

HOW TO PLAN YOUR SCHEDULE WITH *Time Blocking*

Plan your week ahead of time...

Set aside 1-2 hours on Sunday, then 15 minutes to review and update each day, plus 15-minute breaks in between tasks.



1-2 hours on Sunday
15 minutes a day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Get Ready	Get Ready	Get Ready	Get Ready	Get Ready		
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
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	Branding eBook				Workout	Workout
					Record next steps for Mimi	Break
Lunch	Lunch	Lunch	Lunch	Lunch		



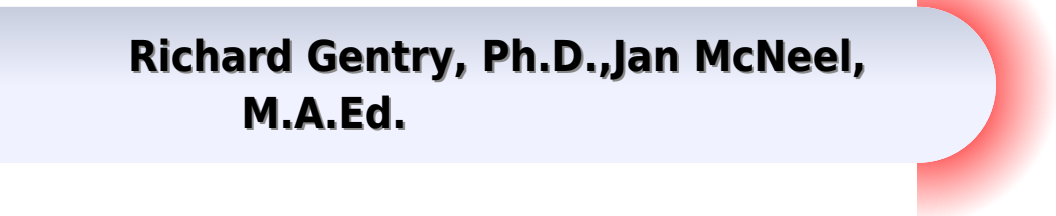
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**Richard Gentry, Ph.D., Jan McNeel,
M.A.Ed.**



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