

Social Media Campaign




Mar 2, 2021

Did you know you are 33% more likely to actually achieve a goal once you write it down?

It's true! That's why #Listmaking is such a powerful (yet deceptively simple) tool to help you achieve your goals. Why? Because when you write something down, it solidifies your goal in your memory. We achieve what we remember!

If you really want to see the power of writing things down, try this exercise for yourself:

Think about key areas of your life. Jot down a few goals for each one. If you're not sure what your goals are, ask yourself some exploratory questions:

-  What's working in my personal life, and what isn't?
-  Where do I really want to be living?
-  If money and time weren't issues, what would I really want to be doing and experiencing?

Once you've made a list, pick the goal you feel most excited about. Now, make a list of what you'd need to do to make that goal a reality.

We've designed the Discovery Tasker to help you track goals for every area of your life, so you can really make traction on what matters most. Order yours at <https://discoveryplanner.ca/tasker>

Feb 23, 2021

Have you forgotten how to have fun?

We don't blame you. It's the middle of winter and a global pandemic. Most of us aren't even sure what day it is anymore.

When times get stressful, taking time to connect with people, share laughter, and just unwind, is often the first thing to go. That's why we're here to remind you: have fun just because!

Fun and social activity help reduce stress, anxiety, and depression. They increase joy, make you laugh, and can even improve your sleep! And if social distancing has made you more of a hermit than usual, social activity will improve your social skills, helping you relate and have more positive interactions with others.

Your challenge for this week: Give that brain a break from work, from busyness, from all the cares and responsibilities that normally require your attention. Take out your Discovery Planner and schedule at least 30 minutes to do something you find fun.

It's good to be reminded that you have support. You have "your people." And you have a tribe, like the #DiscoveryTribe, full of like-minded people who want to discover more to their lives.

Feb 18, 2021

What's one task you keep putting off for another day? Want some #motivation to get it done?

We have a proven tip for you and it's this: Write it down on paper. Seriously. It's that simple. When you write something down, you're getting it out of your brain and thereby freeing up space to focus on getting it done. Plus, putting a tangible reminder in your external environment helps your brain prioritize what needs your attention.

That's not even to mention the satisfaction at the end when you can finally put a nice big check mark under the "Completed" box.

Try this right now: Open your Discovery Tasker (or order it now here:

<https://discoveryplanner.ca/tasker>) and write down that one thing you keep kicking up the road.

Notice the difference!

Feb 11, 2021

There's so much more to life than #productivity and work. We all know that. So, what stops us from giving other important areas of life more attention? Why do work-related tasks overtake our family time or undermine our self-care?

We think the best way to get closer to living a more balanced life is to take an honest look at it.

When you use [The Discovery Planner](#), you'll be able to take stock of the most meaningful areas of your life on a regular basis. We help you track:

- 👉 Self-Care
- 👉 Family
- 👉 Work/Career
- 👉 Spiritual Life
- 👉 Serving Others
- 👉 Personal Development
- 👉 Social Activity

This way you can always be aware when you're giving too much devotion to one priority at the cost of another. It's one way we've designed the planner to help you discover there's more to life.

Feb 9, 2021

Feeling sluggish and stressed all the time? You might need to add hydration to your schedule.

Drinking enough water helps with digestion and circulation, helps your body absorb nutrients, and even regulates body temperature. Drinking water also increases blood flow and oxygen to the brain, improving your concentration and cognition, balancing your moods, and reducing stress and headaches.

Wow. That's a lot of benefits.

We know that for most busy achievers it's easy to lose track of things like fueling your body with nutritious food and staying hydrated. But it's worth tracking. In fact, as little as 1 percent dehydration negatively affects your mood, attention, memory, and motor coordination.

[The Discovery Planner](#) offers room to track healthy practices like staying hydrated, eating, and moving. We believe prioritizing these little self-care cues will add up to you getting more enjoyment out of life.

And with that, we raise a glass (of water, of course) to your health!

[image: close-up photo of planner]