



SHALOM STRATEGIES
PRIORITIZE FROM PEACE

6 Months Focus Planner

Fall/ Winter
September 2025- February 2026



SHALOM STRATEGIES

PRIORITIZE FROM PEACE

Shalom

I am so glad you want to journey with us.. This planner was birthed out of the desire wanting to prioritize from peace by creating space for the Lord to speak into every aspect of our lives, including our planning.

Shalom means wholeness. We find wholeness as we connect with the One who makes us whole and invite Him into every area of our lives. The model the Lord gave me was a tree - the roots of the tree are who He is- His Attributes, Character. The trunk of the tree is who we are our Biblical and Unique Identity. Who He is and who we are cannot be taken away from us! The branches of the tree, leaves and fruit is everything else in our life that we are stewarding. our self- care, relationships, and tasks we oversee. These can change in different seasons of life. The goal is, as we abide in Him and let Him live through us, through His Spirit, we will bring the fruit of His Spirit and Kingdom to all areas in our lives. The verses the Lord highlighted to me as a foundation for Shalom Strategies are:

Mark 12: 28 *And one of the scribes came up and heard them disputing with one another, and seeing that He answered them well, asked Him, "Which commandment is the most important of all?" 29 Jesus answered, "The most important is, 'Hear, O Israel: The Lord our God, the Lord is one. 30 And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' 31 The second is this: You shall love your neighbor as yourself.' There is no other commandment greater than these."*

Colossians 3:17 *And whatever you do in word or deed, do all in the name of the Lord Yeshua, giving thanks to God the Father through Him.*

Jeremiah 17:8 *They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit." (Also Psalm 1)*

Isaiah 61: 3 ... *They will be known as Mighty Oaks of Righteousnes, planted by Yahweh as a living display of his glory. (Passion commentary- points to godly, spiritually mature people... Jesus the Tree of Life, multiplies Himself in us so we become trees of righteousness.*

Psalms 1 ... They will be known as Mighty Oaks of Righteousnes, planted by Yahweh as a living display of his glory. (Passion commentary- points to godly, spiritually mature people... Jesus the Tree of Life, multiplies Himself in us so we become trees of righteousness.



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Each month, I will suggest an attribute of God you can focus as a guide.

Main Goal : Worship and connect with God week to week, month to month!

Steps on how to use this PLANNER:

How to Use your Brain/ Spirit Storm pages : Each month you will ask God to highlight one area and then use the *5 Steps to Prioritize from Peace* chart to bring more clarity to the focus. You can number the area to help you have a holistic RHYTHM and write out how you walked it out that month.

You will have a Default Schedule for each season FALL, WINTER (use pencil) to record regular rhythms you have or want to have.

Record on your monthly calendar things that are specific and not on the default schedule. If you are not using it as your main planner, you can also use your calendar to record a highlight from the day.

You will have a FALL/ WINTER Shalom tree to record key words from your focus each month. You can see the big picture of how your roots have gone deeper in who God is, who you are, and how you stewarded yourself, others in your life and tasks. Use the identity statements on the calendar pages to fill in biblical and unique identity spots on the trunk of the tree.

FALL/ WINTER SHALOM TREE

Biblical Identity

1. Child, daughter
- 2.
- 3.
- 4.
- 5.
- 6.

Unique Identity

1. Joyful, compassionate
- 2.
- 3.
- 4.
- 5.
- 6.

Roots

1. Father, Word
- 2.
- 3.
- 4.
- 5.
- 6.

FALL WEEKLY DEFAULT PLANNER

Use the monthly calendar for specific event not on default

Legend: God (yellow), others (blue), me (pink), Task (green), Flex (orange)

	SUN	MON	TUE	WED	THU	FRI	SAT
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12:00							

Default Meal ideas: Greek salad, tacos, steak mushrooms, Alfredo pasta, hamburgers, Chicken noodle soup

SHALOM STRATEGIES
PRIORITIZE FROM PEACE

SEPTEMBER

5 STEPS PRIORITIZE FROM PEACE

1. PAUSE VS. PANIC (BREATH PRAYER: WHO HE IS)
BREATH PRAYER
INHALE: ABBA
EXHALE: I BELONG TO YOU
2. PRAY VS. PROCESS (GO BEFORE THOSE ASK FOR HELP)
3. PRIORITIZE VS. PARALYZE
ASK WHO, WHAT, WHY
4. PLAN VS. PROCASTINATE
ASK WHEN AND WHERE
5. PLAY VS. PERFORM
ASK HOW

