



Herbs in the Margins Workbook

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DIY
Herbal
Fellowship



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Notes

Herbs in the Margins

Helping you find enough time in your day to use herbs and spices intentionally for greater vitality and create the perfect herbal remedy. First you need to master the time factor.

Let's work together to find a few blocks of time that you might have overlooked. You will want to use this exercise often to find that precious time that seems to slip away so easily.

Time in the Margins

There is lost time in your days that you might not recognize as real time. It is time in the margins. This is time that is available to pursue the things that you deem important. Yet it doesn't appear to be available at first glance. In this first exercise, you will re-discover this time.

To find it you will look through the last five days or any five day period, and make a note of any time that was spent waiting. Whether you were waiting for a child to eat. Waiting for an appointment. Waiting for a computer to load. If the time during which you were waiting was 10 minutes or longer put an "X" in one square. For each time in the day that you were waiting at least 10 minutes place an "X" in one of the squares below. If the waiting time was as long as 20 minutes put 2 "X"s. If it was as long as 30 minutes place 3 "X"s. Use the diagram below to record your waiting time, over the last 5 days.

10	10	10	10	10	10	Minutes _____
10	10	10	10	10	10	Hours _____
10	10	10	10	10	10	
10	10	10	10	10	10	

**Time in the Margins
Waiting Time**



If you need a second diagram to record all the “Time in the Margins” that you had over the last 5 days, you’ll find more charts in the back of this workbook. You can copy them.

Once you have marked the squares for each day over a 5 day period, add up all the time and note it on the right hand side of the diagram. This number represents your re-discovered “time in the margins” that you now have available to pursue what is important to you.

Part 2 – Screen Time in the Margins

In the second diagram use a different colored pencil and mark an “X” for every 10 minutes you find yourself scrolling aimlessly through a screen – on Facebook, on Instagram, on Pinterest, on Netflix, or any other screen. If you find yourself scrolling without a purpose for 10 minutes or longer, place an “X” in one of the squares below, for each 10 minute interval.

Once you have marked the squares for each day over a 5 day period, add up all the time and note it on the right hand side of the diagram. This number represents the newly found “**screen time in the margins**” that you now have available to pursue what is important to you.

If you need a second diagram to record all the Screen Time in the Margins that you have, you’ll find more charts in the back of this workbook. You can copy them .

10	10	10	10	10	10	Minutes _____
10	10	10	10	10	10	
10	10	10	10	10	10	Hours _____
10	10	10	10	10	10	

**Time in the Margins
Screen Time**



Part 3 – Prime Time in the Margins

In this third diagram use a third colored pencil and mark an “X” for every 10 minute period you find yourself waiting in the kitchen. This is the time you are waiting for the bread to rise, the cookies to bake, the potatoes to cook, etc. This is prime time because you need to stick close to the kitchen so that what you are cooking or baking doesn’t get over cooked, but you might be without something focused to do.

This **prime time in the margins** might be the optimal time to create a DIY herbal project. You are already in the kitchen. You might have a stove top available for making salve. You might have other tools available to you for herbal medicine making. Plus clean-up is easy with the kitchen sink right there.

To find this prime time in the margins, look through the last five days and make a note of any time that was spent waiting. If the time during which you were waiting was 10 minutes or longer put an “X” in the square. Place one “X” for each 10 minute interval that you spent waiting. Do it for the last 5 days.

10	10	10	10	10	10	Minutes _____
10	10	10	10	10	10	Hours _____
10	10	10	10	10	10	
10	10	10	10	10	10	

Time in the Margins Kitchen Wait Time

If you need a second diagram to record all the Prime Time in the Margins that you had over the last 5 days, you’ll find more charts in the back of this workbook. You can copy them .

Once you have marked the squares for each day over a 5 day period, add up all the time and note it on the right hand side of the diagram. This number represents the newly found “**prime time in the margins**” that you now have available to pursue what is important to you.

Wasn’t that exercise amazing! When you add all 3 totals together how much Total Time in the Margins did you discover? Record that here: _____ minutes, plus _____ hours!



Think of the things you could accomplish if that time was returned to you each week?

If one of your goals is to learn more about using herbs and essential oils for increased vitality, more energy, and a healthier family, you've just found a gold mine!

If you still feel like you don't have time let me show you what you can accomplish toward your goal with THE TIME YOU DO HAVE.

Go through the lists below and tick each task that you would like accomplish.

The DIY Herbal Tasks that can be accomplished in just 5 minutes

- Start a tincture
- Strain a tincture
- Bottle and label a tincture
- Start an oil infusion
- Strain an oil infusion
- Bottle and label an oil infusion
- Harvest an herb from the garden
- Bundle an herb and hang it to dry on a hook indoors
- Make an herbal tea blend
- Make an herbal salt blend
- Fill an essential oil diffuser and plug it in
- Create a bottle of toilet odor control spray
- Create an herbal cleaning spray
- Mix aloe vera gel and essential oils to create hand sanitizer

The DIY Herbal Tasks that can be accomplished in 10 minutes

- Read an herbal monograph
- Powder an herb in a blender jar or coffee grinder
- Make pesto using a food processor



- Make hummus using canned beans
- Make zoom balls using powdered herbs
- Toast sesame seeds for tahini
- Toast almonds for nut butter
- Identify a wild herb using a field guide or phone app
- Make shower soothers or shower melts to help with congestion
- Make a bitters tincture blend to help with digestion
- Make a pot of herbal tea to aid digestion, reduce anxiety, or as a sleep aid
- Start an herbal cordial
- Strain an herbal cordial
- Bottle and label and herbal cordial
- Infuse witch-hazel with herbs to create a facial toner
- Infuse cider vinegar with herbs to create a hair tonic

