

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sleep the eff in!
Wakeup around 9am
Gym 9:00 - 10:30 am

Essential Busy Work
11:00 - 2:00

Whatever I feel like doing!

Meditate, get ready for work, coffeEEEE
7:00 - 8:00

Work
8:00 - 3:30

Gym, Nap, or Me Time
3:30 - 5:00

RGAs

- Networking & Engaging on Social
- Community Building
- Following up
- Networking calls or meetings
- Sales calls or meetings
- Getting up close and personal with my PPC

5:00 - 6:00

Play with friends!

Meditate, get ready for work, coffeEEEE
7:00 - 8:00

Work
8:00 - 3:30

Gym, Nap, or Me Time
3:30 - 5:00

Dinner and get ready for networking events
5:00 - 6:00

Networking Events or Events where I could network, speak
6:00 - 8:00

Send follow-up emails and add to social
8:00 - 9:00

Meditate, get ready for work, coffeEEEE
7:00 - 8:00

Work
8:00 - 3:30

Gym, Nap, or Me Time
3:30 - 5:00

Dinner and get ready for networking events
5:00 - 6:00

Networking Events or Events where I could network, speak
6:00 - 8:00

Send follow-up emails and add to social
8:00 - 9:00

Meditate, get ready for work, coffeEEEE
7:00 - 8:00

Work
8:00 - 3:30

Gym, Nap, or Me Time
3:30 - 5:00

Dinner and get ready for networking events
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Networking Events or Events where I could network, speak
6:00 - 8:00

Send follow-up emails and add to social
8:00 - 9:00

Meditate, get ready for work, coffeEEEE
7:00 - 8:00

Work
8:00 - 3:30

Gym, Nap, or Me Time
3:30 - 5:00

RGAs

- Networking & Engaging on Social
- Community Building
- Following up
- Networking calls or meetings
- Sales calls or meetings
- Getting up close and personal with my PPC

5:00 - 6:00

Play with friends!

Sleep the eff in!
Wakeup around 9am
Gym 9:00 - 10:30 am

Brunch with friends
11:00 - 2:00

Essential Busy Work or Whatever I feel like doing!

Networking Events or Events where I could network, speak
Afternoon or Evening

Whatever I feel like doing!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Move my body
6:30 - 7:30

Me time
7:30 - 9:30

- Meditate
- Shower
- Breakfast
- Read
- Social Media

Bookkeeping & Accounting
9:30 - 10:30

Whatever I want!

Move my body
6:30 - 7:30

Me time
7:30 - 9:30

- Meditate
- Shower
- Breakfast
- Read
- Social Media

Answer emails
9:30 - 10:00

Engage PPC on Social Media (FB groups)
10:00 - 11:00

Respond to Social Media comments and messages
11:00 - 11:30

Lunch
11:30 - 12:00

Engage PPC on Social Media
12:30 - 1:30

Respond to Social Media comments and messages
1:30 - 2:00

Movement break & snack
2:00 - 2:30

Essential Busy Work
2:30 - 4:30

Answer emails
4:30 - 5:00

Whatever I want!

Move my body
6:30 - 7:30

Me time
7:30 - 9:30

- Meditate
- Shower
- Breakfast
- Read
- Social Media

Answer emails
9:30 - 10:00

Client sessions, meetings, and interviews
10:00 - 12:00

Lunch
12:00 - 1:00

Client sessions, meetings, and interviews
1:00 - 5:00

Answer emails
5:00 - 5:30

Move my body & call a friend
5:30 - 6:30

Whatever I want!

Move my body
6:30 - 7:30

Me time
7:30 - 9:30

- Meditate
- Shower
- Breakfast
- Read
- Social Media

Answer emails
9:30 - 10:00

Client sessions, meetings, and interviews
10:00 - 12:00

Lunch
12:00 - 1:00

Client sessions, meetings, and interviews
1:00 - 5:00

Answer emails
5:00 - 5:30

Move my body & call a friend
5:30 - 6:30

Whatever I want!

Move my body
6:30 - 7:30

Me time
7:30 - 9:30

- Meditate
- Shower
- Breakfast
- Read
- Social Media

Answer emails
9:30 - 10:00

Engage PPC on Social Media (IG & TikTok & FB groups)
10:00 - 12:00

Lunch
12:00 - 1:00

Essential Busy Work
1:00 - 5:00

Answer emails
5:00 - 5:30

Move my body & call a friend
5:30 - 6:30

Whatever I want!

Move my body
6:30 - 7:30

Me time
7:30 - 9:30

- Meditate
- Shower
- Breakfast
- Read
- Social Media

Answer emails
9:30 - 10:00

Engage PPC on Social Media (IG & TikTok & FB groups)
10:00 - 12:00

Lunch
12:00 - 1:00

Essential Busy Work
1:00 - 5:00

Answer emails
5:00 - 5:30

Move my body & call a friend
5:30 - 6:30

Whatever I want!

Move my body
6:30 - 7:30

Me time
7:30 - 9:30

- Meditate
- Shower
- Breakfast
- Read
- Social Media

Random Tasks I need to wrap up for the week
9:30 - 11:30

Whatever I want!

Time Blocking Key

Move my body

Me time

Respond to folks

Biz Dev

Behind the scenes work

Public facing work

Whatever I want to do!