

MY IDEAL WEEK™

		MON	TUE	WED	THU	FRI	SAT	SUN	
Stages									
Themes	05:00 - 05:30	Planning & Project Management							
	05:30 - 06:00								
	06:00 - 06:30								
	06:30 - 07:00								
	07:00- 07:30								
	07:30 - 08:00								
	08:00 - 08:30								
	08:30 - 09:00	Drop V at school	Member Relations	Drop V at school	Member Relations	Drop V at school			
	09:00 - 09:30	Member Relations		Member Relations		Member Relations	Member Relations		
	09:30 - 10:00								
	10:00 - 10:30								
	10:30 - 11:00								
	11:00 - 11:30	Check in w/Suzie							
	11:30 - 12:00								
	12:00 - 12:30	Lunch							
	12:30 - 01:00								
	01:00 - 01:30	Pick up V at school	Prep, Perform, Post Weekly Huddle	Pick up V at school	Prep, Perform, Post Weekly Huddle	Pick up V at school			
	01:30 - 02:00	Prep, Perform, Post Weekly Huddle		Prep, Perform, Post Weekly Huddle		Prep, Perform, Post Weekly Huddle	Prep, Perform, Post Weekly Huddle		
	02:00 - 02:30								
	02:30 - 03:00								
	03:00 - 03:30								
	03:30 - 04:00								
	04:00 - 04:30								
	04:30 - 05:00								
	05:00 - 05:30								
	05:30 - 06:00	Family Time							
	06:00 - 06:30								
	06:30 - 07:00								
07:00 - 07:30									
07:30 - 08:00									
08:00 - 08:30									
08:30 - 09:00									

MY IDEAL WEEK™

		MON	TUE	WED	THU	FRI	SAT	SUN				
Stages		Back Stage	Front Stage	Front Stage	Front Stage	Back/Front/Off	Back/Front/Off	Back/Front/Off				
Themes	10pm - 06:00	8 Hours of sleep										
	06:00 - 06:30	Morning Rituals					Sleep					
	06:30 - 07:00											
	07:00 - 07:30											
	07:30 - 08:00											
	08:00 - 08:30	Workday Startup					Church Workshops					
	08:30 - 09:00	Commute										
	09:00 - 09:30	Meeting Prep & Plan	Meeting 1	Meeting 6	Meeting 11	Reflect Revise Post Plan						
	09:30 - 10:00											
	10:00 - 10:30	Team meetings	Meeting 2	Meeting 7	Meeting 12							
	10:30 - 11:00											
	11:00 - 11:30	Lunch with COO	Meeting 3	Meeting 8	Meeting 13	“Flex Stage” Back Stage or Relational Front Stage or Off Stage						
	11:30 - 12:00											
	12:00 - 12:30											
	12:30 - 01:00											
	01:00 - 01:30	Prep Front Stage (phone, email, outreach)	Meeting 4	Meeting 9	Meeting 14							
	02:00 - 02:30											
	02:30 - 03:00		Meeting 5	Meeting 10	Meeting 15							
	03:00 - 03:30											
	03:30 - 04:00											
	04:00 - 04:30											
	04:30 - 05:00	Workday Shutdown		Open (write, create, music)		Open (write, create, music)		Date Night	Friends & Fun			
	05:00 - 05:30	Commute										
	05:30 - 06:00	Decompress										
	06:00 - 06:30	Dinner										
	06:30 - 07:00	Open	Half-Price Movie Night									
	07:00 - 07:30											
	07:30 - 08:00											
	08:00 - 08:30											
	08:30 - 09:00											
	09:00 - 10:00		Evening Ritual						Evening Ritual			

MY IDEAL WEEK™

		MON	TUE	WED	THU	FRI	SAT	SUN		
Stages		Back Stage	Back Stage	Front Stage	Front Stage	Back Stage				
Themes	05:00 - 05:30									
	05:30 - 06:00									
	06:00 - 06:30									
	06:30 - 07:00									
	07:00- 07:30									
	07:30 - 08:00									
	08:00 - 08:30									
	08:30 - 09:00	Aleshia call								
	09:00 - 09:30	Workday Startup		Megan 1:1	Workday Startup					
	09:30 - 10:00	Tasks			Review	Ideation	Sprint			
	10:00 - 10:30									
	10:30 - 11:00						Exec Team Leadership Meeting	Tasks		
	11:00 - 11:30							Tasks		
	11:30 - 12:00									
	12:00 - 12:30	Lunch								
	12:30 - 01:00									
	01:00 - 01:30	Content Lab	Tasks	Review	Ideation	Tasks				
	01:30 - 02:00									
	02:00 - 02:30						Principal's Lab	Marketing Lab		
	02:30 - 03:00									
	03:00 - 03:30	Joel Leaves / Workday Shutdown								
	03:30 - 04:00									
	04:00 - 04:30									
	04:30 - 05:00									
	05:00 - 05:30									
	05:30 - 06:00									
	06:00 - 06:30									
	06:30 - 07:00									
07:00 - 07:30										
07:30 - 08:00										
08:00 - 08:30										
08:30 - 09:00										

