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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Work/Daily Priority – List 3 each day. | | | | | | |
| 1. Work   2.  3. | 1. Work  2.  3. | 1. Work  2.  3. | 1. Work  2.  3. | 1. Work  2.  3. | 1. weekend chores  2.  3. | 1. weekend chores  2.  3. |
| Play | | | | | | |
| Play Video Games, Play with children | Play Video Games, Play with children | Play Video Games, Play with children | Play Video Games, Play with children | Play Video Games, Play with children | Play Video Games, Play with children | Play Video Games, Play with children |
| Fit/Wellness | | | | | | |
| Walk to and from work, do household chores | Walk to and from work, do household chores | Walk to and from work, do household chores | Walk to and from work, do household chores | Walk to and from work, do household chores | Walk to and from work, do household chores | Walk to and from work, do household chores |
| Push | | | | | | |
| Work on artificial reality project | Work on artificial reality project | Work on Unity outline for game I am working on | Work on Unity outline for game I am working on | Work on tying in virtual reality to android development | Work on tying in virtual reality to android development | Plan on doing nothing, that is a push in and of itself |
| Week 1 Reflection Questions – Answer each question with a minimum of 5-6 detailed sentences. | | | | | | |
| 1. What’s your experience with goal-setting?  Goal setting has never worked for me, something ALWAYS comes up and changes the goal, or plan  2. After creating this plan, which area will be the most challenging for you? Easiest? (You may use your Essentials (e3) results as a reference)  The push section, I work quite a few hours, when I go home, I normally just get on the computer, play games, relax, and let my mind just go quiet. | | | | | | |

<Insert Your Name Here>'s Weekly Plan – Week 1