

# IDEAL WEEK- EXAMPLE

## INSTRUCTIONS:

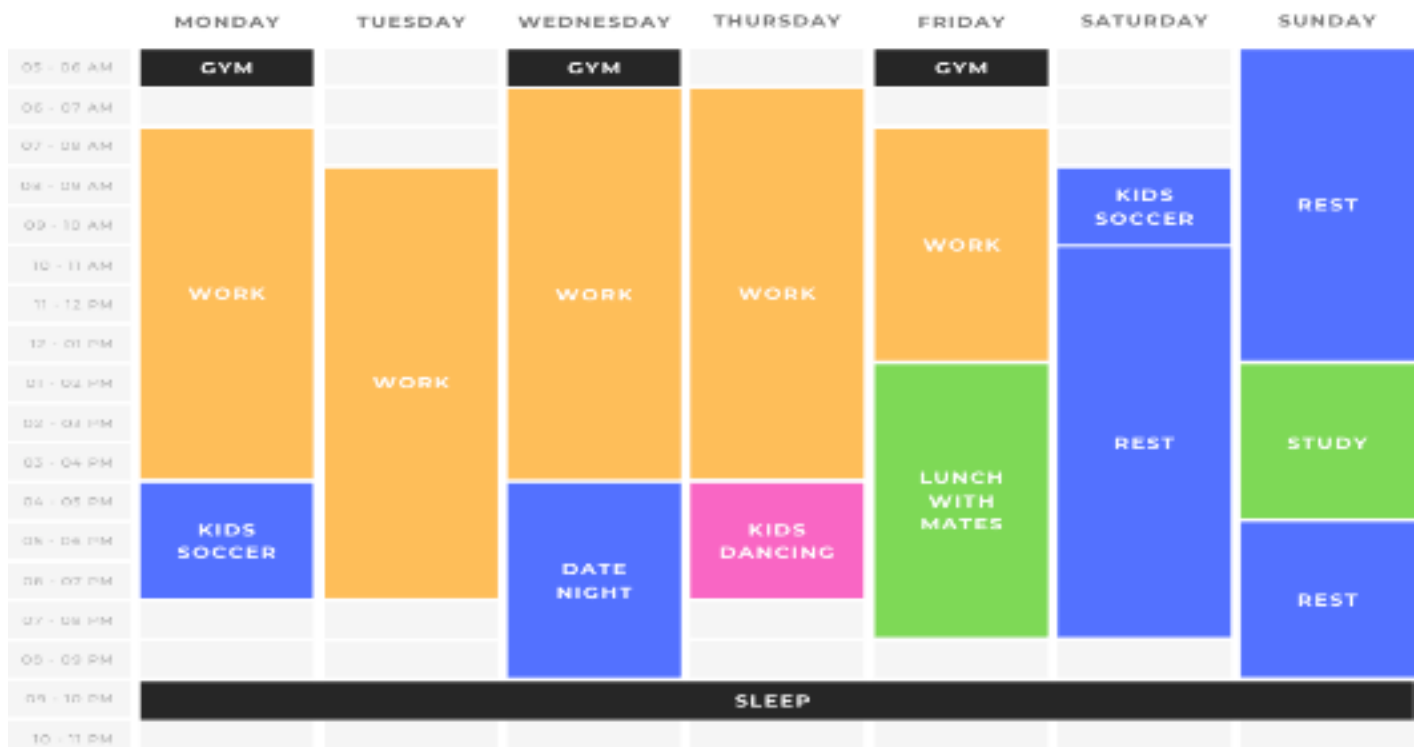
### PREPARING YOUR IDEAL WEEK

The key to becoming successful and building an amazing lifestyle is routine. Let's face it there is a lot that we need to fit into each week so the more routined and organised you are the more chance you have of succeeding. I want to help you to construct a perfect working week.

The following page is a template that will help you to design your ideal week. When completing the below here are a few tips:

1. Aim to wake up and go to sleep at the same time every day.
2. Have clearly defined times allocated for work/family/exercise/ and study.
3. Try and finish work at the same time every day (where possible).
4. Its trial and error keep tweaking until you find a routine that works for you.

## MY PLANS FOR THIS WEEK



# IDEAL WEEK- YOUR TURN

T  
C

## IDEAL WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05 - 06 AM	-	-	-	-	-	-	-
06 - 07 AM	-	-	-	-	-	-	-
07 - 08 AM	-	-	-	-	-	-	-
08 - 09 AM	-	-	-	-	-	-	-
09 - 10 AM	-	-	-	-	-	-	-
10 - 11 AM	-	-	-	-	-	-	-
11 - 12 PM	-	-	-	-	-	-	-
12 - 01 PM	-	-	-	-	-	-	-
01 - 02 PM	-	-	-	-	-	-	-
02 - 03 PM	-	-	-	-	-	-	-
03 - 04 PM	-	-	-	-	-	-	-
04 - 05 PM	-	-	-	-	-	-	-
05 - 06 PM	-	-	-	-	-	-	-
06 - 07 PM	-	-	-	-	-	-	-
07 - 08 PM	-	-	-	-	-	-	-
08 - 09 PM	-	-	-	-	-	-	-
09 - 10 PM	-	-	-	-	-	-	-
10 - 11 PM	-	-	-	-	-	-	-

**I HAVE INCLUDED  
THESE IN EVERY WEEK**



- FAMILY TIME
- 150 MINUTES EXERCISE
- REGULAR SLEEP
- WORK
- MATES/FUN
- SELF IMPROVEMENT
- REST/RELAXATION