**PLANNING AN IDEAL WEEK**

Model your ideal week here, allocating time first for your priorities (key relationships and other values or commitments). Include time for sleep and recreation.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Early |  |  |  |  |  |  |  |
| 7am |  |  |  |  |  |  |  |
| 8am |  |  |  |  |  |  |  |
| 9am |  |  |  |  |  |  |  |
| 10am |  |  |  |  |  |  |  |
| 11am |  |  |  |  |  |  |  |
| 12pm |  |  |  |  |  |  |  |
| 1pm |  |  |  |  |  |  |  |
| 2pm |  |  |  |  |  |  |  |
| 3pm |  |  |  |  |  |  |  |
| 4pm |  |  |  |  |  |  |  |
| 5pm |  |  |  |  |  |  |  |
| 6pm |  |  |  |  |  |  |  |
| 7pm |  |  |  |  |  |  |  |
| 8pm |  |  |  |  |  |  |  |
| 9pm |  |  |  |  |  |  |  |
| 10pm |  |  |  |  |  |  |  |
| Late |  |  |  |  |  |  |  |

*You may want to consider adjusting this each regularly based on season changes in your life.*