## **OVERVIEW**

Month

NOTES	MONDAY	TUESDAY	WEDNESDAY

## ANSWER THE FOLLOWING QUESTIONS AND BE SURE TO NOTE YOUR ANSWERS IN YOUR CALENDAR.

- 1. Are you taking any time off?
- 2. Are you having any visitors?
- 3. Do you have any events or plans that will impact your normal habits and routines?
- 4. Do you have any travel plans?
- 5. Are there any important dates birthdays, holidays, anniversaries etc. that you need to note or prepare for?

Pro-tip: Build in buffers. If you answered yes to any of the above - give yourself more time than you think you need.

THURSDAY	FRIDAY	SATURDAY	SUNDAY

## VISION PRACTICE

Write out how your ideal month would go as if it's already happened. Include as many details as you can. Remember to only use positive words and to write in the present tense i.e. I am not I will.