

Weekly Planning Sheet

Week Ending _____

What's the best use of my time right now?

Goals for Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Self, Well-Being & Spirit	6am							
	7am							
	8am							
	9am							
	10am							
Business & Career	11am							
	12pm							
	1pm							
	2pm							
Home & Family	3pm							
	4pm							
	5pm							
Community & Humanity	6pm							
	7pm							
	8pm							
	9pm							
	10pm							