The DIY Herbal Tasks that can be accomplished in 15 minutes

- Read an article that scientifically demonstrates the efficacy of an herb
- Read one chapter in an herb book written for the general public
- Create an herbal lip balm
- Create an herbal salve
- Create an herbal lotion bar
- Package an herbal salve or lotion bar
- Create herbal tooth powder or toothpaste from scratch
- Create a facial mask using herbs and clay and use it
- Create an herbal poultice
- Create and use an herbal foot bath from scratch using Dead Sea Salt and herbs
- Make a cup of herbal tea using bark or roots



- Make a nourishing herbal infusion and leave it to steep overnight
- Create a natural perfume
- Create an herbal bath tea and package it in extra large tea bags
- Create a spice rub using herbs, spices, olive oil, and salt
- Make barbeque sauce using natural ingredients and herbs
- Make an safe infused oil by acidifying the dried herbs and then infusing in oil
- Make a fresh batch of kombucha
- Make a small batch of naturally fermented herbal sauerkraut or kimchi
- Start a pot of soup made with herbs and seasonal vegetable in a slow cooker
- Create a natural herbal deodorant
- Create a first aid salve
- Create a salve for pain relief
- Create a fresh salad dressing using infused vinegar, olive oil, and herbs
- Create a facial steam using dried herbs
- Preserve fresh herbs in olive oil and freeze
- Preserve fresh herbs in ice and freeze
- Make an herbal cocktail or mock-tail
- Listen to one lesson in a DIY Herbal Masterclass

The DIY Herbal Tasks that can be accomplished in 30 minutes

- Create an herbal materia medica for one of your favorite medicinal herbs
- Make ginger and cinnamon cookies to aid digestion
- Make herbal marshmallows to ease gas and indigestion
- Bottle fermented kombucha to increase fizziness
- Go for a walk in the forest to increase negative ions and improve immune response
- Make an herbal syrup like elderberry syrup



- Make an herbal cough syrup
- Make an herbal flavoring for coffee or mixed drinks
- Make cold processed soap
- Cut soap bars, emboss, package, and label
- Soak in a bath with Dead Sea salt to ease muscle and joint soreness or improve skin conditions
- Prepare an isotonic solution and use it in a neti pot to relieve sinus congestion
- Plant a 20 foot row of herb seed in an herb garden
- Weed a 20 foot row of herbs in an herb garden
- Listen to 2 lessons of an herbal masterclass in the DIY Herbal Fellowship

The DIY Herbal Tasks that can be accomplished in 60 minutes

- Create an herbal dinner from scratch
- Listen to an entire herbal master class in the DIY Herbal Fellowship
- Read one chapter in a university level herbal textbook
- Learn a new herbal medicine making technique through repetitive practice
- Weed a 4 x 10 foot raised bed in herb garden
- Make salsa from scratch
- Make a seasonal meal from scratch
- Create a personal materia medica for one herbal ally
- Catalog the wild herbs growing near you
- Plan a pollinator garden in your back yard
- Plan a natural dye garden in your back yard
- Mordant fabric in order to print cloth with herbs
- Write in a nature journal
- Create an herbarium using plants from your garden
- Sit in a forest and breathe deeply



- Write a chapter in an herb book
- Make a batch of herbal soap
- Make a batch of herbal salve or herbal balms
- Organize an herb storage area
- Listen to a mentoring talk in the DIY Herbal Fellowship
- Complete a certificate master class in the DIY Herbal Fellowship
- Get your questions answered in a live Q and A session in the DIY Herbal Fellowship

What would reclaiming this time in the margins mean to you?

What would reclaiming this time in the margins mean to your loved ones?

What will you give up if you don't reclaim the time in the margins?

What will you gain if you reclaim the time in the margins?

How much money could you save if you used the time you found in the margins to study herbs and create DIY Herbal projects? _____



The challenge

I want to challenge you to take an honest look at the time you have in the margins. Consider how important to your family your investment in herbal education and hands on herbal projects will be. Make a commitment to yourself for their sakes to complete this free herbal training and learn now how to use those little bits of time you have to make a difference in your health and to grow in confidence in using herbs to improve your health and wellness.

Write down your promise to yourself.

I _____ promise to complete the lessons in this free training so that my health and my family's health can improve by using herbs intentionally daily. I will use the time I have in the margins to gain a better knowledge of herbs and to develop confidence in using them so that I can improve my own health and the health of my family members. I want to grow in my herbal intuition so that I can be healthier and spend more time with the people that matter to me. Herbs will help me do that.

_____ Signature _____ Date



Extra diagrams just in case you need them!

10	10	10	10	10	10
10	10	10	10	10	10
10	10	10	10	10	10
10	10	10	10	10	10

Minutes _____

Hours _____

**Time in the Margins
Waiting Time**

10	10	10	10	10	10
10	10	10	10	10	10
10	10	10	10	10	10
10	10	10	10	10	10

Minutes _____

Hours _____

**Time in the Margins
Screen Time**



10	10	10	10	10	10
10	10	10	10	10	10
10	10	10	10	10	10
10	10	10	10	10	10

Minutes _____

Hours _____

**Time in the Margins
Kitchen Wait Time**