

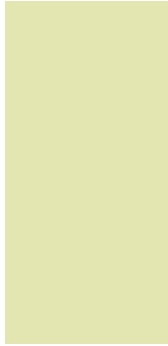



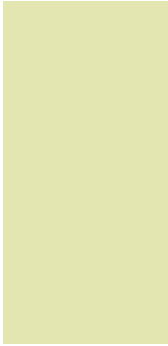


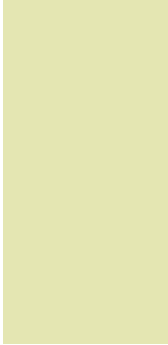



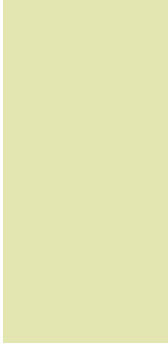
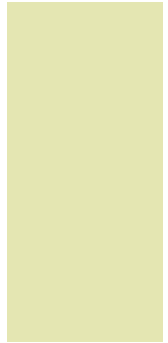



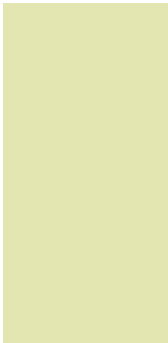

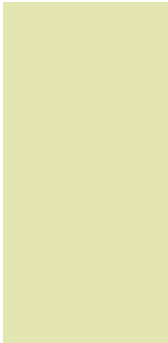


Time Inventory



Let's take some time to evaluate how you are spending your time.

Take a week and jot down some phrases and words about how your time was spent. We've kept the blocks a little more broad, so you aren't stuck keeping detailed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING: 	MORNING: 	MORNING: 	MORNING: 	MORNING: 	MORNING: 	MORNING: 
AFTERNOON: 	AFTERNOON: 	AFTERNOON: 	AFTERNOON: 	AFTERNOON: 	AFTERNOON: 	AFTERNOON: 
EVENING: 	EVENING: 	EVENING: 	EVENING: 	EVENING: 	EVENING: 	EVENING: 

So what did you like about this week? What didn't you like?
Where did your time go that was surprising to you?

Your Top 5

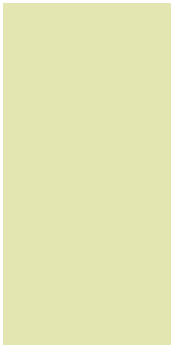

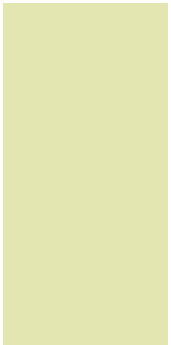
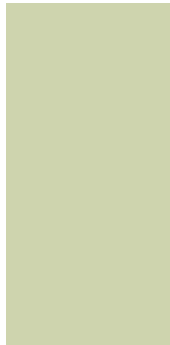
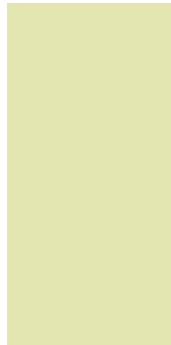

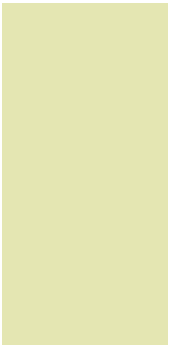
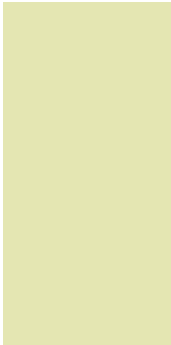
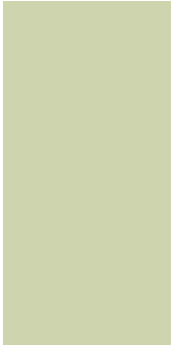
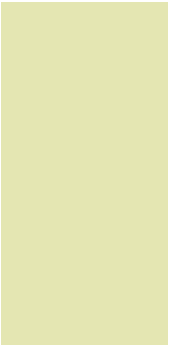
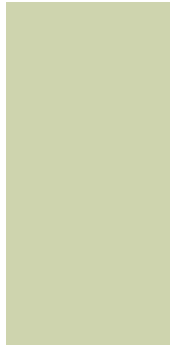
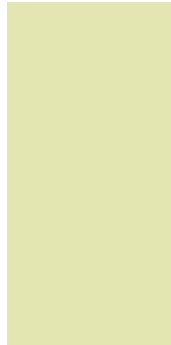

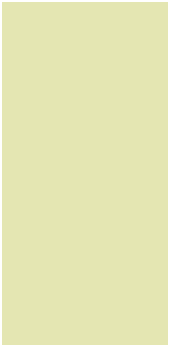
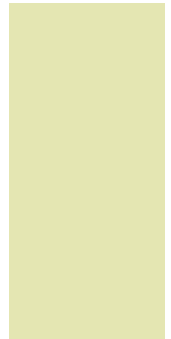
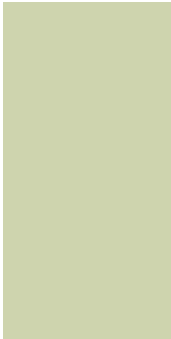
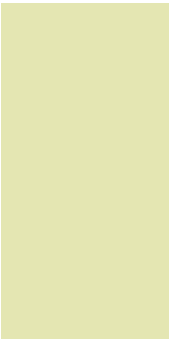
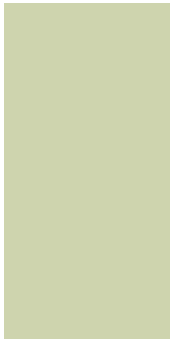
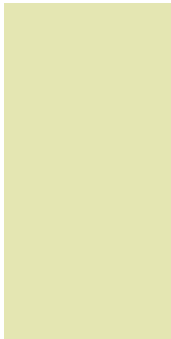

What are the top 5 values that are essential for you to incorporate into your every daily/weekly routine? What things are non-negotiables?



Five horizontal rectangular boxes, each with a light green-to-yellow gradient, arranged in a slightly staggered row. These are intended for the user to list their top 5 values.

New Plan

Let's take the 5 values that are priorities for your week, and schedule them now. When makes the most sense for them to take place? Once those are planned, add the other responsibilities and appointments.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING: 	MORNING: 	MORNING: 	MORNING: 	MORNING: 	MORNING: 	MORNING: 
AFTERNOON: 	AFTERNOON: 	AFTERNOON: 	AFTERNOON: 	AFTERNOON: 	AFTERNOON: 	AFTERNOON: 
EVENING: 	EVENING: 	EVENING: 	EVENING: 	EVENING: 	EVENING: 	EVENING: 