FOCUS	3. PRIORITIZE VS. PARALYZE ASK WHO, WHAT, WHY	4. PLAN VS. PROCASTINATE ASK WHEN AND WHERE	5. PLAY VS. PERFORM ASK HOW
GOD	What: memorize verses 1-23	When: 3x morning	How: Say aloud, write, sing, pray them
Word	What: to meditate on what you've heard	When: 3x morning	How: Say aloud, write, sing, pray them
YOU	What: Walk weights	When: 9-10	How: Start slow then increase
Exercise	Why: Strength	Where: Neighborhood or beach	
Others	What: create space to connect	When: Friday lunch	How: Invite
Friends	Why: Joy	Where: Mix it up	
Tasks	What: organize books	When: Wed	How: Start at top what you want to read first
Home	Why: see what you are wanting	Where: new house/garage	

ADD THESE TO DEFAULT CALENDAR

BIG PICTURE PAUSE

Ask the Lord what you are doing well in and what He wants you to improve in for these four areas: **God, You, Others, Tasks**

God:

You:

Others:

Tasks:

BIG PICTURE HOPES

Are there any hopes of what you want to experience for these four areas: **God, You, Others, Tasks**

God:

You:

Others:

Tasks:

BRAIN/ SPIRIT STORM

GOD

W E L C O M E Example: Get on your knees or lay down and say ‘Holy, Holy, Holy is the Lord God Almighty” when you wake up .	W O R S H I P Example: Listen to a favorite worship album when in the car on repeat and write out special lyrics to mediate on.
W O R D Example: Read the Bible like a novel, maybe even buy a new version - pick a cozy spot to sit. Start at the beginning, read whatever you can that day and then pick up where you left off the next day.	W A I T Example: Create space in your day to pause and listen to His voice for yourself and others. Ask Him what is on His heart. Write down any impressions.
W I S D O M Example: Focus on a proverb or Godly wisdom you have heard or read recently and how you can apply it in your life. Maybe read a new book.	W I N D D O W N Example: Ask the Lord what was the highlight of your day for Him. Ask Him to speak to you in your dreams.

BRAIN/ SPIRIT STORM

YOU

☐ IDENTITY Example: Ask, "What do I bring to life?" Thank God for how He made you!	☐ EATING Example: Fast from sugar, pray for something when tempted. Drink or eat something healthy instead.
☐ EXERCISE Example: Start small but do some natural weight resistance with your body or with actual weights.	☐ EMOTIONAL Example: Attune to your emotions. What is bringing you joy, sadness, peace, anxiety. Write out why
☐ MENTAL Example: What thoughts keep coming to mind in the silence of your day. Write out truths, lies and unknowns.	☐ SELF CARE Example: It could be as simple as flossing, or cleaning your face.

