

*Design the week you WANT, not the week that happens to you. Block time for your priorities FIRST. This is not a diary — it's a blueprint. Review weekly and adjust as real life evolves.*

**My Core Values (from Worksheet 3):**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

My peak energy time:  Morning  Afternoon  Evening

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00–6:00							
6:00–7:00							
7:00–8:00							
8:00–9:00							
9:00–10:00							
10:00–11:00							
11:00–12:00							
12:00–13:00							
13:00–14:00							
14:00–15:00							
15:00–16:00							
16:00–17:00							
17:00–18:00							
18:00–19:00							
19:00–20:00							
20:00–21:00							
21:00–22:00							

**Legend / Time-Block Categories (use colour coding):**

Deep Work · Admin/Email · Family/Social · Exercise · Learning · Rest · Other: \_\_\_\_\_