

Your Week on One Page

See the whole week in one place so the days stop running together.

WHEN TO USE THIS

Use this on a Sunday, or any day the week ahead feels like a blur.

For each day, write the one thing that has to happen and one thing for you.

DAY	HAS TO HAPPEN	FOR YOU

Looking at it now, which day is going to be the hardest? What makes it heavy?

What could you move, drop, or ask someone else to do?

A week you can see is easier to carry than a week you are guessing at.