing a closet while listening to music
- exploring your emotions through journaling
- taking a nap or a long bath
- planning and research for a future event
- going to a concert or the movies
- working on a hobby or craft project



Which ones feel like a relaxing evening to you?

- meeting a group of friends for a game night
- time alone to read a good book in your favorite chair
- a deep conversation with a close friend
- baking cookies for the neighbor who has sick kids
- researching a topic you are interested in
- watching a movie alone in your pj's
- chatting with friends over dinner
- going to a cooking class for fun
- browsing the bookstore for your next read
- calling a friend who needs encouragement and support
- taking a long drive (windows down) out of the city to watch the sun set



Who do you want to spend time with?

- solitude – I want to be alone, please!
- with one or two close friends
- with my family (or my household)
- a big group of friends
- strangers and out in public



Yes, personality affects what we can find restful and fun.
But the weekly schedule can make an even bigger impact.

- What is unique about this time in your life?
- What demands do you face?
- What challenges do you have?



How do I spend my time during the week?

- I work from home or I'm a stay-at-home parent – I need to get out of my house!
- I am a knowledge worker or a student – I need to get out of my head!
- I spend all week with people and fixing problems – I need a social break.
- My work is very physical and draining – I need to read, learn, and think.
- I am in a busy season at work and I am drained – I need low-key rest.
- All week long I am stuck inside buildings – I need to be outside in nature.
- I move at a fast pace most of the week – I need to be slow and not do much.
- My commute is draining – I need to stay home or do something fun nearby.
- I care for (or teach) children – I need to have conversations with adults and get a break from caregiving.
- I travel for my job and just got back from a business trip – I need time at home to get household things done and be with my family.

Look at the answers that jumped out at you.

- What common themes do you see?
- Do your times of rest include other people or are they more appealing if you can be alone?
- What locations feel restful to you?





Celebration

BUCKET LIST



Free Ideas

1. Watch the sunset or sunrise with a cozy drink.
2. Write yourself a letter about what you're proud of.
3. Have a dance party in your living room with your favorite playlist.
4. Take a scenic walk or hike and soak in the moment.
5. Create a "Victory Jar" and fill it with slips of paper celebrating your wins.
6. Host a themed dinner night using ingredients you already have.
7. Have a gratitude reflection session—write or voice-record things worth celebrating.
8. Take a digital detox for a day and enjoy simple pleasures.
9. Invite friends for a bring-your-own-snack hangout at a park.
10. Make a DIY trophy or ribbon for yourself and display it proudly.

At-Home Celebration Ideas

1. Bake a cake or fancy dessert just because!
2. Have a cozy movie marathon with blankets and popcorn.
3. Throw a "just for fun" themed dinner night (ex: breakfast for dinner, international cuisine).
4. Build a blanket fort and read a book inside like when you were a kid.
5. Create a celebration playlist and listen while doing something you love.
6. Have a DIY spa night—bubble bath, candles, and a face mask.
7. Start a scrapbook or photo album of joyful memories.
8. Decorate your space with fairy lights, flowers, or something festive.
9. Try a new recipe—something special you don't make every day.
10. Have a "Wear-Your-Favorite-Outfit" day, even if you're staying home.

Fun Experiences

1. Book a short getaway—a day trip or weekend adventure.
2. Go out for a fancy coffee or tea and savor it.
3. Take a class or workshop for something you've always wanted to try.
4. Go stargazing in a quiet place.
5. Buy yourself flowers or a small gift to celebrate progress.
6. Have a picnic in your backyard or a local park.
7. Take a friend or family member out for a "celebration date."
8. Write and send a handwritten note to someone who has impacted you.
9. Go to a bookstore or library and pick out an inspiring read.
10. Try an activity just for fun—bowling, roller skating, painting, or pottery.

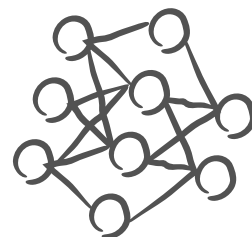


5 - BOUNDARIES - MAKING SPACE FOR OURSELVES

What Roles Are You Juggling?

This practice brings clarity - Looking at these lists gives me the ability to see my life in black and white.

> > For my examples look in Chapter 5.



#1 - Name the roles I have in all the areas of my life.

- Who and what am I responsible for?
- What jobs do I have and what is expected of me?

#2 - List the categories of things that I do for each role.

