

THE NOTEBOOK MEETING:
HOW TO FINALLY ORGANIZE YOUR LIFE
AND REACH YOUR MOUNTAINTOP MOMENTS

BY STUART ANDERSON



THE JUMPSTART PACKAGE FOR COUPLES

HOW TO FIND AND CONQUER
YOUR ENERGY ZAPPERS!

Start living your best life now!

www.thenotebookmeeting.com

THE JUMPSTART PACKAGE FOR COUPLES



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*The Lift-Off Package For Our
Red Truck Marriage Podcast Listeners!*

It's time to take action!

Getting Started!



The first step to success with this process is for both of you to commit to plan and work together *without judgement or shame*. With that, the process will work and your relationship will thrive! Read on to find out about conquering your Energy Zappers! When you have success with your first list, you'll be energized to do more.

Your Energy Zappers:

- Sabotage your relationship
- Create misguided resentment
- Drain you of energy
- Create confusion about your values
- Impact communication with each other

Good Things Will Happen When You Do The Work!

THE TOP 5 ENERGY ZAPPERS FOR COUPLES



Start with these or jump to pg 6
to list your own!

1. Disorganized closet or clothes drawers
2. No time for workouts or healthy meals
3. Garage/basement chaos
4. House project that was never finished
5. Consistent laundry overwhelm

It's time to conquer the Energy Zappers!

Sample Action Plans

for Conquering

The Top 5 Energy Zappers



Energy Zapper:

1. Trying to find clothes in a messy closet/not enough drawer space for storing clothes

2. No time to prepare healthy meals

3. Garage/basement/office chaos

4. House project that was never finished

5. Consistent Laundry overwhelm

Action Plan:

You know the drill: prioritize, donate, consolidate, minimize, and organize with containers if needed.

Start w/small goal: buy & prep for 1-3 days per week, choose healthier when eating out.

Plan first! Allow multiple days to finish. Throw away, organize by categories, bring simplicity and visual beauty to storage ideas.

Assess what is needed, get materials, schedule a day(s) for each step, work together to finish!

Take turns starting laundry every Thurs Night. Both fold, put away by Friday Night.

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How to Find & Conquer Your ENERGY ZAPPERS!

Energy Zappers are the things that drain your energy and cause conflict between the two of you. You usually walk right by them, *and don't even realize they are zapping your energy!* **Hint:** If you both keep procrastinating and saying "We really need to clean that out, store it, donate it, fix it, etc.," then *it is an Energy Zapper!* It is part of what is getting in the way of a better relationship! Start your list here, decide on your action plans and target dates, and then *get busy working as a team to conquer them!*

TIP: PRINT OR USE THIS PAGE AS A FORMAT GUIDE AND WRITE IN YOUR OWN NOTEBOOK.

TODAY'S DATE: _____

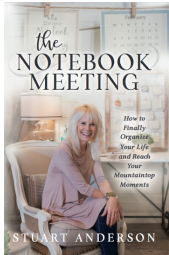
ENERGY ZAPPER DESCRIPTION	ACTION PLAN	TARGET DATE FOR COMPLETION	✓
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

When you conquer these, try more!

What Do We Do Next?



My hope for you both is that together you have started the journey of identifying your energy zappers and successfully conquering them! This free Jumpstart Package For Couples is a mini introduction to the process I created over 15 years ago and outlined in my book,



The Notebook Meeting: How To finally Organize Your Life and Reach Your Mountaintop Moments

Throughout the years, the Notebook Meeting process has helped my husband and me accomplish personal and business goals such as:

- Becoming Debt-Free
- Planning Our Wedding
- Purchasing Our House
- Producing and Hosting Live Seminars
- Writing & Publishing a Book
- Hosting The Red Truck Marriage Podcast
- Living the Intentional Life

All while living...

Without the Drain of Chaos and Clutter

Without Financial Strain

With Time for Our Marriage & Family

With Time for Spiritual Growth

With Direction and a Plan

If you both desire to go to the next level of organizing your life together and reaching your mountaintop moments, you have options!

- Purchase my book
- Look for other resources at www.thenotebookmeeting.com
- Join us on [The Red Truck Marriage Podcast](#)

Blessings on Your Journey! ♥ Stuart

THE NOTEBOOK MEETING:
HOW TO FINALLY ORGANIZE YOUR LIFE
AND REACH YOUR MOUNTAINTOP MOMENTS
BY STUART ANDERSON



The Notebook Meeting Lift-Off Package

Welcome Red Truck Marriage Podcast
Listeners! As you heard on the
Red Truck Marriage Podcast episode # 28,

The Notebook Meeting:

Organize Your Life, Strengthen Your Marriage,

David and I gave you a sneak peek at one of our
own beginning Notebook Meetings. If you would
like to start your own Notebook Meetings, the next
two pages are for you!



Here's our Notebook Meeting from 2005 (Yes, 2005! From our beginning...)

July 20, 2005

David and I are sitting by the Chattooga River. We hiked from Sandy Ford on the Bartram Trail. We are on an overnight trip. We needed to reconnect and have some away time. It's been a busy summer. We rebuilt our deck together. It's beautiful, but it was a huge challenge. We started reading a nightly devotional for couples (a book we bought on our date night at Borders.) We're committed to having more Notebook Meetings. We love being married.

Our Agenda Items:

- 1. Finances-We're about to close on the refinancing for the rental house.*
- 2. Work-After the football season David will help coach basketball this year. We need a plan for maximizing time together. We also need to work on finishing the website.*
- 3. House-Finish painting the master bedroom.*

Action Plans:

- 1. We need to review the refinancing documents we received from the bank. Look at the numbers for the closing costs. We will look at this when we get home this Sunday.*
- 2. David and I agree to have together time every Sunday after church. We will go to lunch by ourselves and spend the afternoon together not doing household chores. We will start this next Sunday!*
- 3. We will finish the painting together next Saturday afternoon (7/27) when David returns from his coaches' meeting. Stuart will get the paint at Home Depot by Friday, 7/26.*

Our next Notebook Meeting will be 8/4.

Now it's your turn!

Your First Notebook Meeting

This is a sample blank template for your first Notebook Meeting. The agenda the both of you create can have any number of items and lines. This is a format guide. You can record your first meeting here or write in your own notebook. You get to decide what to write!

I. Journal the specifics (see our example on the previous page):

II. Agenda items (Which energy zappers do you want to conquer?):

1.

2.

3.

III. Action plans and dates of completion:

1.

2.

3.

Our next Notebook Meeting is _____