

Priority Planning: Sally


Date: Feb 1-7

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Category/ Action Steps	Faith	Self	Spouse	Child 1	Child 2	Business	Relationships
1	Quiet time 15 minutes each morning	"Movement" 30 minutes 3 times this week	Date night Weds	Pick up from lacrosse	Ask how finals went	Invite Jim to WP	Call Sally to have lunch
2	Write prayers each morning	Shop for healthy food	Set up babysitter	Make lunch daily	Shop for prom dress	F/U with Alicia about CD	Call Susie and see how she is
3	Write 2 things I'm grateful for each evening	Prepare quick healthy food snacks	See if he needs support on project	Clothes shop	Check into art classes	Watch "Whole Truth" DVD	Ask advice from Betty
4		Ask for time to watch my favorite show	Ask him how his day was and LISTEN	Review study guide for biology w/him	Ask about update on her friend	Customer Care calls to Bob, Carol & Sue	Call mom to see how she's doing
5			Tell him thank you for...			Ck in with new distributor on how day was	See if Dad needs any support
6						Offer coaching to Pam, Sally & Lisa	Plan Geri's b-day party
7						Welcome 3-way call with Steph & Wendy	Order tickets to the play
Bonus	Give \$ or time to someone in need	Schedule massage	Tell him I love him everyday	Tell him I love him everyday	Tell her I love her everyday	Go to PP Event with guests	Learn from my mentor



It is so important to know what your priorities are, then to plan your priorities/actions into your week. Very often we have to "compartmentalize" our activities, so that we can focus on what needs to be done. When we see our goals and how we are organizing our time in black and white, we begin to see how we are "spending" our time. Wouldn't you rather be "investing" your time into the future you want to live?

Each week, plan your activities according to what moves you closer to your goals. Then at the end of the week, use  Curiosity/Learning to ask yourself the following clarifying questions:


What moved you closer to your goals?



Taking time to listen to others. ( Curiosity/Leaning)

Taking care of myself first. (Goals/Organization)

Remembering what I am thankful for and starting my day off in prayer to get bigger perspective. ( Spirituality/Faith &  Gratitude/Attitude).

I feel good when I work out. ( Movement)

What distractions/Challenge Areas did you allow in?  Remember: A set back is a set up for a come-back.

 Procrastination. I didn't take time to shop for healthy food so it made it harder to make good choices. I ate  Toxic Food because I did not have healthy food prepared and available.

What will you do differently next week, if anything? (Review the Life Areas and use them as a guide for support and momentum)

-  Relationships: Ask my neighbor to "swap kids" this week so I can go grocery shop for healthy food and come home and prepare it.
- Goals/Organization: have my list ready/meals planned before shopping.

Now you can plan for next week...