

WHEEL OF LIFE

C o a c h i n g

Weekly Action Planner



1) Must do actions for Monday to Wednesday:

*What definitely has to happen on these days?
Check that these tasks cannot wait.*

2) Must do actions for Thursday to Sunday:

3) Tasks to delegate or seek support for:

*Can you ask for some support from family,
friends or paid-help for these tasks?*

4) Tasks to carry over to next week:



	AM tasks:	PM tasks:	Self-care tasks:
Monday <i>"Don't worry about doing great things, just do little things with great heart"</i> <i>Mother Theresa</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> 5-15 minute guided meditation <input type="checkbox"/> Your choice!
Tuesday <i>"I've learned that you can't have everything and do everything at the same time."</i> <i>Oprah.</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> 5-15 minute guided meditation <input type="checkbox"/> Your choice!
Wednesday <i>"Courageous people are still afraid, but they don't let the fear paralyze them."</i> <i>Steve Pavlina</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> 5-15 minute guided meditation <input type="checkbox"/> Your choice!
Thursday <i>"To avoid criticism, do nothing, say nothing, be nothing."</i> <i>Elbert Hubbard</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> 5-15 minute guided meditation <input type="checkbox"/> Your choice!
Friday <i>"The future belongs to those who believe in the beauty of their dreams."</i> <i>Eleanor Roosevelt</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> 5-15 minute guided meditation <input type="checkbox"/> Your choice!
Saturday <i>"Joy is not in things, it is in us."</i> <i>Richard Wagner</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> 5-15 minute guided meditation <input type="checkbox"/> Your choice!
Sunday <i>"The most wasted of all days is one without laughter."</i> <i>EE Cummings</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> 5-15 minute guided meditation <input type="checkbox"/> Your choice!