

WEEK PLAN

Week of: _____

MONDAY

Top 3 Priorities

No. 01:

No. 02:

No. 03:

TUESDAY

Top 3 non-negotiables to keep my sanity are:

*(...because I'm no good if I'm
exhausted, overworked and burned out)*

No. 01:

No. 02:

No. 03:

WEDNESDAY

THURSDAY

FRIDAY

NOTES:

WEEKEND