

# SATISFYING THINGS I WANNA DO THIS WEEK DAMMIT

DATE  MONTH/DAY

## MONDAY

Decide on your balance strategy. Write down what got done. Fill in hour blocks at right.

A 24-hour grid for Monday. The grid is divided into six categories: CREATE (green), CONVERSE (yellow), HAPPY (red), HOME (blue), HEALTH (pink), and SLEEP (purple). Each category has a 4x2 grid of bubbles. The 'HAPPY' category has a shaded 2x2 area in the center.

## TUESDAY

A 24-hour grid for Tuesday, identical in structure to Monday's grid.

## WEDNESDAY

A 24-hour grid for Wednesday, identical in structure to Monday's grid.

## THURSDAY

A 24-hour grid for Thursday, identical in structure to Monday's grid.

## FRIDAY

A 24-hour grid for Friday, identical in structure to Monday's grid.

## ▼ THIS WEEK'S BIG THREE TOUGHEST TASKS that you most want to make progress on!

- 1
- 2
- 3

## ► AND THE OTHER STUFF THAT'S ON YOUR MIND which is your running to-do list.

Handwriting practice area with multiple rows of dotted lines for writing.

## SATURDAY

A 24-hour grid for Saturday, identical in structure to Monday's grid.

## SUNDAY

A 24-hour grid for Sunday, identical in structure to Monday's grid.