- Find ways to group all the small tasks into big categories.

#3 - List out everything in each category.

- I take each area (like my home) and then write out each task I do regularly in each category. This creates a massive set of lists.
- This includes all the small daily and weekly tasks that I manage.
- I usually walk around my house to remind myself of all that I do.

#4 - List out all my commitments & look at my calendar.

- What do I see when I look at my calendar for the past few months?
- Which roles are getting the most of my time and energy?
- Does this match what matters to me?
- I ask myself some tough questions and look at where I spend my time. I make notes and add tasks to the lists.

#5 - Take a walk alone, pray, and process.

- This can be a lot to think about, so I give myself time to unwind.
- I ask God for guidance and helpful steps forward. Often on my walk, the pieces all fit back together.

a quick note

These lists show me the honesty of where I am. What's true about my situation? What am I trying to get done in only 24 hours and 7 days a week? It brings me back to the realistic and what is most important. It often explains why I feel like I am being pulled in many directions. Because I am. **THE FRUSTRATION IS LEGIT!** I am trying to do too much.



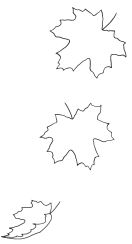
Seasonal Planning & Changes:

Brainstorm a few things that change with the time of year.
What do you notice?

fall


- vibe
- plans
- events

notes




winter

- vibe
- plans
- events

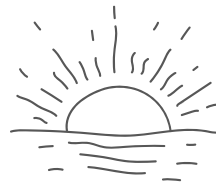
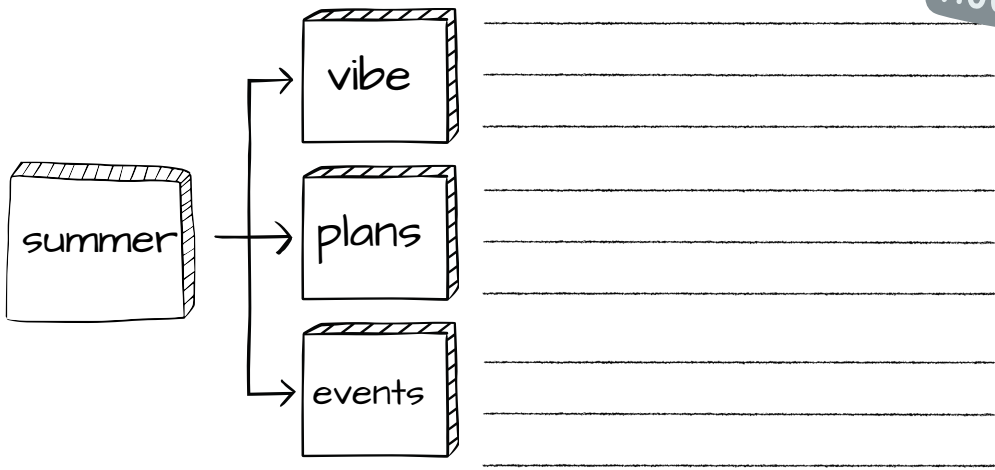


