



DIY
Herbal
Fellowship

Goal Planning for Herbalists

How to Maximize the Time You Have



Christine Dalziel





In this workbook you are going to make a personal assessment of your own health needs. You'll also look at your own bioregional medicines and make an inventory of what you have available close to home.

Then we'll look at your long range goals for your own herbal education, your herb garden, and your own health and wellness. In this workbook I've added some ideas, but I've given you lots of room to add your own ideas. This is your personal goal planning exercise, so set aside an hour or two this month and go through the questions. Print out this workbook. You can set your printer on "gray scale" to save on ink, if you like. Grab a cup of your favorite beverage and go through the exercises to see where you are now.

Then set your intention for the next 4 to 6 months. It's hard to accomplish a significant amount in a week but in a month. But in three months you can accomplish a lot when you set your intention to. I want to see you succeed in learning about herbs and using them for wellness for yourself and for your family.

My personal energetics constitution

Determining Hot or Cold

From Rosalee de la Forêt's Alchemy of Herbs

Mark an X next to each statement that feels true to you, then add up the number of true statements in each column. A higher total in the first column indicates more heat qualities. A higher total in the second column indicates more cooling qualities.

<input type="checkbox"/> I tend to feel warmer than others.	<input type="checkbox"/> I tend to feel colder than others.
<input type="checkbox"/> I tend to have a loud voice.	<input type="checkbox"/> I tend to have a quiet voice.
<input type="checkbox"/> My entire face can easily get red or flushed.	<input type="checkbox"/> My face and/or fingernail beds tend to be pale.
<input type="checkbox"/> My tongue tends to be bright red.	<input type="checkbox"/> My tongue tends to be a pale color.
<input type="checkbox"/> I have lots of opinions and I'm not afraid to share them.	<input type="checkbox"/> I often feel like I have a low energy level.
<input type="checkbox"/> I prefer cold weather.	<input type="checkbox"/> I prefer warm weather.
<input type="checkbox"/> I have a large appetite.	<input type="checkbox"/> I have a small or poor appetite.
<input type="checkbox"/> I am a more active person.	<input type="checkbox"/> I am a less active person.
Total: _____	Total: _____

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Determining Damp or Dry

From Rosalee de la Forêt's Alchemy of Herbs

Mark an X next to each statement that feels true to you, then add up the number of true statements in each column. A higher total in the first column indicates more damp qualities. A higher total in the second column indicates more dry qualities.

<input type="checkbox"/> I tend to sweat more easily than others.	<input type="checkbox"/> My skin tends to be rough and dry.
<input type="checkbox"/> My skin and hair are often oily.	<input type="checkbox"/> My hair tends to be dry.
<input type="checkbox"/> My arms and legs can feel heavy.	<input type="checkbox"/> My fingernails are dry and/or brittle.
<input type="checkbox"/> I often have a stuffy or runny nose.	<input type="checkbox"/> I often have itchy skin or scalp.
<input type="checkbox"/> I tend to have a thick coating on my tongue.	<input type="checkbox"/> I often have a dry throat, nose, eyes, and/or mouth.
<input type="checkbox"/> I prefer dry climates and don't like humidity.	<input type="checkbox"/> My tongue does not usually have a coating on it.
Total: _____	Total: _____

