

My ideal week

USE THESE SHEETS AS A GUIDE TO HELP YOU SAVE TIME, STAY IN YOUR STRENGTHS, AND FOCUS ON WHAT MATTERS MOST

LIST EVERYTHING YOU DO IN YOUR LIFE. LIST ACTIVITIES RELATED TO WORK, HOME, PERSONAL, ETC.

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NOW DIVIDE ALL THESE ACTIVITIES INTO 3 GROUPS:

ONLY I CAN
DO



AUTOMATE
OR
DELEGATE



DELETE

NOW TAKE ALL THE ACTIVITIES REMAINING AND GROUP THEM INTO "LIKE" ACTIVITIES. FOR EXAMPLE, THINGS THAT NEED TO BE DONE ON THE COMPUTER, THINGS THAT ARE QUICK AND CAN BE DONE ON YOUR PHONE, ACTIVITIES THAT NEED YOU TO DRESS UP AND LOOK NICE, ETC. ETC. ETC.

NOW PLOT ALL THESE GROUPINGS INTO BLOCKS IN YOUR CALENDAR. I RECOMMEND PLOTTING THESE INTO AN ELECTRONIC CALENDAR LIKE ICAL OR GOOGLE CALENDAR. DON'T FORGET TO SCHEDULE TIME FOR REST, FLEX TIME AND OTHER MARGIN.

MON

TUES

WED

THURS

FRI

SAT

SUN

LISA CANNING



THE *Possibility* MOM

How to be a Great Mom and Pursue
Your Dreams at the Same Time

LISA CANNING IS A MOM OF SEVEN AND IS PASSIONATE
ABOUT HELPING MOMS LIVE THEIR BEST LIVES.

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