spring

- vibe
- plans
- events

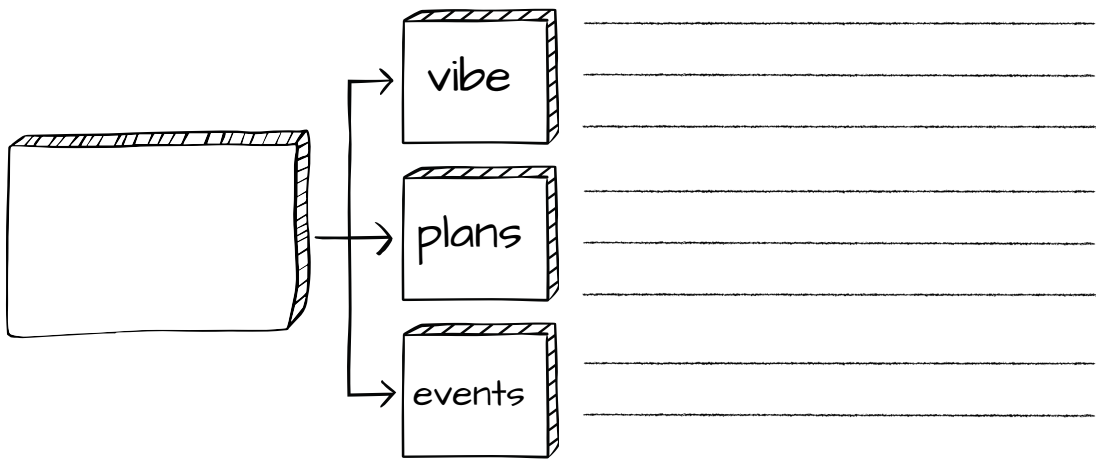
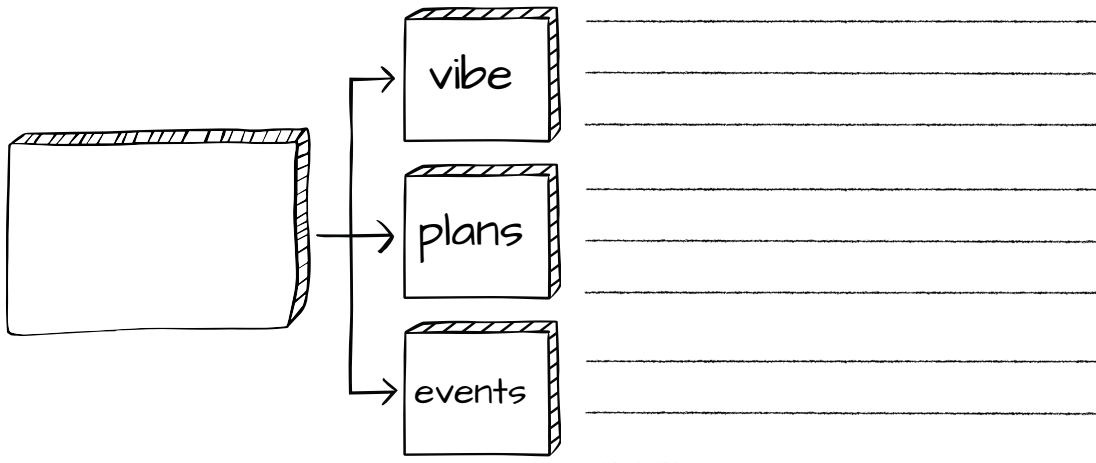


notes



Seasonal Planning Unique To You:

What times of the year have extra activities or demands on you?



6 - A PEACEFUL HOME



Small Challenge: “The 5-Minute Reset”

Choose one small action that brings instant peace to your space in five minutes or less.

Some ideas:

- Clearing off the kitchen counters
- Lighting a candle or opening windows
- Tidying up the living room before bed

Action Step: Write down a few go-to 5-minute reset activities and pick one to try daily for a week.

notes



Journal Prompt:

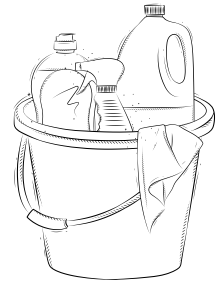
Take a few minutes to write.



- How does your home currently make you feel? (comforted, overwhelmed, energized, drained?)
- When does your home feel most peaceful, and what contributes to that feeling?

Cleaning

CHECKLIST



DAILY

- | | |
|---|--|
| <input type="checkbox"/> MAKE BEDS | <input type="checkbox"/> PICK UP CLUTTER |
| <input type="checkbox"/> LOAD DISHWASHER | <input type="checkbox"/> SWEEP FLOORS |
| <input type="checkbox"/> PICK UP LAUNDRY | <input type="checkbox"/> TAKE OUT TRASH |
| <input type="checkbox"/> WIPE DOWN COUNTERS | <input type="checkbox"/> PUT AWAY TOYS |
| <input type="checkbox"/> CLEAN SINK | <input type="checkbox"/> SORT MAIL |

WEEKLY

- | | |
|--|---|
| <input type="checkbox"/> CHANGE BED SHEETS | <input type="checkbox"/> CLEAN OVEN / MICROWAVE |
| <input type="checkbox"/> VACUUM CARPETS & RUGS | <input type="checkbox"/> WIPE DOWN APPLIANCES |
| <input type="checkbox"/> MOP FLOORS | <input type="checkbox"/> CLEAN TOILETS |
| <input type="checkbox"/> DUST FURNITURE | <input type="checkbox"/> CLEAN SHOWERS & BATHTUBS |
| <input type="checkbox"/> DEEP CLEAN KITCHEN | <input type="checkbox"/> CLEAN MIRRORS |

