The Week in View

WEEK OF _____ THIS WEEK'S FOCUS *Finish the studio shelf and keep evenings quiet*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
MORNING *walk before mail*	MORNING	MORNING *market list*	MORNING	MORNING *deep work block*	MORNING	MORNING
MIDDAY *draft the letter*	MIDDAY	MIDDAY *call the landlord*	MIDDAY	MIDDAY *return the books*	MIDDAY	MIDDAY
EVENING *soup + early night*	EVENING	EVENING *read on the sofa*	EVENING	EVENING *table with friends*	EVENING	EVENING

THIS WEEK'S WINS

CARRY TO NEXT WEEK

Today's Map

DATE _____ DAY _____ HOW THE DAY FELT ○ ○ ○ ○ ○

TIME MAP — NAME THE BLOCKS AS YOU GO

7:30	walk before mail
9:00	Write the difficult paragraph
11:00	call the landlord
14:00	Walk around the block
18:30	table with friends
:	

ANCHOR

Write the difficult paragraph

NEXT

Walk around the block

LATER

Lay out tomorrow's clothes

WHAT MOVED TODAY

Sent the invoice · watered the plants

LEAVE FOR TOMORROW

Pack the parcel