

Week 5 Training

Are you committed to taking back control of your calendar?

YES

NO

Do you keep a calendar

YES

NO

If yes: which kind

Paper

Digital

Both

In what capacity do you use your calendar?

Daily

Occassionaly

Rarely

When do you use your calendar the most frequent and why?

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When do you use your calendar the least frequent and why?

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Week 5 Training

What time frame are you committing to?

30 days

90 days

6 months

1 year

Choose the type of calendar you will begin with. This isn't set in stone. Change this as often as needed

Paper

Digital

Both

Use the calendar for 30 days

Evaluate

What worked, what didn't, what did I like, what did I not like, what should I tweak?

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Week 5 Training

Let's get started

Use the calendar for 30 days

Evaluate

What worked, what didn't, what did I like,
what did I not like, what should I tweak?

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Week 5 Training

2nd 30 days

Use the calendar for another 30 days

Evaluate

What worked, what didn't, what did I like,
what did I not like, what should I tweak?

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Week 5 Training

3rd 30 days

Use the calendar for another 30 days

Evaluate

What worked, what didn't, what did I like,
what did I not like, what should I tweak?

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Week 5 Training

If this truly isn't working after these 90 days, switch --> find another way of choosing your calendar and repeat the process til you find what works for you.

You might find that in different seasons different types of calendars and strategies work better than others

Week 5

A series of horizontal dotted lines for writing.