MONTHLY

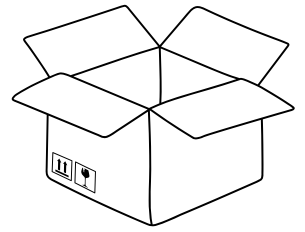
- | | |
|--|--|
| <input type="checkbox"/> CLEAN FRIDGE | <input type="checkbox"/> WASH OUT TRASH CANS |
| <input type="checkbox"/> WIPE KITCHEN CABINETS | <input type="checkbox"/> WASH PILLOWS & BLANKETS |
| <input type="checkbox"/> CLEAN WINDOWS & DOORS | <input type="checkbox"/> CLEAN BATHROOM CABINETS |
| <input type="checkbox"/> DECLUTTER CABINETS | <input type="checkbox"/> WASH BATH RUGS |

YEARLY

- | | |
|---|--|
| <input type="checkbox"/> DEEP CLEAN UPHOLSTERY | <input type="checkbox"/> WASH WINDOW BLINDS |
| <input type="checkbox"/> DEEP CLEAN CARPETS | <input type="checkbox"/> EMPTY AND DECLUTTER SHELVES |
| <input type="checkbox"/> CLEAN STORAGE AREAS | <input type="checkbox"/> CLEAN AIR CONDITIONERS |
| <input type="checkbox"/> SCRUB FRIDGE & FREEZER | <input type="checkbox"/> WASH DUVETS & BLANKETS |

Declutter

CHECKLIST



KITCHEN

- Expired food

- Plastic cutlery

- Stained containers

- Broken bottles

- Old mugs

- Unused appliances

BATHROOM

- Old travel items

- Expired makeup

- Expired medicine

- Old toothbrushes

- Dried nail polish

- Duplicate items

BEDROOM

- Old clothes

- Old shoes

- Unpaired socks

- Unused items

- Broken accessories

- Extra hangers

OFFICE

- Old bills

- Used notebooks

- Dried pens and markers

- Old menus and flyers

- Used gift cards

- Old calendars

GARAGE

- Empty boxes

- Loose screws and bolts

- Old paint

- Unused tools

- Boxes unopened

- Old party supplies

MISCELLANEOUS

- Unused linen

- Expired cleaning products

- Burned candles

- Board games and puzzles

- Outdated tech

- Old toys

7 - RHYTHMS & ROUTINES

WEEKLY HABIT TRACKER

HABITS LIST	M	T	W	T	F	S	S
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

notes



“ Routines create stability, and rhythms create flow. Find the balance that works for you.



Rhythms, Routines

& YOUR PERSONALITY



Directions: Check off all the statements that feel most like you. Identify something you have said before or what a best friend would say about you. *There are no "right answers".*

Rhythms are my thing:

- I follow the flow of my day.
- I only look at the clock when I need to be somewhere at a set time
- I eat lunch when I am hungry, and that time varies.
- People often wonder how I get so much done.
- I am usually focused on one task at a time.
- I do not enjoy extra structure.
- Usually, I have an idea of what I will be able to get done in a day.
- I enjoy making changes based on what is needed at the moment.

Routines work best for my personality:

- I like my day to be predictable.
- I get up at the same time most days.
- I use the clock to stick to the tasks I need to get done each day.
- I am highly productive and work well under pressure.
- Memorizing lists and steps is comforting to me.
- I want the parts of my day to be similar and easy to control.
- My household is very busy, and I need routines to keep me on track.

“Honesty and insight are the best ways towards self-compassion. So many of us have been hard on ourselves because we have tried to fit into a structure made by someone else.”





Small Challenge: “Assessing Your Current Rhythms & Routines”

