

Plan *for* today /

Date /

*Top Priorities*

*Grateful for*

- 6:40 - 7:00

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Wake / Water / Stretch
- 7:00 - 7:50

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Writing:: personal only
- 7:50 - 8:00

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Review priorities & calendar
- 8:00 - 8:30

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Meditation
- 8:30 - 8:55

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Shower & Coffee
- 9:00 - 11:00

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ASB: Quoting, orders, follow -up
- 11:00 - 12:00

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Bellarmino Publishing
- 12:00 - 12:45

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Lunch and break
- 1:00 - 2:00

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ASB Prospecting & marketing
- 2:00 - 3:30

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ASB
- 3:30 - 3:50

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Author promotion / social media
- 3:50 - 4:15

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Speaking: Research / outreach
- 4:15 - 4:30

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Wrap-up / plan for tomorrow
- 4:30 - 5:30

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Dinner shopping and cooking
- 7:00 - 8:00

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Exercise



*Water*

*To do list*