

# My Ideal Week

Themes		Communication/ Coaching	Projects/Meetings/Ad Hoc			Planning/Growth	Personal	Church/Rest
		Mon	Tues	Wed	Thu	Fri	Sat	Sun
<i>Self</i>	05:00 - 05:30	Workout						
	05:30 - 06:00	Workout						
	06:00 - 06:30						Shower & Dress	
<i>Work</i>	06:30 - 07:00	Shower & Dress					Breakfast	
	07:00 - 07:30	Journal						
	07:30 - 08:00	Scripture Reading & Prayer						
	08:00 - 08:30	Process Email						
	08:30 - 09:00					Weekly Review	School Work	Church
	09:00 - 09:30	DBMD Processing, Website, Social Networking, Writing, Communication	Work - Doing Time Focused on MIT's for the Day; DBA Meeting (1X Every Two Months)	Weekly Meeting with Pastor Stan	Work - Doing Time Focused on MIT's for the Day		School Work	Church
	09:30 - 10:00							
	10:00 - 10:30							
	10:30 - 11:00							
	11:00 - 11:30						Review Personal Finances	Read
	11:30 - 12:00						Lunch	Lunch
	12:00 - 12:30	Available for Lunch Meetings				Lunch Date with Marietta		
	12:30 - 01:00							
	01:00 - 01:30						Household Chores	
	01:30 - 02:00	Writing/Available for Coaching	Available for Project Management	Writing/Blogging	Available for Project Management & Coaching	Professional Development		
02:00 - 02:30								
02:30 - 03:00								
<i>Self</i>	03:00 - 03:30	Process Email						
	03:30 - 04:00							
	04:00 - 04:30	School Work	School Work	School Work	School Work	School Work		
<i>Family &amp; Other</i>	04:30 - 05:00							
	05:00 - 05:30							
	05:30 - 06:00	Dinner with Family						
	06:00 - 06:30							
	06:30 - 07:00					Family Night		
	07:00 - 07:30							
	07:30 - 08:00							
	08:00 - 08:30	Time with Marietta	Read	Time with Marietta	Read			Time with Marietta
08:30 - 09:00								
09:00 - 09:30								