

Week – day themes

	Standard	1 st week	2nd	3rd	4th
Monday	Plan, set in motion				
	Doing mode				
Tuesday	Writing, synthesizing				
	“				
	Reading				
Wednesday	Do work-related				
	Do systems, organize, improve skills				
Thursday	Writing, synthesizing				
	“				
	Reading				
Friday	Errands, massages	Pay bills		Pay bills	
	Writing,				
	Play				
Saturday	Just fun				
Sunday	Make love, church,				
	Social				
	Movie				

12/02 Week – Standard – Work deemphasized

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Theme							
6:00							
7:00							
8:00	Eat, coffee Organize day	Eat, coffee Organize, plan	Eat, coffee Organize, plan	Eat, coffee Organize, plan	Eat, coffee Organize, plan		
9:00	Personal writing Weekly Plan	Personal writing	Personal writing	Personal writing	Personal writing	Eat, coffee Organize, plan	Sunday Paper
10:00	Writing	Writing	V	V	Financial	Adventure/ projects	
11:00	V	V	V lunch	V lunch	Financial	V lunch	Tvl SLC
12:00	V	V	V	V	Lunch	V	V
1:00	V	V	V	V	Massage	V	V
2:00	Massage	V			Chiro	V	V
3:00	Growth V		V	V	Plan Week V	V	Misc.
4:00	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	
5:00	Growth		Lui group	V		V	
6:00	Dinner	Dinner Reading or a movie	Dinner Growth	Dinner Meditation	Dinner Activity	Dinner Activity	
7:00	V	V	V	Meditation	V	V	Movie
8:00	V	V	V Shopping	Meditation Group	V	V	V
9:00	Organize	V	V		V	V	V
10:00		Organize	Organize	Organize	V	V	Organize
11:00	To bed	To bed	To bed	To bed			To bed

Rules: Only vital e-mails before 9 pm. No sidebar stuff (mail, etc.) from original intent until 9 pm.

Week of Standard – Work reemphasized

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Theme							
6:00							
7:00	Eat Organize for day	Eat Organize for day	Eat Organize for day	Eat Organize for day	Eat Organize for day		
8:00	Exercise Weekly Plan	Exercise Work	Exercise Work	Exercise Work	Exercise Work		
9:00	Weekly Plan Work	✓	✓	✓			Sunday Paper
10:00	✓	✓	✓	✓	Growth	Adventure/ projects	
11:00	✓	✓	✓ lunch	✓ lunch	✓ lunch	✓ lunch	Tvl SLC
12:00	✓	Lunch	✓	✓	✓	✓	✓
1:00	✓	Work/fin'l	✓	✓	✓	✓	✓
2:00	Growth, personal writing	✓	Growth, for LMI	Growth for LMI	✓	✓	✓
3:00	✓	✓	✓	✓	Plan Week ✓	✓	Misc.
4:00	✓ Dinner	✓	✓	✓	✓	✓	
5:00	Growth	Dinner	✓ Dinner	✓ Dinner		✓	
6:00	✓	Reading or a movie	Growth		Activity	Activity	
7:00	✓	✓	✓		✓	✓	Movie
8:00	✓	✓	✓ Shopping		✓	✓	✓
9:00	Organize	✓	✓		✓	✓	✓
10:00		Organize	Organize	Organize	✓	✓	Organize
11:00	To bed	To bed	To bed	To bed			To bed

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Week of Standard

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Theme							
6:00							
7:00							
8:00	Eat Organize for day	Eat Organize for day	Eat Organize for day	Eat Organize for day	Eat Organize for day		
9:00	Exercise	Exercise Work	Exercise	Exercise	Exercise		Sunday Paper
10:00	Growth, personal writing	V	Growth, for LMI	Growth for LMI	Growth	Adventure/ projects	
11:00	V	V	V lunch	V lunch	V lunch	V lunch	Tvl SLC
12:00	V	Lunch	V	V	V	V	V
1:00	V	Work/fin'l	V	V	V	V	V
2:00	V	V	V	V	V	V	V
3:00	V	V	V	V	Plan Week V	V	Misc.
4:00	V Dinner	V	V	V	V	V	
5:00	Growth	Dinner	Dinner V	Dinner V		V	
6:00	V	Reading or a movie	Growth		Activity	Activity	
7:00	V	V	V		V	V	Movie
8:00	V	V	V Shopping		V	V	V
9:00	Organize	V	V		V	V	V
10:00		Organize	Organize	Organize	V	V	Organize
11:00							

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