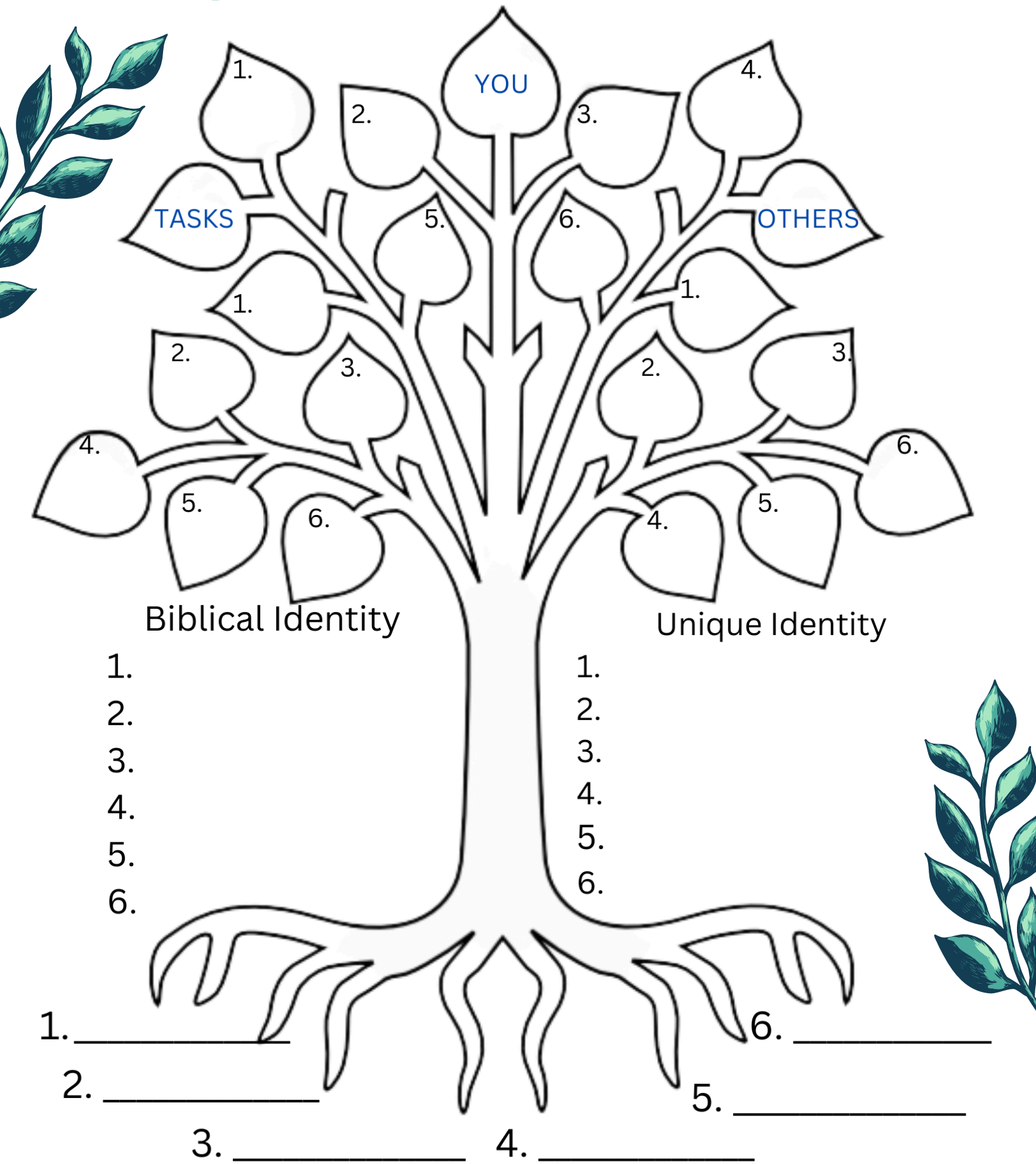
BRAIN/ SPIRIT STORM OTHERS

FAMILY Example: What is your family culture? Do you have a family creed, if not create one.	RELATIVES Example: How and who can you connect with from your relatives?
CONGREGATION Example: How can you pray or serve your congregation this month?	FRIENDS Example: Is the Lord highlighting a particular friend to reach out to or a time to set aside to connect with friends
OUTREACH Example: What ways do you give to outreach in your time, money, energy?	ANIMALS Example: If you have a pet, how can you learn from, take care and love on them more? If you don't, what animal is God highlighting for you to learn from?

BRAIN/ SPIRIT STORM TASKS

H O M E Example: What areas in your home need organizing, declutter or updated?	C L E A N I N G Example: Are there areas that need a deeper clean: home, emails, car etc ?
W O R K Example: Is there a specific area or person you want to focus on at work? How can you remember work is a form of worship?	F I N A N C E S Example: Is your financial health, not just wealth, in order? Are there mindsets, budgets, tithe or new opportunities that you need to explore ?
T R A V E L Example: How can you pack and travel at the pace of peace? What are some of your hopes when you travel? Are there expectations you need to let go of?	L E A R N I N G Example: Is there a specific thing you want to learn and grow in this month. If so, how and when can you incorporate that?

FALL/ WINTER SHALOM TREE



FALL WEEKLY DEFAULT PLANNER

Use the monthly calendar for specific event not on default

	SUN	MON	TUE	WED	THU	FRI	SAT
6:00							
7:00							
8:00							
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12:00							

Default Meal ideas:



5 STEPS **PRIORITIZE FROM PEACE**

1. PAUSE VS. PANIC (BREATH PRAYER- WHO HE IS)

BREATH PRAYER

INHALE: PIONEER AND PERFECTER

EXHALE: COMPLETE THE GOOD WORK IN ME

2. PRAY VS. PROCESS (GO BEFORE THE THRONE, ASK FOR HELP)

FOCUS	3. PRIORITIZE VS. PARALYZE ASK: WHO, WHAT, WHY	4. PLAN VS. PROCRASTINATE ASK: WHEN AND WHERE	5. PLAY VS. PERFORM ASK: HOW
<i>GOD</i>			
<i>YOU</i>			
<i>OTHERS</i>			
<i>TASKS</i>			

ADD THESE TO DEFAULT CALENDAR 12



SEPTEMBER

Hebrews 12:2

Guided Attribute: Author and Finisher
Identity: "God is writing my story — and He finishes what He starts."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