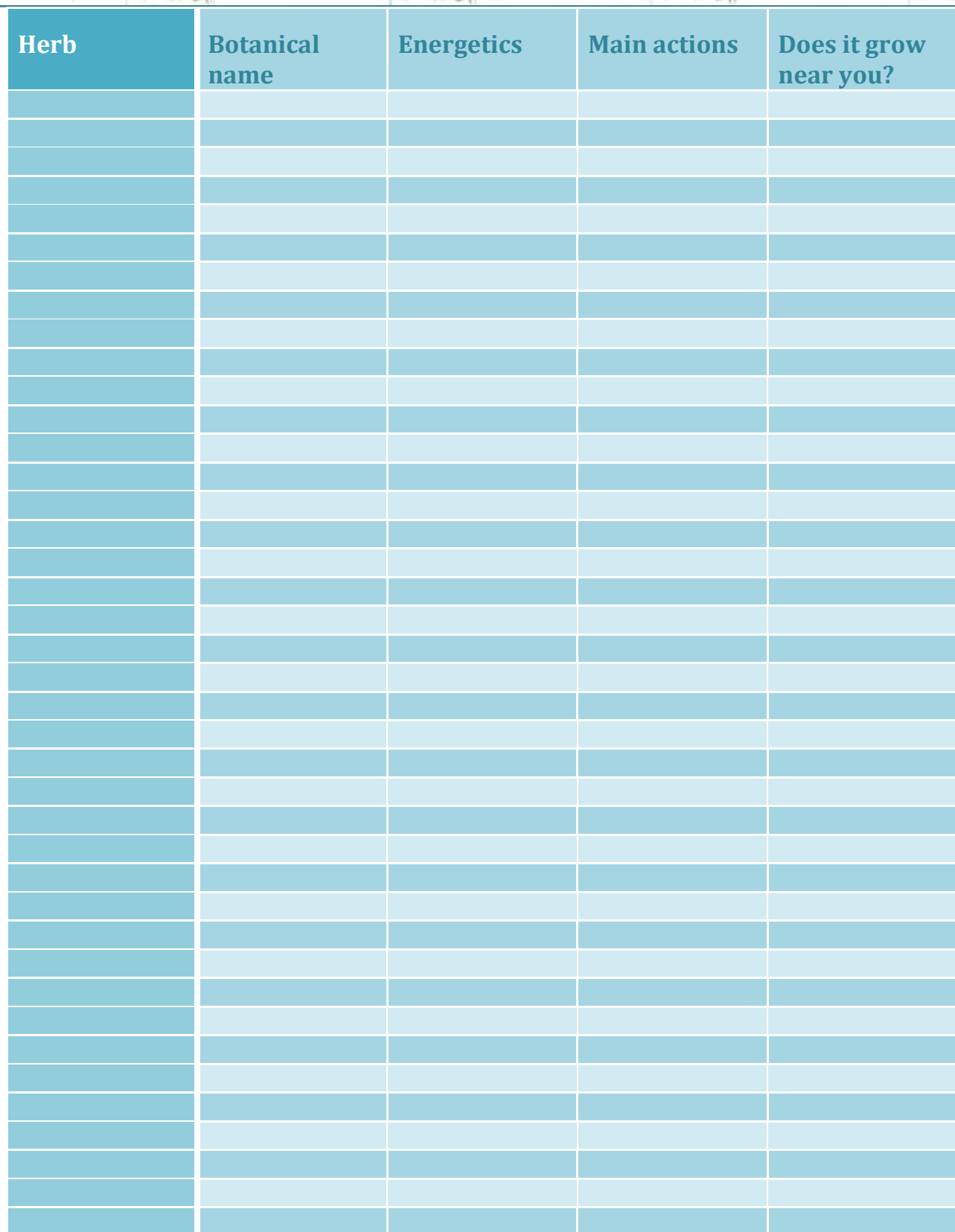
I am _____ (hot or cold?) and _____ (dry or moist).

When choosing your herbal allies you will pick herbal allies that will balance your own personal energetics. If you are cold you would choose warming herbs. If you are dry you would choose moistening herbs. If you tend to be damp you would choose drying herbs.

Since I am _____ and _____ the following adaptogen and tonic herbs are my best choices for herbal allies.

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Garden planning: Which herbs will you plant this year?

1. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

2. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

3. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

4. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____



5. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

6. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

7. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____



8. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

9. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____

10. Herb	Botanical Name	Special Considerations?

Where will you get the seeds or plant starts? _____

Does it grow in easily in your Hardiness zone? _____



Which herbs will you forage for this year?

1. Herb	Botanical Name	Important because?
Special Considerations?		
Where does it grow?		
Which part of the plant is used medicinally?		
When will you look for it?		
How will you use it?		
How will you preserve it?		
Notes:		

2. Herb	Botanical Name	Important because?
Special Considerations?		
Where does it grow?		
Which part of the plant is used medicinally?		
When will you look for it?		
How will you use it?		
How will you preserve it?		
Notes:		



3. Herb	Botanical Name	Important because?
Special Considerations?		
Where does it grow?		
Which part of the plant is used medicinally?		
When will you look for it?		
How will you use it?		
How will you preserve it?		
Notes:		

4. Herb	Botanical Name	Important because?
Special Considerations?		
Where does it grow?		
Which part of the plant is used medicinally?		
When will you look for it?		
How will you use it?		
How will you preserve it?		
Notes:		



