

*ooh la la...*

# PETITE PRACTICE PLANNER

Goals | Progress tracking | Creativity



By Dr. Christiane Schroeter

# **My Petite Practice Planner**

THIS PLANNER BELONGS TO:



# Contents

## 01. Set Weekly Intentions

Reflect on a theme or feeling you'd like to guide your week and jot it down

## 02. SMART Goals Mapping

Outline some tangible, action-oriented goals for your week

## 03. Daily Check-In

Each evening, take a moment to reflect on your day, your activities, joys, and your challenges

## 04. Self-Care & Relaxation

Keep track of your dedicated self-care moments through the week

## 05. Weekly Reflections

At week's end, spend time reviewing, celebrating wins, and recognizing lessons

# petite practice

/ [puh-teet prak-tis]/ • noun

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In the vibrant business world, where women's ingenuity gracefully intersects with their innate intuition, a "Petite Practice" takes inspiration from the chic and refined essence of the French word "petite." A "Petite Practice" encapsulates those **delicate yet profoundly impactful routines or habits** that craft the journey toward substantial accomplishments and self-enrichment, all while carrying a touch of European sophistication.

Picture it as the subtle art of integrating small habits into your day, each contributing to your **health and confidence** so that you can **show up for your life and business differently.**

A "Petite Practice" is **the morning ritual** that centers your focus, the mantra before a decision, or the **evening reflection** that nurtures growth. It's the recognition that true success blooms from the soil of consistent, purposeful actions, no matter how small they may seem.

A "Petite Practice" is a sacred moment a woman experiences, connecting her with her vision, values, and the vibrant community she serves. It is the whisper of **encouragement in the face of challenges** and the **sparkle of joy in moments of triumph.**

Each woman's path is uniquely hers, and a "Petite Practice" shines as the guiding light, steering her toward a **life filled with personal fulfillment and professional triumph.**

# Hello there,

I'm Christiane, and I am so happy to meet you! I created the **Petite Practice Planner** to guide women in biz so that they can introduce harmony in their hustle. So, this Planner isn't only about tracking goals; it's your **secret weapon for weaving resilience and joy** into the fabric of everyday life.

It has

- spaces for your dreams,
- daily gratitudes, and
- self-care,

This planner is designed to help you navigate the weekly ups and downs with grace and a smile. It is your roadmap to creating a resilience booster system and harmonizing **professional ambitions with your personal well-being**.

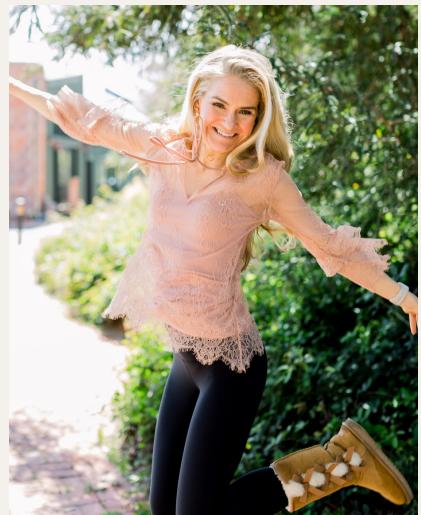
I am thrilled to support you on this **empowering journey toward self-discovery and self-love**. As a business & wellness coach known for my European flair, I help women improve their health and confidence so that they can show up for their life & business differently.

Let's do it. The fun is just getting started, and trust me, you won't want to miss what's next!

Enjoy,

*Christiane Schreter*

Hello Happy Nest



@Hello.Happy.Nest



@HelloHappyNest



Happy Healthy Hustle



# WEEKLY INTENTIONS and goals

## WEEKLY INTENTIONS:

Intentions are like the hidden tracks of our inner DJ, laying down the beats for our next moves. Let's tune into these secret playlists and let them guide your steps and choices for the week ahead. Check out [my pandora playlist here!](#)

List down what feels true and meaningful - perhaps kindness, presence, or courage. Allow your intentions to be your light, gently illuminating your path.

## GOALS:

Goals are gentle milestones that consistently guide us toward our dreams. On the following page, we will set some SMART goals for the week ahead. These goals can relate to your wellness journey, personal growth, or professional development.

*Remember, every step, no matter its size, is a beautiful progression toward your goals.*

# DAILY MANTRA

*Empowering your Journey*

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I am capable, strong, and ready to take on the day.

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Today, I choose joy, peace, and positivity in all I do.

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I radiate confidence, love, and kindness in all interactions.

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I am in control of my thoughts, emotions, and actions today.

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I have everything I need to succeed within me.

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I welcome positivity into my life today and always.

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My mind is clear, my heart is open, and I am ready to embrace the day.

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I am resilient, and I embrace challenges as opportunities for growth.

