

WEEKLY ROUTINES AND REFLECTIONS

Dates:

The week is a snapshot of your life. Your action across the days need to have purpose, but you must also find time to recharge and recover. Within the week, be deliberate in attending to each of the domains of life:

Career Family Health Learning Social Financial Spiritual Leisure

Action: What needs to be done?

Rest: How will I recharge?

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Weekly
Activities