5. Herb	Botanical Name	Important because?
Special Considerations?		
Where does it grow?		
Which part of the plant is used medicinally?		
When will you look for it?		
How will you use it?		
How will you preserve it?		
Notes:		

6. Herb	Botanical Name	Important because?
Special Considerations?		
Where does it grow?		
Which part of the plant is used medicinally?		
When will you look for it?		
How will you use it?		
How will you preserve it?		
Notes:		



7. Herb	Botanical Name	Important because?
Special Considerations?		
Where does it grow?		
Which part of the plant is used medicinally?		
When will you look for it?		
How will you use it?		
How will you preserve it?		
Notes:		

8. Herb	Botanical Name	Important because?
Special Considerations?		
Where does it grow?		
Which part of the plant is used medicinally?		
When will you look for it?		
How will you use it?		
How will you preserve it?		
Notes:		



9. Herb	Botanical Name	Important because?
Special Considerations?		
Where does it grow?		
Which part of the plant is used medicinally?		
When will you look for it?		
How will you use it?		
How will you preserve it?		
Notes:		

10. Herb	Botanical Name	Important because?
Special Considerations?		
Where does it grow?		
Which part of the plant is used medicinally?		
When will you look for it?		
How will you use it?		
How will you preserve it?		
Notes:		



Which Masterclasses have you already completed?

- DIY HERBAL FIRST AID TRAVEL KIT COURSE
- WATER WELLNESS – USING THE HEALING VIRTUES OF WATER TO REVIVE, RECOVER, AND RECHARGE
- DIY ROSE MEDICINE MASTERCLASS
- ALLIUM ALLIES MASTERCLASS
- HERBAL SOAP MAKING 101 MASTERCLASS
- HERBAL STRESS MANAGEMENT MASTERCLASS
-
- DIY HERBAL GIFTS FROM THE CREATIVE HEART
- CONIFERS IN MY KITCHEN
- FLAVONOIDS: THE PLANT PIGMENTS THAT MAKE YOU LOOK GOOD
- ADAPTOGENS: HERBS THAT HEAL AND RESTORE MASTERCLASS

	Other Masterclasses and courses you have completed?



Which Masterclasses do you plan to complete in 2019

- ☐ DIY HERBAL FIRST AID TRAVEL KIT COURSE
- ☐ WATER WELLNESS – USING THE HEALING VIRTUES OF WATER TO REVIVE, RECOVER, AND RECHARGE
- ☐ DIY ROSE MEDICINE MASTERCLASS
- ☐ ALLIUM ALLIES MASTERCLASS
- ☐ HERBAL SOAP MAKING 101 MASTERCLASS
- ☐ HERBAL STRESS MANAGEMENT MASTERCLASS
- ☐ DIY HERBAL GIFTS FROM THE CREATIVE HEART
- ☐ CONIFERS IN MY KITCHEN
- ☐ FLAVONOIDS: THE PLANT PIGMENTS THAT MAKE YOU LOOK GOOD
- ☐ ADAPTOGENS: HERBS THAT HEAL AND RESTORE MASTERCLASS



Goal Setting for Herbalists

Where would you like to be in your Herbal knowledge and education 5 years from now? Why?

Where would you like to be in your Herbal Knowledge and education 2 years from now? Why?

Where would you like to be in your herbal knowledge and education by December of this year?



What will you need to do accomplish in the next 3 months to be on track for that goal?

What will you need to accomplish in the next 6 months to be on track for that goal?

What big project are you working on in 2019?



What will you do this month to help you reach one of your big goals?

Would you like to work with an accountability partner or a buddy to help you reach your goals?

The Virtual Workspace

Have you used the Virtual Work Space to Buddy up with a partner yet? [Go to the Facebook group](#) to find a partner, set a time that is mutually agreeable, go to the zoom link at the right time and meet over Zoom, in our member's only zoom room.

In the Virtual Workspace you can talk face to face, get feedback, bounce your ideas off of someone else, or even get some encouragement on a project you are working on. Maybe this encounter will grow into something beautiful. Give it a try



Herbalist Skills to master

(Tick off each one that you have done. Circle the ones you will master in the next 6 months.)

