

12 Monthly Objectives

Month 1

Month 2

Month 3

Month 4

Month 5

Month 6

Month 7

Month 8

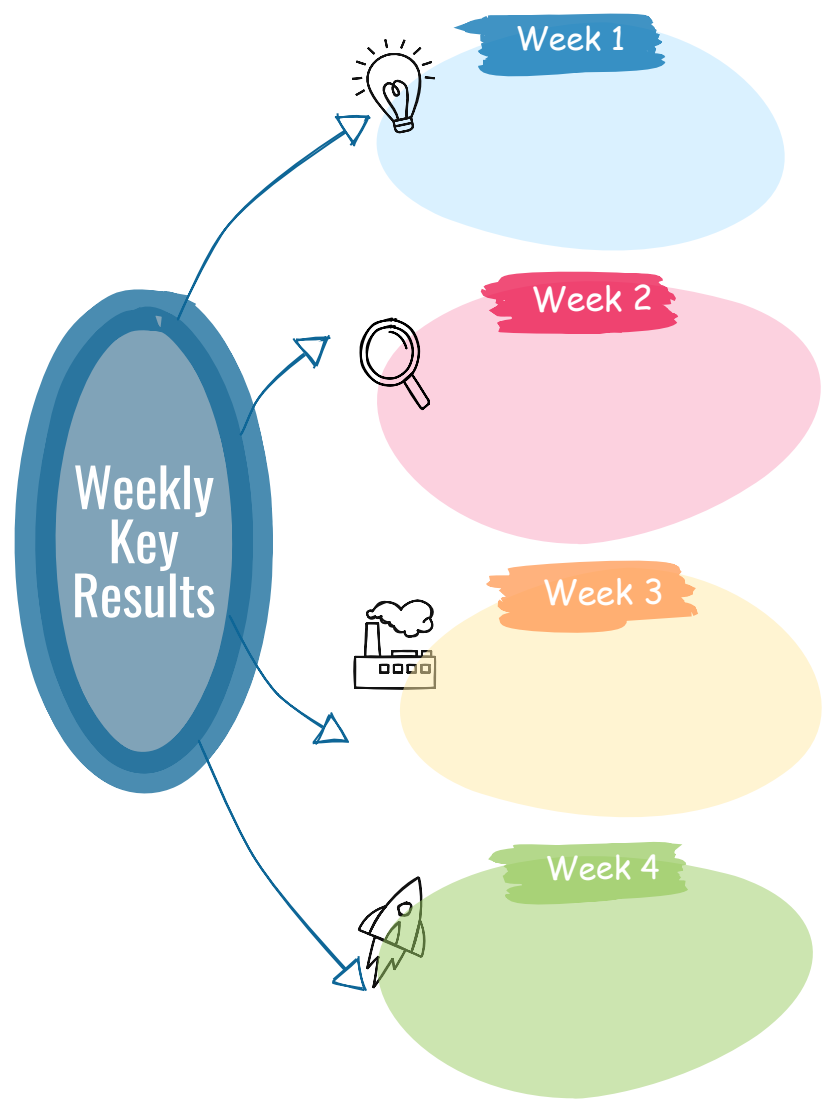
Month 9

Month 10

Month 11

Month 12

Month 1 Objective:





Daily Micro-Tasks



KR1 —

Monday



Task area for Monday



Tuesday

Task area for Tuesday



Wednesday



Task area for Wednesday

Thursday

Task area for Thursday



Friday



Task area for Friday



FOCUS BLOCKS

Month _____

Week _____

KR _____

Day _____

Micro-task:

Focus Block 1 (7:00-8:30 AM)

D

1:

Focus Block 2 (9:00-10:30)

E

2:

Focus Block 3 (11:00-12:30)

M

3:

Focus Block 4 (1:00-2:30)

B

4:

Focus Block 5 (3:00-4:30)

O

5:

Focus Block 6 (5:00-6:30)

K

6:
