

## SUNDAY PLANNING Template

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This week's "to-manifest" list categorized by your 3 **BIG** goals for the year:

GOAL#1	GOAL#2
GOAL#3	MISCELLANEOUS
My 3 MVPs (Most Valuable Priorities) of the week are:	
1	
2	
3	

- Block out (1) 90 min. Jam session per MVP on your calendar treat these as sacred appointments.
- Block out time on your calendar for your exercise, family, social, and R&R.
- Immediately delete, delegate, or defer (to a someday/maybe list) everything in the "Black Hole" the "Miscellaneous" square of your grid.
- Allow yourself to complete your tasks throughout the week, in batches, as you feel inspired to do so.

## NOTES. Date:

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