

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM						
9:00 AM						
10:00 AM						
11:00 AM						
12:00 PM						
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM						
6:00 PM						
7:00 PM						
8:00 PM						
9:00 PM						
10:00 PM						
11:00 PM						
	Consider this...					
	* What one activity takes up most of your time (other than sleeping)? Is it completely necessary, or can you reallocate some of that					
	* What tasks can you eliminate or decrease in order to more effectively use your time to accomplish your goals?					
	* What are your major time wasters?					

	* What do you believe are the reasons you cannot accomplish all of your tasks?		
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