

## Make Your Ideal Week Your Default Lifestyle (Part 1)

### CURRENT Weekly Schedule

Complete the Schedule to Show How You are CURRENTLY Investing Your Time (In & Out of Work)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							

### DESIRED Weekly Schedule

Complete the Schedule to Show How You DESIRE to Invest Your Time (In & Out of Work)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							

## Make Your Ideal Week Your Default Lifestyle (Part 2)

**WEEK # \_\_ CHANGE to Weekly Schedule** (Use This Every Week You Make Changes)

Complete the Schedule to Show How You with the CHANGE How You're Investing Your Time (In & Out of Work)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							

## DAY 2 **LIFESTYLE** CHALLENGE

ACTION STEP	TASK	TARGET DATE	DATE COMPLETED
1	Complete Your <b>CURRENT</b> Weekly Schedule		
2	Create Your <b>DESIRED</b> Weekly Schedule		
3	Create a <b>CHANGE</b> Schedule Each Month & Make 1 Significant Change		