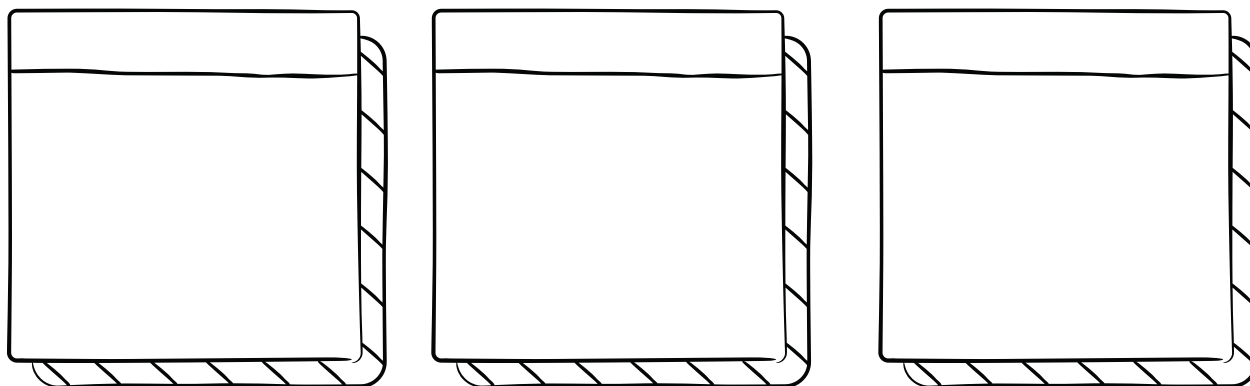
Think about your typical weekday rhythms/routines.
Identify any areas that feel rushed, stressed, or inefficient.

Example:

- Morning:
 - Wake up → Scroll phone → Coffee → Get dressed (often rushed)
- Adjustment Idea:
 - Replace phone scrolling with stretching or journaling.

notes

Action Step: Choose one part of your day where
you'd like a stronger rhythm/routine.
>> Make a simple plan to improve it.



MAKE IT
HAPPEN

Habit Stacking

Habit stacking is a simple way to build new habits by linking them to things you already do. Instead of trying to create a habit from scratch, you “stack” it onto an existing routine. This makes it easier to remember.

How to Use It:

1. **Pick a habit you already do.**
2. **Attach a new habit to it.**
3. **Keep it simple so it fits naturally into your day.**

Small changes, stacked over time, create lasting progress. Start with one and build from there!



Here are some examples using everyday routines:

- Driving to work → Listen to an audiobook or a podcast on a topic you want to learn about.
- Taking a shower → Use this time for practicing gratitude.
- Weekly grocery shopping → Plan three dinners for the week before heading to the store or before you check out.
- Making coffee → Review your daily to-do list while waiting for it to brew.
- Folding laundry → Listen to a TED Talk or call a friend for a quick chat.
- Turning off your work computer → Write down three wins from the day.
- Putting on your shoes → Take a moment to set an intention for the day.
- Waiting in line → Practice mindfulness by taking slow, deep breaths.

existing routine

new habit notes

The diagram illustrates the habit stacking process. It shows two identical examples side-by-side. Each example has a solid grey rectangular box at the top, labeled 'existing routine' on the left. Below this box, four arrows point downwards to a dashed rectangular box labeled 'new habit notes' on the left. Inside each dashed box, there are five empty circles arranged vertically, representing a list of new habits to be added to the existing routine.

8 - PLANNING

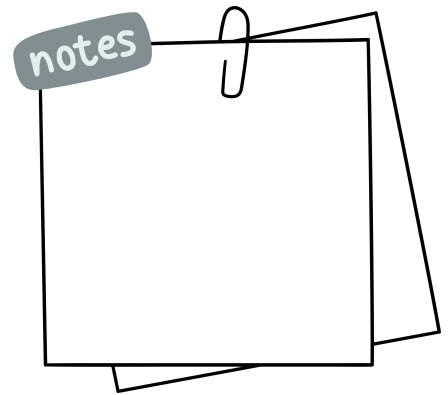
a quick note

Honestly, this whole PDF guide is about planning! After all I am a planner, overachiever, recovering perfectionist, first born, and Type-A go-getter... If any of this has been too much, please skip past it. You do you! No judgement from me. But for those of you out there who totally get my type of planning level, this is the type of guide I would have loved when I was in burnout. So for this chapter I will focus on meal planning and Bullet Journaling. Take what is helpful.



Ways to Make Planning Fun:

- **Use Fun Tools** – Grab colorful pens, stickers, or a planner you love to make planning feel creative.
- **Pair It with a Treat** – Enjoy your favorite snack or coffee while mapping out your week.
- **Plan in a Favorite Spot** – Sit outside, in a comfy chair, or at a cozy café to make it feel like a break.



More Resources:

- [Bullet Journaling & The Weekly Review](#)
- [Academic Year vs. Calendar Year](#)
- [Summer Meal Planning - Homemade Dinner Ideas](#)
- [Planning the Weekend Away](#)
- [Theme Days & Bucket Lists](#)

“A good plan is one that guides you, not one that traps you. Flexibility is key to intentional living.”