Monthly Focus	To DO:	To GET:	Waiting on:
GOD ☐ _____	☐ _____	☐ _____	☐ _____
YOU ☐ _____	☐ _____	☐ _____	☐ _____
OTHERS ☐ _____	☐ _____	☐ _____	☐ _____
TASKS ☐ _____	☐ _____	☐ _____	☐ _____

Pause to reflect on highlights from month:

13



5 STEPS **PRIORITIZE FROM PEACE**

- 1. PAUSE VS. PANIC** (BREATH PRAYER- WHO HE IS)
BREATH PRAYER
INHALE: MIGHTY CREATOR
EXHALE: CREATE IN AND THROUGH ME
- 2. PRAY VS. PROCESS** (GO BEFORE THRONE, ASK FOR HELP)

FOCUS	3. PRIORITIZE VS. PARALYZE ASK: WHO, WHAT, WHY	4. PLAN VS. PROCRASTINATE ASK: WHEN AND WHERE	5. PLAY VS. PERFORM ASK: HOW
GOD			
YOU			
OTHERS			
TASKS			



OCTOBER

Genesis 1

Guided Attribute: Elohim (God, Mighty Creator)

Identity: "I am created by Elohim - on purpose, for a purpose."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Monthly Focus

To DO:

To GET:

Waiting on:

GOD ☐ _____

☐ _____

☐ _____

☐ _____

YOU ☐ _____

☐ _____

☐ _____

☐ _____

OTHERS ☐ _____

☐ _____

☐ _____

☐ _____

TASKS ☐ _____

☐ _____

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Pause to reflect on highlights from month:



SHALOM STRATEGIES

PRIORITIZE FROM PEACE

5 STEPS **PRIORITIZE FROM PEACE**

1. **PAUSE VS. PANIC** (BREATH PRAYER- WHO HE IS)

BREATH PRAYER

INHALE: GOD WHO SEES ME

EXHALE: LET ME SEE YOU

2. **PRAY VS. PROCESS** (GO BEFORE THRONE, ASK FOR HELP)

FOCUS	3. PRIORITIZE VS. PARALYZE ASK: WHO, WHAT, WHY	4. PLAN VS. PROCRASTINATE ASK: WHEN AND WHERE	5. PLAY VS. PERFORM ASK: HOW
<i>GOD</i>			
<i>YOU</i>			
<i>OTHERS</i>			
<i>TASKS</i>			

ADD THESE TO DEFAULT CALENDAR 16



NOVEMBER

Genesis 16

Guided Attribute: EL ROI, (GOD WHO SEES)
Identity: "I am seen, known, and loved by El Roi."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 ----- 30	24	25	26	27	28	29

Monthly Focus	To DO:	To GET:	Waiting on:
GOD ☐ _____	☐ _____	☐ _____	☐ _____
YOU ☐ _____	☐ _____	☐ _____	☐ _____
OTHERS ☐ _____	☐ _____	☐ _____	☐ _____
TASKS ☐ _____	☐ _____	☐ _____	☐ _____

Pause to reflect on highlights from month:



PROPHETIC PAUSE

Prophetic Words/ Pictures and Themes help us to pause throughout the year and ask God for a Big Picture of what He is wanting to do in our life. Use this page to record those-

Birthday Word (I also ask Him if there is gift He wants to give me to go with the word. ex. Lighthouse keeper, membership at Lighthouse, Shepherd - staff)

Last Year-

This Year-

New Year Word (some people do this in January, others at Rosh Hashanah or Passover. The important part is to pause and ask. Example one year it was "Say no unless I tell you yes. You need to rest." The next year was "Do hard things". Some people get just one word: ex. Refresh)

Last Year-

This Year-

Themes: (ex. word phrases, symbols or pictures- write or draw out)
(Ex. Compassionate, Courageous, Confident; This is what my Father is like always good and alway kind. Olive Tree & Menorah)

WINTER WEEKLY DEFAULT PLANNER

Use the monthly calendar for specific event not on default

	SUN	MON	TUE	WED	THU	FRI	SAT
6:00							
7:00							
8:00							
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11:00							
12:00							

Default Meal ideas:



SHALOM STRATEGIES

PRIORITIZE FROM PEACE

5 STEPS **PRIORITIZE FROM PEACE**

1. **PAUSE VS. PANIC** (BREATH PRAYER- WHO HE IS)

