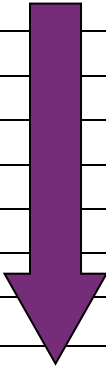
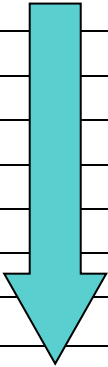
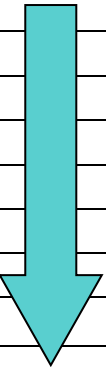
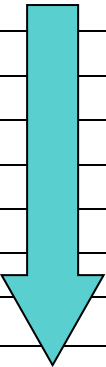
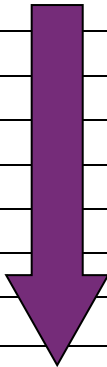
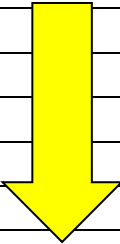
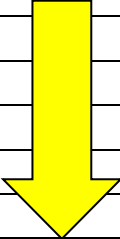

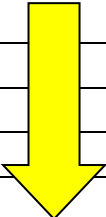


Example of an Ideal Week Planner

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0600	Meditation	Meditation	Meditation	Meditation	Meditation		
0700	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
0800	Personal Development	Personal Development	Personal Development	Personal Development	Personal Development		
0900	Planning	Action	Action	Action	Planning	Household chores	Family time
1000							
1100							
1200							
1300							
1400							
1500							
1600							
1700							Admin Time
1800	Journaling	Gym	Journaling	Gym	Journaling	Socialise	
1900	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal		
2000	Relax	Relax	Relax	Relax	Relax		Relax
2100	Relax	Relax	Relax	Relax	Relax		Relax
2200	Relax	Relax	Relax	Relax	Relax		



Design Your Own Ideal Week Planner

Using the previous table:

- **Insert regular commitments**
 - o the hours that you are at work
 - o taking children to school
 - o attending courses/education

- **Insert leisure activities**
 - o Visiting gym
 - o Spending time with family
 - o Socialising

- **Insert allocated time to work business**
 - o Block half days for different types of activities of planning or action
 - o Take into consideration commuting time

- **Insert Personal Development time**
 - o Time for reading
 - o Time for goal setting and visualisation
 - o Relaxation time