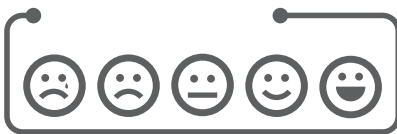
QUIZ!

How do you feel about planning?

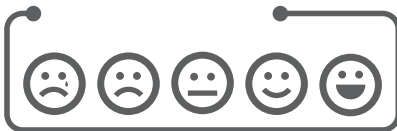
Directions: Quickly circle the emoji that matches your reaction to each type of planning.
There are no "right answers."



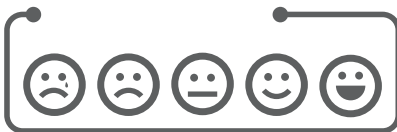
Yearly planning - goal setting, the yearly calendar, major events, vacation scheduled, word of the year.



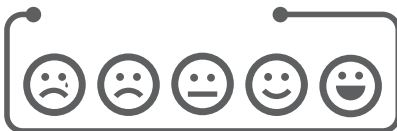
Monthly Planning - Budgeting, meal planning, big projects, birthdays/events, seasonal tasks.



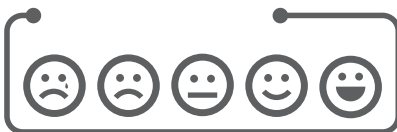
Weekly Planning - Appointments, to-do lists, work deadlines, kids' activities, grocery shopping.



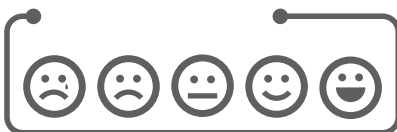
Daily Planning - Prioritizing tasks, time blocking, self-care, workouts, daily routines.



Meal Planning - Weekly menu, grocery list, batch cooking, family favorites, trying new recipes.



Financial Planning - Budget tracking, savings goals, debt payoff, investments, bill scheduling.



Home & Organization Planning - Decluttering, cleaning schedules, home projects, seasonal prep.

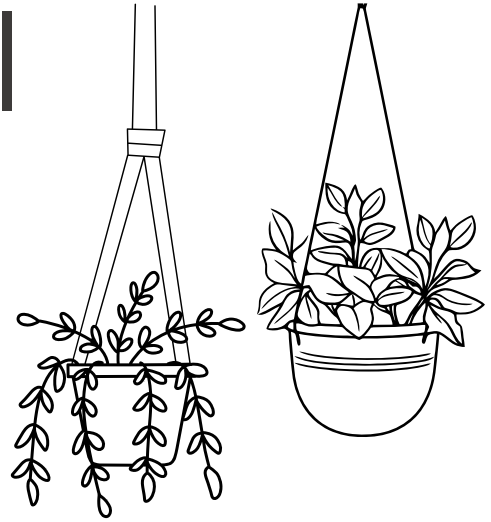
What do your answers tell you?

Bullet Journal

FORMS & STICKERS

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4

M T W T F S S



To do

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DRINK MORE WATER

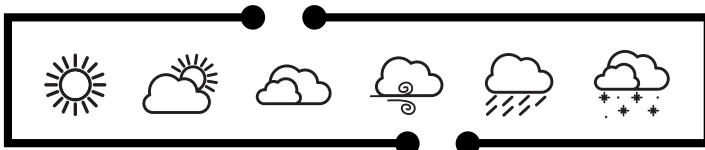
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DONE

★ ★ ★ ★ ★

REMEMBER!

☐ ☐ ☐ ☐ ☐ ☐ ☐



Meal Planning

THEME NIGHTS



Cuisine-Inspired Nights

- Mexican Night – Tacos, enchiladas, fajitas, tamales, quesadillas
- Italian Night – Spaghetti, lasagna, tortellini, risotto, bruschetta
- Thai Night – Pad Thai, curry, spring rolls, Thai basil chicken
- BBQ Night – Ribs, pulled pork, smoked chicken, grilled veggies
- American Classics – Burgers, meatloaf, mac & cheese, fried chicken
- Southern Comfort Food – Biscuits & gravy, jambalaya, gumbo, shrimp & grits
- Street Food Night – Gyros, tacos, bao buns, hot dogs, empanadas
- Mediterranean Night – Hummus, falafel, Greek salad, grilled lamb
- Asian Fusion – Stir-fry, sushi bowls, dumplings, ramen
- Seafood Night – Shrimp scampi, grilled salmon, fish tacos, clam chowder

