# 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		
	Call with Judy				Call Judy	
101+ bliog sitle template post	Branding eBook	Branding eBook	upgrade for niche post	Landing pages for content upgrades	Workout	Workout
					Break	Brand challenge
		Record next steps for Mimi				
Lunch	Lunch	Lunch	Lunch	Lunch	bridat shower	







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**Léo Pomar** 

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