

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 | Workout |
| | Branding eBook | | | | Workout | |
| | | Record next steps for Mimi | | | Break | |
| Lunch | Lunch | Lunch | Lunch | Lunch | Plan Danielle's bridal shower | Brand challenge |



How to time block



Watch the time blocking video tutorial

Tutorial Time Blocking Planner

Sabine Zange

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle overlapping the right side of the bar.

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