BREATH PRAYER

INHALE: COVENANT KEEPER

EXHALE: NOTHING IS IMPOSSIBLE FOR YOU

2. **PRAY VS. PROCESS** (GO BEFORE THRONE, ASK FOR HELP)

FOCUS	3. PRIORITIZE VS. PARALYZE ASK: WHO, WHAT, WHY	4. PLAN VS. PROCRASTINATE ASK: WHEN AND WHERE	5. PLAY VS. PERFORM ASK: HOW
<i>GOD</i>			
<i>YOU</i>			
<i>OTHERS</i>			
<i>TASKS</i>			

ADD THESE TO DEFAULT CALENDAR 20



DECEMBER
Genesis 17

Guided Attribute: EL SHADDAY (GOD ALMIGHTY)
Identity: "I am sustained by the All-Sufficient One."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Monthly Focus	To DO:	To GET:	Waiting on:
GOD ☐ _____	☐ _____	☐ _____	☐ _____
YOU ☐ _____	☐ _____	☐ _____	☐ _____
OTHERS ☐ _____	☐ _____	☐ _____	☐ _____
TASKS ☐ _____	☐ _____	☐ _____	☐ _____

Pause to reflect on highlights from month:



5 STEPS **PRIORITIZE FROM PEACE**

1. **PAUSE VS. PANIC** (BREATH PRAYER- WHO HE IS)

BREATH PRAYER

INHALE: EVERLASTING ONE

EXHALE: YOU WILL SUSTAIN ME

2. **PRAY VS. PROCESS** (GO BEFORE THRONE ASK FOR HELP)

FOCUS	3. PRIORITIZE VS. PARALYZE ASK: WHO, WHAT, WHY	4. PLAN VS. PROCRASTINATE ASK: WHEN AND WHERE	5. PLAY VS. PERFORM ASK: HOW
<i>GOD</i>			
<i>YOU</i>			
<i>OTHERS</i>			
<i>TASKS</i>			

ADD THESE TO DEFAULT CALENDAR 22



JANUARY

Genesis 21

Guided Attribute: EL OLAM (ETERNAL GOD)
Identity: "My life is anchored in El Olam."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Monthly Focus

To DO:

To GET:

Waiting on:

GOD ☐ _____

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YOU ☐ _____

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OTHERS ☐ _____

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TASKS ☐ _____

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Pause to reflect on highlights from month:



5 STEPS **PRIORITIZE FROM PEACE**

1. PAUSE VS. PANIC (BREATH PRAYER- WHO HE IS)
BREATH PRAYER
INHALE: YOU SEE MY NEED
EXHALE: YOU WILL PROVIDE

2. PRAY VS. PROCESS (GO BEFORE THRONE ASK FOR HELP)

FOCUS	3. PRIORITIZE VS. PARALYZE ASK: WHO, WHAT, WHY	4. PLAN VS. PROCRASTINATE ASK: WHEN AND WHERE	5. PLAY VS. PERFORM ASK: HOW
GOD			
YOU			
OTHERS			
TASKS			

ADD THESE TO DEFAULT CALENDAR 24



FEBRUARY

Genesis 22: 13-14

Guided Attribute: YAHWEH YIREH
(THE LORD WILL PROVIDE)

Identity: "I am never without what I truly need "

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Monthly Focus	To DO:	To GET:	Waiting on:
GOD ☐ _____	☐ _____	☐ _____	☐ _____
YOU ☐ _____	☐ _____	☐ _____	☐ _____
OTHERS ☐ _____	☐ _____	☐ _____	☐ _____
TASKS ☐ _____	☐ _____	☐ _____	☐ _____

Pause to reflect on highlights from month:

BIG PICTURE HIGHLIGHTS

In what ways has your intimacy, intentionality and impact increased in these four areas: **God, You, Others, Tasks** as you walked out this Shalom Planner in the last 6 months...

God:

You:

Others:

Tasks:

Future Events and Extra Notes

Spring

March -

April-

May-

Summer

June-

July-

August-

Extra Notes



SHALOM STRATEGIES

PRIORITIZE FROM PEACE

Lauren Blake, director of Shalom Strategies, created this planner as a tool to guide passionate women to step out of being overwhelmed by staying in step with the Spirit in every season to enjoy a life of Intimacy, Intentionality, and Impact.

Shalom Strategies is under the Healing Prayer 501c3 ministry. Marie Lebow, founded Healing Prayer Ministry in 2008 and is a trusted friend and mentor to Lauren for over 18 years. Shalom Strategies Life Coaching desires to offer affordable life coaching part of how we do that is through donations. You can donate on the: ShalomLifeCoach.org or with the QR code below

