

BJ RICHARDS

PLANNER

FOR

GIRL, STOP
APOLOGIZING

BY

RACHEL

HOLLIS

A Shame-Free Plan for Embracing and Achieving Your Goals



PLANNER

For

*Girl, Stop
Apologizing*

*A Shame-Free Plan For Embracing and Achieving
Your Goals*

By Rachel Hollis

BJ Richards



Notification:

This is a planner based on the original work by Rachel Hollis, *Girl Stop Apologizing: A Shame-Free Plan For Embracing and Achieving Your Goals*. It is not meant to replace the original work. If you have not read the original work, it is highly recommended you purchase it in conjunction with or prior to using this workbook.

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All references in this planner to "Ms. Hollis" or "Ms. Hollis'" are referring to Rachel Hollis, author of *Girl Stop Apologizing: A Shame-Free Plan For Embracing and Achieving Your Goals*.

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Recommended Book

I'm sure you already have this, but just in case, it is strongly recommended you purchase the original work by Ms. Hollis this planner is designed to compliment.

Girl, Stop Apologizing: A Shame-Free Plan for Embracing and Achieving Your Goals by Rachel Hollis

Recommended: Get The Whole Set

The Perfect Workbook for This Program:

Many readers find it helpful to use a workbook to help them implement lessons and go deeper into the material that is presented.

I've created a workbook that is the perfect companion to the original work by Ms. Hollis, *Girl Stop Apologizing*. In [my workbook](#) you'll find worksheets and exercises designed to draw in your own life experiences so you can capitalize on what Ms. Hollis is presenting. It's also interactive!

I think you'll love it!

Workbook Companion for Girl Stop Apologizing by Rachel Hollis: A Shame-Free Plan for Embracing and Achieving Your Goals by BJ Richards

The Perfect Journal for This Program:

You're going to need a place to write out your daily steps as you go through the program like: The ten things you're grateful for each day, your intention for the day, tracking your daily habits, notes, etc.

No problem... I have it covered for you! [My journal](#) is designed **specifically for the program presented by Ms. Hollis** in her original work, *Girl Stop Apologizing*. This will help you make your journey even easier! It's also interactive!

Journal for Girl Stop Apologizing by Rachel Hollis: A Shame-Free Plan for Embracing and Achieving Your Goals by BJ Richards

You May Also Be Interested In Some Of My Other Books

1) Find out what coconut oil can really do for you without all the hype. Check out my best-selling book: *Coconut Oil Breakthrough: Boost Your Brain, Burn the Fat, Build Your Hair* by BJ Richards

Check it out here: <https://www.amazon.com/Coconut-Oil-Breakthrough-Boost-Brain-ebook/dp/B01EGBA1FW/>

2) Do you have a dog? Here's another best seller you may be interested in. You'll find out to deal with a number of issues safely and inexpensively at home. Find out all about it in my best-seller: *Coconut Oil and My Dog: Natural Pet Health for My Canine Friend* by BJ Richards

You can check it out here: <https://www.amazon.com/Coconut-Oil-My-Dog-Natural-ebook/dp/B01MUF93U1/>

3) Did you know apple cider vinegar and baking soda have some amazing health benefits? Plus, you can use them for so many things in the home and save a ton of money.

You'll find out all about it my boxset: *Apple Cider Vinegar and Baking Soda 101 for Beginners Box Set* by BJ Richards

Check it out here: <https://www.amazon.com/Apple-Cider-Vinegar-Baking-Beginners-ebook/dp/B07DPCLWGB/>

You can also go **my website** to find even more books I've written and some recommended by other authors: <https://bjrichardsauthor.com>

How To Use This Planner for Greater Personal Growth

Newbies welcome! My main goal for writing this planner was so anyone, even a complete newbie, can start to get immediate help in implementing the lessons Ms. Hollis has presented in her book: *Girl Stop Apologizing: A Shame-Free Plan for Embracing And Achieving Your Goals*.

This planner is meant as a companion to Ms. Hollis' original work. Using this planner is the perfect way to keep you on track as you work through the program presented by Ms. Hollis.

The beginning of the planner gives you a blank Road Map for you to fill out with your start, finish and three main goalposts. This is the same Road map I provided you in my workbook I created for Ms. Hollis' program presented in *Girl Stop Apologizing*. You can just copy and/or adjust that here.

Next, you'll find the pages you need to write out the steps you're going to take to get from one goalpost to the other. If you followed my workbook designed to complement Ms. Hollis' original work, you should have already filled these pages out. You can just copy that information over to here to have it all in one place. Also, this will give you an opportunity to further review what you've written and make needed adjustments.

You'll find two pages allocated to each week. On one of those pages you'll be able to write out your schedule for the week and the sacred/goal hours you've allocated. Then there is a separate page to write out your Results List for each day that week so you can track your progress on a daily basis and see just how much you've accomplished.

You'll be amazed at how motivating it is when you see how all the little steps are coming together. This is a great tool to keep you incentivized and moving forward.

So jump in, start planning and have fun... it's your journey!

Your Road Map



1 Your
Starting
Point

2 Guide Post #1

3 Guide Post #2

4 Guide Post #3

5 Your
Finish
Line!

