

# HOW TO PLAN YOUR SCHEDULE WITH *Time Blocking*

## *Plan your week ahead of time...*

Set aside 1-2 hours on Sunday, then 15 minutes to review and update each day, plus 15-minute breaks in between tasks.



1-2 hours on Sunday  
15 minutes a day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Get Ready	Get Ready	Get Ready	Get Ready	Get Ready		
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
	Call with Judy				Call Judy	
101+ blog title template post	Branding eBook	Branding eBook	upgrade for niche post	Landing pages for content upgrades	Workout	Workout
		Record next steps for Mimi			Break	
Lunch	Lunch	Lunch	Lunch	Lunch	Plan Danielle's bridal shower	Brand challenge



How to time block



*Watch the time blocking video tutorial*

# Time Blocking Planner Tips

**Carol King, Ashley Alexis, ND**

## **Time Blocking Planner Tips:**

## Enjoying the Tune of Appearance: An Psychological Symphony within **Time Blocking Planner Tips**

In a global taken by displays and the ceaseless chatter of immediate interaction, the melodic beauty and psychological symphony developed by the published term frequently fade in to the background, eclipsed by the persistent noise and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Time Blocking Planner Tips** a stunning literary treasure filled with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this fascinating masterpiece conducts viewers on a mental journey, skillfully unraveling the concealed songs and profound affect resonating within each carefully crafted phrase. Within the depths with this touching evaluation, we shall examine the book is main harmonies, analyze its enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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