HOW TO PLAN YOUR SCHEDULE WITH Time Blocking

Plan your week ahead of time...

Set aside 1-2 hours on Sunday, then 15 minutes to review and update each day, plus 15-minute breaks in between tasks.



1-2 hours on Sunday 15 minutes a day

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------------|----------------|-------------------------------|---------------------------|--|----------------------------------|-----------------|
| Get Ready | Get Ready | Get Ready | Get Ready | Get Ready | | |
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | | |
| 101+ blog title template post | Call with Judy | Branding eBook | upgrade for niche post | Landing pages for content upgrades | Call Judy | |
| | Branding eBook | | | | Workout | Workout |
| | | | | | Break | Brand challenge |
| | | Record next steps for Mimi | | | Plan Danielle's bridal shower | |
| Lunch | Lunch | Lunch | Lunch | Lunch | | |





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S Ben Porath

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