

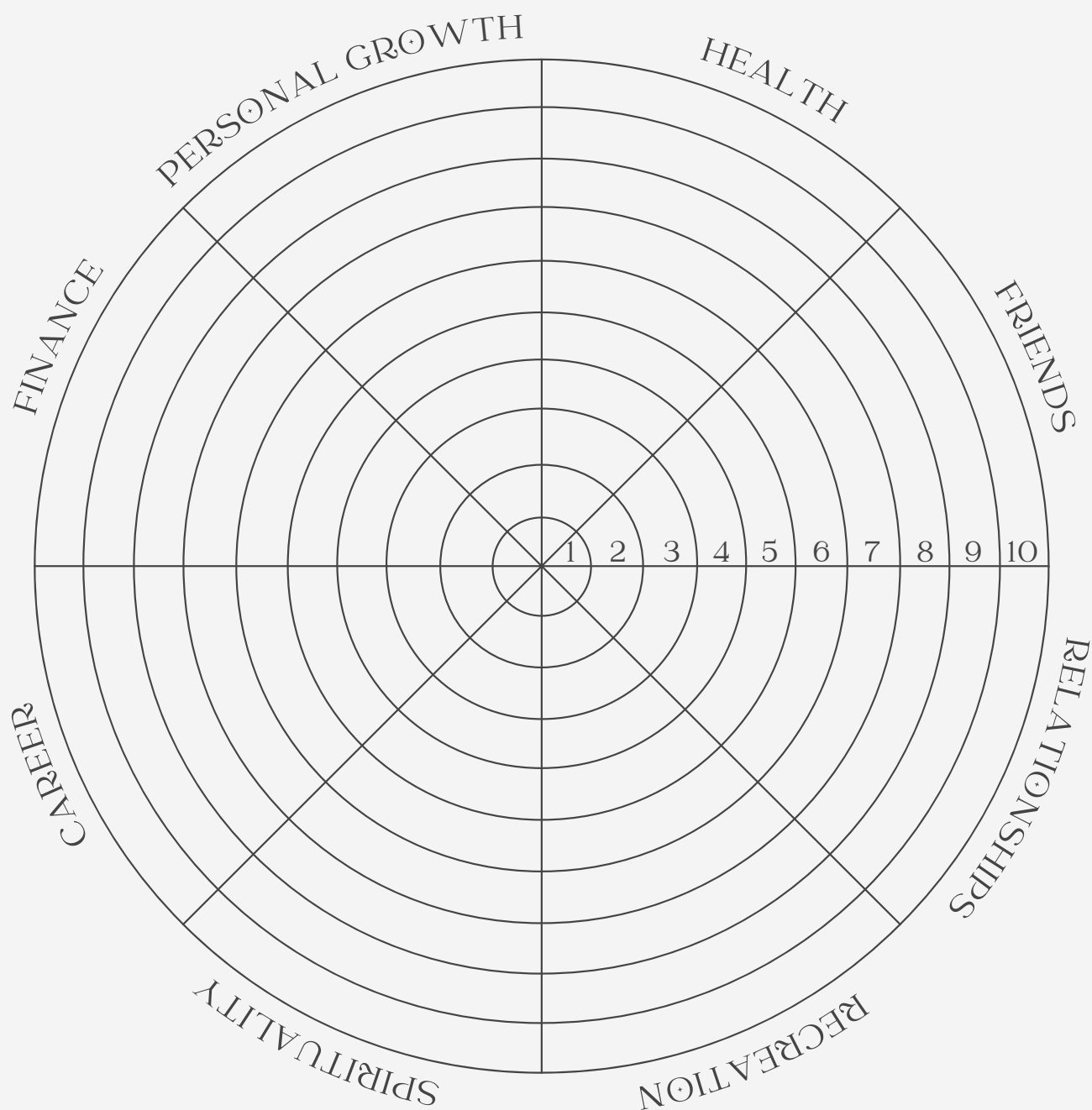
THE TIME MANAGEMENT BLUEPRINT

Get back to doing what you love!

SIMPLYSAVVY.CO

WHEEL *of life*

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



MY goals

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>PERSONAL GROWTH</i>			
<i>HEALTH</i>			
<i>FRIENDS</i>			
<i>RELATIONSHIPS</i>			
<i>RECREATION</i>			
<i>SPIRITUALITY</i>			
<i>CAREER</i>			
<i>FINANCE</i>			

UNDERSTANDING *my goals*

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



WEEKLY *schedule*

MON

TUE

WED

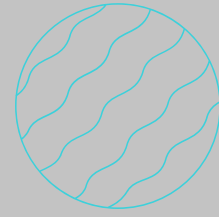
THU

FRI

SAT

SUN

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LET'S CONNECT

I'd love to connect and see how I may be able to help you find more time to get back to doing what you love! Book a free strategy call and let's chat!

calendly.com/lauriere

