

# LIFE COACH & WELLBEING

## My Weekly Planner

“All we have to decide is what to do with the time that is given to us” J.R.R. Tolkien

|                  |                                     |                  |
|------------------|-------------------------------------|------------------|
| <b>MONDAY</b>    | <b>TUESDAY</b>                      | <b>WEDNESDAY</b> |
| <b>THURSDAY</b>  | <b>FRIDAY</b>                       | <b>SATURDAY</b>  |
| <b>SUNDAY</b>    | <b>URGENT/IMPORTANT &amp; QUICK</b> |                  |
|                  | <b>IMPORTANT LONG-TERM GOALS</b>    |                  |
| <b>NEXT WEEK</b> |                                     |                  |