

SATISFYING THINGS I WANNA DO THIS WEEK DAMMIT

DATE 2009

MONDAY

THEME

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

WORK
ACADEMIC
HAPPY
PERSONAL
HEALTH
SLEEP

TUESDAY

THEME

WORK
ACADEMIC
HAPPY
PERSONAL
HEALTH
SLEEP

WEDNESDAY

THEME

WORK
ACADEMIC
HAPPY
PERSONAL
HEALTH
SLEEP

THURSDAY

THEME

WORK
ACADEMIC
HAPPY
PERSONAL
HEALTH
SLEEP

FRIDAY

THEME

WORK
ACADEMIC
HAPPY
PERSONAL
HEALTH
SLEEP

THIS WEEK'S BIG THREE TOUGHEST TASKS

that you most want to make progress on!

1 :
Task description. Mark estimated time with vertical line. Track 30min/bubble. Total time.

2 :
Task description. Mark estimated time with vertical line. Track 30min/bubble. Total time.

3 :
Task description. Mark estimated time with vertical line. Track 30min/bubble. Total time.

AND THE OTHER STUFF THAT'S ON YOUR MIND

which is your running to-do list.

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SATURDAY

THEME

WORK
ACADEMIC
HAPPY
PERSONAL
HEALTH
SLEEP

SUNDAY

THEME

WORK
ACADEMIC
HAPPY
PERSONAL
HEALTH
SLEEP