

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday/Sunday

Categories

What are the bare minimum things you need to do to survive the week?

What things should you do this week to be productive?

Evolve: At least 1 thing to do to move forward in each area

Areas

Health

Career/Job

Family

Relationships

Learn/Create

Hobbies/Fun

Optimise: Top 1 thing to stop doing which isn't helping you or is a waste

Stop/Waste