MY IDEAL WEEK™

		MON	TUE	WED	THU	FRI	SAT	SUN	
Stages									
Themes	05:00 - 05:30								
	05:30 - 06:00	Morning Ritual							
	06:00 - 06:30								
	06:30 - 07:00								
	07:00- 07:30	Wake up Rachel & Breakfast w/ Boys	Wake up Rachel	Wake up Rachel	Wake up Rachel & Breakfast w/ Boys	Breakfast of Champions		Wake up Rachel	
	07:30 - 08:00		Coffee Date w/ Rachel	Porch Time					
	08:00 - 08:30	Driving to Franklin		Driving					
	08:30 - 09:00						Church		
	09:00 - 09:30	Workday Startup							
	09:30 - 10:00		Daily Standup						
	10:00 - 10:30	Strategy & Analysis		Strategy & Analysis	External Meetings				
	10:30 - 11:00								
	11:00 - 11:30								
	11:30 - 12:00								
	12:00 - 12:30	Lunch Meeting				Team Lunch			
	12:30 - 01:00								
	01:00 - 01:30	Team 1:1 Meetings	Creativity, Insight, and Brainstorming		Creativity, Insight, and Brainstorming	Closing Loops		Afternoon Nap	
	01:30 - 02:00								
	02:00 - 02:30								
	02:30 - 03:00								
	03:00 - 03:30								
	03:30 - 04:00							Weekly Review	
	04:00 - 04:30	Workday Shutdown							
	04:30 - 05:00								
	05:00 - 05:30	Driving Home			Stretch, Run, Shower	Driving Home			
	05:30 - 06:00								
	06:00 - 06:30	Dinner	Friend Zone	Daily Vespars	Dinner			Dinner	
	06:30 - 07:00	Family Fun			Family Fun	Family Fun	Boys' Bathtime	Family Fun	
07:00 - 07:30									
07:30 - 08:00	Kids Winddown & Bedtime								
08:00 - 08:30	Holy Leisure	Friend Zone		Holy Leisure	Movie Night				
08:30 - 09:00									

MY IDEAL WEEK™

		MON	TUE	WED	THU	FRI	SAT	SUN	
Stages		Back Stage	Front Stage	Front Stage	Front Stage	Back Stage	Off Stage	Off Stage	
Themes	05:00 - 05:30								
	05:30 - 06:00								
	06:00 - 06:30								
	06:30 - 07:00								
Self	07:00- 07:30	Morning Ritual							
	07:30 - 08:00								
	08:00 - 08:30								
	08:30 - 09:00								
Work	09:00 - 09:30	Workday Startup Ritual						Church	
	09:30 - 10:00	Buffer Time	Content Project #1	Content Project #2	Content Project #4	Buffer Time			
	10:00 - 10:30								
	10:30 - 11:00						Sweep of project communications		
	11:00 - 11:30						Open for meetings		
	11:30 - 12:00				Work Reading				
	12:00 - 12:30								
	12:30 - 01:00								
	01:00 - 01:30	Open for meetings	Buffer Time	Content Project #3	Content Project #5	Content meeting w/ Verbs			
	01:30 - 02:00								
	02:00 - 02:30	Content meeting w/ Michael & Megan	Content Meeting w/ Marketing			Weekly Preview			
	02:30 - 03:00								
03:00 - 03:30	Open for meetings	Buffer Time			Goal Work				
03:30 - 04:00									
04:00 - 04:30									
04:30 - 05:00	Workday Shutdown Ritual								
Self & Family	05:00 - 05:30	Personal Business & House care			Self Care & House care				
	05:30 - 06:00								
	06:00 - 06:30		Family Dinner				Family Dinner		
	06:30 - 07:00								
	07:00 - 07:30								
	07:30 - 08:00								
	08:00 - 08:30								
	08:30 - 09:00		Evening Ritual						