Ingredient-Based Nights

- One Dish Meals – Casseroles, sheet pan dinners, stir-fry, pasta bakes
- Rice & Grain Bowls – Teriyaki chicken with rice, quinoa bowls, jambalaya
- Soup & Stew Night – Chicken noodle, beef stew, chili, creamy tomato basil
- Salad Night – Southwest chicken salad, Cobb salad, Greek salad, taco salad
- Vegetarian Night – Stuffed peppers, veggie stir-fry, lentil soup, black bean burgers
- Protein Focused Night – Steak & potatoes, grilled chicken, pork tenderloin
- Egg-Based Night – Omelets, frittatas, quiche, shakshuka

notes

Meal Planning

THEME NIGHTS



Cooking Method or Meal Type

- Slow Cooker Night – BBQ pulled pork, chili, pot roast, chicken tortilla soup
- Grill Night – Steaks, kebabs, corn on the cob, grilled peaches
- Air Fryer Night – Crispy chicken, homemade fries, air-fried veggies
- Sheet Pan Dinner Night – Roasted sausage & peppers, lemon chicken & veggies
- Sandwich Night – French dip, sloppy joes, Cuban sandwiches, BLTs
- Pasta Night – Fettuccine Alfredo, baked ziti, carbonara, pesto pasta

Seasonal & Fun Nights

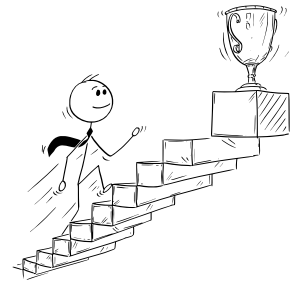
- Seasonal Foods Night – Pumpkin soup (fall), strawberry salad (spring)
- Breakfast for Dinner – Pancakes, waffles, eggs & bacon, breakfast burritos
- Pizza Night – Homemade pizzas, flatbreads, French bread pizza
- Kid Favorites Night – Chicken nuggets, hot dogs, mac & cheese, grilled cheese & soup
- Healthy Night – Lean protein & veggies, grain bowls, Whole30 or keto meals
- Leftover Remix Night – Turn leftovers into tacos, fried rice, soup, or quesadillas
- DIY Build-Your-Own Night – Taco bar, baked potato bar, nacho bar, salad bar
- International Adventure Night – Try a new dish from a different country each week (Indian curry, Korean bibimbap, Ethiopian injera, German schnitzel).
- Comfort Food Night – Chicken pot pie, homemade mac & cheese, shepherd's pie
- Appetizer Night – A mix of small bites like buffalo wings, stuffed mushrooms, mini sliders, charcuterie board, spinach dip.

notes

9 - PERSONAL GROWTH



All of the chapters we have been building on have gotten us to this step: **PERSONAL GROWTH**. This is the piece where we often want to start. But we get frustrated because we have not laid the foundation of boundaries, rhythms, and rest.



Personal = (adjective) individualized, particular, unique, firsthand

Growth = (noun/verb) to develop maturity. To become.

Personal growth = the act of developing as a person. Learning new skills, meaningful change that impacts our lives long-term. Confidence and connectedness to ourselves. Unbothered by what others may think. Openness when dealing with others

More Resources:

- Check out [my Substack for new series all about hobbies](#) posting very soon! (Including a free PDF hobby guide.)
- [Podcast Ep. #008 - personal growth](#)
- [Hobby Revival: Overcoming Obstacles to Rekindle Your Joy](#)

I have already started the draft to my next book! [Check Substack for updates.](#)

Intellectually Alive - Embrace Life-Long Learning & A Vibrant Adulthood

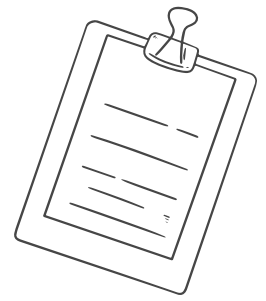
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When we do the work of organizing our lives with intention, then we can make space for life-giving activities.



