

Weekly Worksheet

29/10/2016

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

| Roles | Goals |
|--|-----------------------|
| Individual/ Personal Development | 7 habits |
| | Delegation training |
| Toastmaster | Next speech Stress |
| | |
| Husband/Father/ Son | Meal out with wife |
| | Sons birthday |
| Fitness/Health | Daily walk |
| | Swim |
| | Biking |
| | Weioght down to 12st |
| Work Team | Implement Kanban |
| | |
| Work Project | Complete minor scopes |
| | |

| Sharpen the SAW | |
|-----------------|---------------|
| Physical | Swim.Walk |
| Mental/Project | Read biogaphy |
| Social | TM |
| Fun | Football |
| DIY | Cost bathroom |

| Todays Priorities | | | | | | |
|--------------------------|------------------|----------------|---------------|----------------|----------------|--|
| Family | Church Family | | | | | |
| Appointments/Commitments | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |
| 13 | | | | | | |
| 14 | | | | | | |
| 15 | | | | | | |
| 16 | | | | | | |
| 17 | | | | | | |
| 18 | | | | | | |
| Evening | Meal out | | Sons Birthday | | Prepare speech | |
| | | read biography | | read biography | | |

Parking Lot

C Eng application
Long term investments

Footbal team manager
House Drone pictures