

AZYS

Before you build a new schedule, compare the life you are actually living with the life you are asking yourself to live. The goal is not to judge the gap. It is to understand it.

Section 1

START WITH THE LIFE YOU ACTUALLY HAVE

CURRENT REALITY

What is already filling your days
and using your energy?

IDEAL / PROPOSED LIFE

What are you telling yourself
you should also be doing?



Section 2

ANALYZE THE GAP

Use this page to name the mismatch without shaming yourself. Where is the gap between your current reality and the life you are trying to force?

1

What would have to change for your ideal schedule to be realistic?

2

Where is the biggest mismatch: time, sleep, energy, responsibilities, money, support, or expectations?

3

What are you assuming you should be able to do that may not fit this season of life?



Section 3

INVESTIGATE THE HABIT

Instead of shaming the behavior, get curious about it. If it keeps showing up,
it may be doing a job for you.

The behavior I keep promising myself I will change:

1. What usually happens right before I do it?

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2. What am I feeling in that moment?

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3. What does this behavior give me—relief, pleasure, comfort, escape,
connection, freedom, stimulation, or something else?

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4. What would I lose if I stopped doing it tomorrow?

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Section 4

WHAT DO I ACTUALLY NEED?

Circle or check anything that fits. This is not a prescription;
it is a place to start looking.

☐ Sleep

☐ Help

☐ Fewer
commitments

☐ Fun

☐ Time alone

☐ Connection

☐ Movement

☐ Creativity

☐ Rest

☐ Autonomy

☐ Comfort

☐ Something to
look forward to

What else do I need?

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You may not need a better planner.
You may need a better understanding of the life you are trying to plan.

Section 5

ADD BEFORE YOU SUBTRACT

If this habit has been doing a job for you,
what healthier or more intentional ways could meet the same need?

WHAT THE HABIT GIVES ME

WHAT I COULD ADD INSTEAD

Section 6

DECIDE WHAT CHANGES

- ♡ ADD
- ♡ REMOVE
- ♡ REDUCE
- ♡ ASK FOR HELP WITH
- ♡ KEEP — WITHOUT GUILT



Instead of asking only, 'How do I make myself do better?'
ask: 'What kind of life would make the healthier choice easier to live?'





About THE AUTHOR



Carissa L. Doré, LMHC, RYT-200, is a licensed mental health therapist, yoga teacher, and the founder of Every Girl Living and The Living Well Collective Co. She helps women move toward healing, resilience, and flourishing through counseling, wellness practices, and practical tools for everyday life.

Based in Jacksonville, Florida, Carissa serves women in person and through telehealth across Florida. Her work integrates emotional health, faith, and whole-person wellness.



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everygirlliving.com



carissa@everygirlliving.com



904-206-8640



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