- ☐ Brew a decoction
- ☐ Brew an herbal tisane
- ☐ Collect seeds from one culinary herb
- ☐ Collect seeds from one medicinal herb
- ☐ Create a bioregional material medica
- ☐ Create a kidsafe essential oil diffuser blend for a specific purpose
- ☐ Create a kidsafe herbal medicine using child-size dosage/serving
- ☐ Create a *materia medica* about one herbal ally
- ☐ Create a remedy for boils, warts, or skin infections
- ☐ Create a sleepy time tea or tincture
- ☐ Distill a floral hydrosol
- ☐ Draw a picture of an herb or plant in your herb journal
- ☐ Dye cloth or yarn using natural dye plants and herbs
- ☐ Ferment herbs to preserve them
- ☐ Find one tonic herb that grows in your bioregion, plant it in your herb garden or locate it in the wild. Study it as an herbal ally. Harvest it at the optimal time. Make an herbal remedy with it.
- ☐ Forage for 5 edible wild plants in your bioregion
- ☐ Forage for 5 medicinal wild plants in your bioregion
- ☐ Forage for one medicinal herb in your own bioregion
- ☐ Grow a culinary herb from a plant cutting
- ☐ Grow a culinary herb from a root division
- ☐ Grow a culinary herb from seed
- ☐ Grow a medicinal herb from a plant cutting
- ☐ Grow a medicinal herb from a root division
- ☐ Grow a medicinal herb from seed
- ☐ Grow an edible flower
- ☐ Harvest an edible flower and use it in a dish
- ☐ Harvest oil plants (like olives or almonds) and press the oil
- ☐ Identify plants by their plant families (mint family, lily family, rose family etc.)
- ☐ Identify wild medicinal mushrooms in the wild.
- ☐ Keep an herb journal
- ☐ Know the various classes of herb (adaptogen, antiviral, etc.) and name 3 to 5 herbs in each class.
- ☐ Know your personal constitution and energetics
- ☐ Learn about 5 herbal allies _____, _____, _____, _____, _____
- ☐ Learn about one herbal ally that grows in your neighborhood _____
- ☐ Make a bitters tincture
- ☐ Make a culinary salt using herbs

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- Make a double extraction mushroom tincture
- Make a glycerite
- Make a heart tonic or blood pressure tonic
- Make a lip balm
- Make a mushroom brew (mushroom tea, coffee, or hot chocolate)
- Make a plant imprint using natural dye techniques
- Make a poultice
- Make a respiratory remedy
- Make a salve
- Make a simple tincture
- Make a standardized tincture formula
- Make a tincture using the folk method
- Make a tincture using the percolation method
- Make an eczema remedy or other skin ailment remedy
- Make an elderberry syrup or tincture
- Make an herbal electuary
- Make an herbal candy
- Make an herbal capsule using powdered herbs
- Make an herbal cold or flu remedy
- Make an herbal compound tincture
- Make an herbal gooball, zoomball, or other confection with medicinal benefits
- Make an herbal lozenge
- Make an herbal massage oil
- Make an herbal mead
- Make an herbal oil infusion using dried plant material
- Make an herbal oil infusion using fresh plant material
- Make an herbal simple
- Make an herbal syrup
- Make an oxymel
- Make bath bombs
- Make bath salts
- Make composition powder
- Make ink using natural dye
- Make kefir
- Make kombucha
- Make paint pigments using herbs and natural dye plants
- Make sauerkraut, kimchi, or other fermented vegetables
- Make shampoo
- Make soap
- Propagate a culinary herb using air layering
- Propagate a medicinal herb using air layering



- Understand how to use water and salt to create therapeutic isotonic solutions
- Understand the herbal energetics of the herbs you use
- Use a field guide to correctly identify one wild edible plant in your bioregion
- Use a field guide to correctly identify one wild medicinal plant in your bioregion
- Using Google Scholar look up an herb you want to know more about and research the scientific papers on that herb written in the last 5 years.
- What is your bioregion? _____ (ie. Interior Mountains; Prairies; Coastal Rain forest, etc.)

What skills do you want to accomplish or learn in the next 6 months?

What is one goal that you have for 2019, related to your health? Why is this important to you?

How will your life be different or improved when you accomplish your goal?



What is one goal that you have for 2019 related to your herbal education? Why is this important to you?

How will your life be different or improved when you accomplish your goal?

Write your two goals down on a card and tape it somewhere that you can see it every day. Set your intention by reminding yourself of your two important goals every day.

What will you do in the margins that will help you accomplish your goal over time in the next 3 months?



Use this space to brainstorm what you would like to accomplish this year, how that looks, and what you want to include.