

Realignment & Routines

The Ideal Week

Let's imagine your ideal week. On the space below, build out a sample week from start to finish that would be the best use of your energy and time. Don't forget things like exercise, time with family/friends, key meetings, etc.



	SUN	MON	TUE	WED	THUR	FRI	SAT
4:00 am							
8:00 am							
12:00 noon							
4:00 pm							
8:00 pm							
12:00 midnight							