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Choose or create a mantra that resonates deeply with you and reflects the mindset or attitude you wish to embody throughout your day. Repeat it to yourself as part of your daily routine, perhaps while getting ready or whenever it feels most effective for you. This repetition can help focus your mind and set a positive intention for the day ahead.

For more tips about creating mantras, check out my blog post

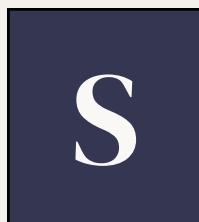
<https://hellohappynest.com/one-minute-mantras/>

and my podcast episode <https://hellohappynest.com/how-to-create-a-one-minute-mantra/>

# SMART GOALS MAPPING

Concrete goals are your milestones.

Let's set goals that are SMART:



**Specific: Clear and concise**



**Measurable: Quantifiable to track progress**



**Achievable: Attainable to remain motivating**



**Relevant: Aligned with your larger wellness vision**



**Time-bound: Encased within a timeframe**

*Sketch your goals with kindness, remembering that they are fluid and can adapt to your journey's needs.*



# DAILY CHECK IN

## TODAY'S FOCUS

What's your core focus today? Whether it's embracing calm, tackling a specific task, or practicing gratitude, define your focal point to navigate your day with clarity.

## MOOD & ENERGY LEVELS

Honor your emotions and energy without judgment. How did you feel today? Was your energy high, serene, or perhaps a little low? All are valid and embraced here.

## PHYSICAL ACTIVITY AND NUTRITION LOGS

Your body is your temple. Record your physical activities and nourishment without critique, using this log as a gentle guide, not a rigid rulebook.

## JOYFUL MOMENTS AND CHALLENGES

Celebrate every sparkle of joy and acknowledge every hurdle. By recognizing both, we honor our journey's full spectrum, learning and growing through every step.

# DAILY SELF-CARE CHECKLIST



Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

MO TU WE TH FR SA SU

My sleep last night was Approx. hours \_\_\_\_\_ Get up time \_\_\_\_\_



Cups of water Fruits & Veggies

## Day to do list

- |   |   |
|---|---|
| <input type="radio"/> Brush teeth and wash face   | <input type="radio"/> Get done work tasks             |
| <input type="radio"/> Eat breakfast and lunch     | <input type="radio"/> Open a window and get fresh air |
| <input type="radio"/> Move my body or take a walk | <input type="radio"/> Time off screens                |

## Evening to do list

- |   |   |
|---|---|
| <input type="radio"/> Read 20 pages of a book | <input type="radio"/> Workout for 30 minutes    |
| <input type="radio"/> Write to my journal     | <input type="radio"/> Brush teeth and wash face |
| <input type="radio"/> Stretch for 10 minutes  | <input type="radio"/> Take a shower             |

## How I was feeling today





# SELF-CARE & RELAXATION

*Crafting Moments of Self-Love*

## SELF-CARE GUIDE:

Self-care is a loving commitment to oneself and not an act. How did you cherish yourself this week? Recall moments where you paused and gifted yourself time – a relaxing bath, a leisurely walk, or simply a pause amidst the rush. Your acts of self-care boost your resilience and let you know, 'I am important.'

Pen down your self-care moments and if you found yourself racing past them, gift yourself a pause now. Breathe, you are cherished.

## RELAXATION TECHNIQUES:

Relaxation is a return to our serene core. It is never selfish to add self-care to your day. Did you explore any relaxation techniques this week – perhaps mindful breathing, gentle yoga, or mindful walks? Document them here and notice how your body and mind responded to them. If not, that's perfectly fine. Consider jotting down one method you'd like to explore next week!



# SELF-CARE CHECKLIST

*Self-care is a loving commitment to oneself as it boosts our resilience. How did you cherish yourself this week?*

- |                          |                             |                          |                               |
|--------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="checkbox"/> | Take a long bath            | <input type="checkbox"/> | Engage in a hobby             |
| <input type="checkbox"/> | Read for pleasure           | <input type="checkbox"/> | Listen to your favorite music |
| <input type="checkbox"/> | Go for a long walk          | <input type="checkbox"/> | Spend time with a loved one   |
| <input type="checkbox"/> | Practice mindful meditation | <input type="checkbox"/> | Watch a light-hearted movie   |
| <input type="checkbox"/> | Journal your thoughts       | <input type="checkbox"/> | Pamper yourself               |
| <input type="checkbox"/> | Try gentle yoga             | <input type="checkbox"/> | Take a short nap              |
| <input type="checkbox"/> | Cook a nourishing meal      | <input type="checkbox"/> | Go for a swim                 |
| <input type="checkbox"/> | Visit a museum or gallery   | <input type="checkbox"/> | Practice gratitude            |
| <input type="checkbox"/> | Gardening                   | <input type="checkbox"/> | Attend a workshop or class    |
| <input type="checkbox"/> | Paint or draw               | <input type="checkbox"/> | Explore a new place           |
| <input type="checkbox"/> |                             | <input type="checkbox"/> |                               |

"Resilience is all about being able to overcome the unexpected. The goal of resilience is not to bounce back to where you were before, but to move forward, stronger and more adaptable."

