

Weekly Planning Chart for the week of: _____

My pockets of time available for feeding my focus:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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My action items for this week:

Area	Area	Area
Goals	Goals	Goals
_____	_____	_____
_____	_____	_____
_____	_____	_____
To-Dos	To-Dos	To-Dos
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____