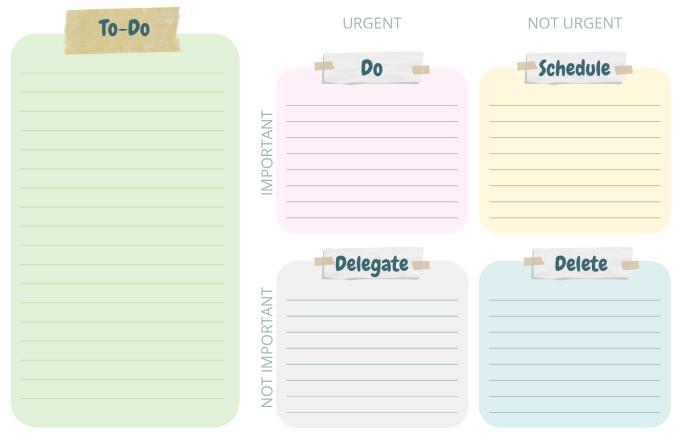
Weekly Planner

BY COACH VALERIA MORA-HERNÁNDEZ, PH.D.

1. Write a list of all your pending tasks.

2. Assign a priority for those tasks.



3. Schedule 3 tasks (max.) for each day. These will be your 3 goals for the day.



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