- Brené Brown

# Weekly Reflection & Gratitude Journal

## REFLECTIONS:

Reflection is a window to observing our growth and understanding our challenges. As we stand at the week's end, let's glance back. The idea is to reflect with love and observation instead of with judgment. Celebrate your victories with a Got DONE list, however small they might seem, and acknowledge the hurdles.

What worked? What felt challenging? Pen down without self-critique, and let these words be your guide toward understanding and evolving on this journey.

## GRATITUDE JOURNAL:

Gratitude is like a gentle anchor in our moments of chaos and serenity. List three things or moments from this week that sparked thankfulness in your heart. It could be a peaceful cup of tea, a warm hug, a moment of clarity, or simply being here in this moment. You could even use this with your family and have them share their favorite part of the day or week with you or their diaries.



# WEEKLY REFLECTIONS

## WINS OF THE WEEK

Celebrate your achievements, however small they might be:

## CHALLENGES ENCOUNTERED

Acknowledge any struggles or bottlenecks you faced:

## LESSONS LEARNED

Identify learnings that can be carried forward:

## NEXT WEEK'S PRELIMINARY THOUGHTS

Write down any early ideas or focus points for the upcoming week:



# PLANNING AHEAD & NOTES

*Charting your upcoming voyage*

## PLANNING AHEAD:

The beauty of planning isn't in stringent schedules but in gently laying a path that guides, not dictates. As we peek into the upcoming week, let's sketch a gentle map. Consider your intentions, action goals, and self-care moments that you'd like to weave into your days. Remember, these are flexible, ever-adapting to your journey's ebb and flow.

## NOTES:

Your journey is uniquely yours! Every thought and reflection is a precious boost in your resilience armor. You can use this space to jot down any additional thoughts, feelings, or observations that flutter throughout your week. Every word is a step toward deeper self-understanding and learning how to bounce back with resilience.

# PETITE PRACTICE

## Checklist



### DAILY (CHOOSE 1-2)

- 30 minutes of movement
- 5 servings of fruits & veggies
- Walk 8,500 steps
- Drink 8 glasses of water
- Enjoy screen-free mindful meals
- Floss
- Gratitude journal 1 sentence
- Meditate or stretch for 5 minutes
- Go outdoors
- Moisturize & SPF sunscreen
- Repeat a mantra or affirmation
- Take a deep breath
- Tell someone you love them
- Read a book
- End screen time at 9 PM

### WEEKLY

- Walk to a new destination under a mile away
- Check in with your feelings & stress level
- Volunteer
- Arrange a friend/date night
- Send one thank-you note
- Check with neighbors/elderly
- Create a weekly to-do list for work
- Try a recipe, go [here](#) for recipe ideas
- Listen to a new [podcast episode](#) [here](#)
- Gently dry-brush your skin to rejuvenate and exfoliate
- Treat your scalp to a soothing massage to promote vibrant hair growth.

### ANNUAL

- Explore a new hiking trail
- Breast exam
- Create a social media free weekend
- Create a monthly goal list
- Explore a new place for a picnic

- Get doctor checkups scheduled
- Check on credit score/spending
- Organize all documents for taxes
- Clean out closets/donate clothes
- Check on expiration dates of food
- Check on batteries in smoke alarms
- Replace baking soda in fridge
- Create a vision/mood board

# PETITE PRACTICE

## *Notes*



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# TESTIMONIALS



Christiane has such a fun and uplifting demeanor that I really look forward to her new content! She is fun, clever, and it's so meaningful to support a small woman-owned business. Her insight will help you so much.

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I appreciate how the Wellness course focus remained on what we CAN do and WHY.

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Christiane truly cares about the person. I have been a part of the Journey to Wellness Course and learned SO MUCH! I have had some really good results from with my digestive system and joints! Valuable health tips, and great exercise routines that are attainable daily! Even fabulous recipes! So very thankful!!

# You are invited!

Thank you- this little gem is just the appetizer! There's a whole feast of goodies coming your way. If you liked this, you will enjoy my **Mastermind Collective**.

The Mastermind Collective includes

- **"Never Fall Off" Accountability:** Stay on track and hit goals quicker
- **Monthly Zoom Meetings:** Boost growth with group insights
- **Insightful Feedback:** Refine your strategies effectively
- **Creative Collaborations:** Spark new ideas and propel your business
- **Streamlined Tools:** Access worksheets and cheatsheets for efficiency
- **Book Club:** Expand your mind with monthly reads and discussions

AND MORE surprises and fun.

It's your all-in-one community for taking your journey to the next level!

If you want to know more, please reach out, and I will share the details!

Warmly,

*Christiane Schroeter*

Hello Happy Nest

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