Self-Care CHECKLIST



BODY

- | | |
|---|--|
| <input type="checkbox"/> SLEEP AT LEAST 8 HOURS | <input type="checkbox"/> SKINCARE ROUTINE |
| <input type="checkbox"/> MORNING STRETCH | <input type="checkbox"/> COLD SHOWER |
| <input type="checkbox"/> 30 MIN WALK OUTSIDE | <input type="checkbox"/> USE MOISTURIZER |
| <input type="checkbox"/> DRINK ENOUGH WATER | <input type="checkbox"/> DECLUTTER AS YOU GO |
| <input type="checkbox"/> EAT PROTEIN BREAKFAST | <input type="checkbox"/> PICK AN OUTFIT YOU LOVE |
| <input type="checkbox"/> WRITE A MEAL PLAN | <input type="checkbox"/> MINDFUL BREATHING |

MIND

- | | |
|--|--|
| <input type="checkbox"/> NO SCREENS IN THE MORNING | <input type="checkbox"/> JOURNAL EVERY DAY |
| <input type="checkbox"/> READ A BOOK EVERY DAY | <input type="checkbox"/> LEARN SOMETHING NEW |
| <input type="checkbox"/> SOCIAL MEDIA DETOX | <input type="checkbox"/> CONNECT WITH LOVED ONES |
| <input type="checkbox"/> FIND A NEW HOBBY | <input type="checkbox"/> CREATE A VISION BOARD |
| <input type="checkbox"/> LISTEN TO A PODCAST | <input type="checkbox"/> HAVE SOME ALONE TIME |

SPIRIT

- | | |
|---|---|
| <input type="checkbox"/> JOURNALING | <input type="checkbox"/> TALK WITH GOD |
| <input type="checkbox"/> EXPRESS GRATITUDE | <input type="checkbox"/> PRACTICE MINDFULNESS |
| <input type="checkbox"/> ACKNOWLEDGE EMOTIONS | <input type="checkbox"/> COMMUNITY WORK |
| <input type="checkbox"/> ACTS OF KINDNESS | <input type="checkbox"/> ATTEND CHURCH |

notes



Reading Habit Tracker

Keep track of how many books you have read by coloring in the shelf. Use the lists for notes on what to read next.



NON-FICTION READING

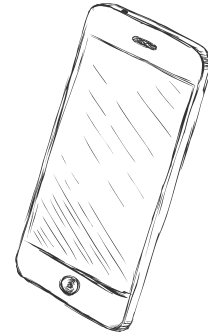
NOVELS & FICTION

“Published books offer a richness and thoughtfulness that social media cannot match.”

10 - NEXT STEPS

Digital DETOX

Choose a few action steps you can take to change your relationship with your phone.



- Identify which apps consume the most of your time.
- Reflect on when and why you reach for your phone (boredom, stress, habit?).
- Ask yourself: Why do I want a phone detox? (More presence? Less distraction?)
- Set a realistic goal (ex: no phone after 8 PM, reducing social media time, etc.).
- Designate no-phone zones (ex: bedroom, dinner table, morning routine space).
- Set phone-free times, like the first hour after waking up and before bed.
- Use "Do Not Disturb" or "Focus Mode" to limit notifications during key times.
- Turn off non-essential notifications.
- Move time-wasting apps off your home screen or delete them temporarily.
- Keep your phone in another room when working or spending time with family.
- Use a grayscale setting to make your screen less visually appealing.
- Set app time limits for social media and entertainment apps.
- Use website blockers to prevent endless scrolling.
- Schedule "phone check-in" times to avoid constant checking.





Journal Prompts:

Take a few minutes to write.

- What has been the most impactful lesson from this book?
- Which chapter resonated with you the most, and why?
- What small changes have you already implemented?
- Where do you still feel resistance or challenge?

With some reflection and quiet you will know your next steps.

Dear Reader,

You have made it to the end of this book and workbook, and that alone is worth celebrating!! If I could, I would hand you a stack of gold stars. One for every small step you have taken, every moment of reflection, and every choice to resist burnout and build a life that feels more like you.

Change does not happen overnight, and you do not need to have everything figured out right now. What matters is that you are showing up for yourself, for the life you want to create, and for what truly matters to you.

Keep taking small steps. Keep making space for rest and joy. Keep choosing what aligns with who you truly are. You are already on your way. I am cheering for you. Thank you for allowing me to be part of your journey!

With gratitude,


♥ - April





PHOTO BY MARY EDWARDS

If you've found this workbook helpful,
I'd love to hear about it!
Share your thoughts, your wins, or even the
smallest change that's made a difference.

Come connect with me on Substack.
I'd love to cheer you on. 

find me online:

<https://linktr.ee/april.edwards>

