

Life Plan - Model Week Worksheet

Using your Life Plan Worksheets from Sessions 2, 3 and 4 and the chart below, create a plan for when you will engage in the daily and weekly disciplines you identified. In essence, you are creating a picture of an ideal week. Try to be wise about what will work for you. In the process of building this picture of a model week, you will discover conflicts with your current normal week. Write down what you discover on the next page.

Time	Sunday /	Monday /	Tuesday /	Wed /	Thursday /	Friday /	Saturday /
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