

Long-Term Goals

***Note:** Remember to set goals that are **measurable**, **attainable** and **realistic** depending on your current life situation.

What would you like to have achieved a year from now in the following areas?

Personal:

Professional:

Interpersonal:

Weekly Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday
SELF						
	6:00 - 6:30					
	6:30 - 7:00					
	7:00 - 7:30					
	7:30 - 8:00					
	8:00 - 8:30					
	8:30 - 9:00					
WORK	9:00 - 9:30					
	9:30 - 10:00					
	10:00 - 10:30					
	10:30 - 11:00					
	11:00 - 11:30					
	11:30 - 12:00					
	12:00 - 12:30					
	12:30 - 1:00					
	1:00 - 1:30					
	1:30 - 2:00					
	2:00 - 2:30					
	2:30 - 3:00					
	3:00 - 3:30					
	3:30 - 4:00					
	4:00 - 4:30					
	4:30 - 5:00					
	5:00 - 5:30					
5:30 - 6:00						
FAMILY/SOCIAL	6:00 - 6:30					
	6:30 - 7:00					
	7:00 - 7:30					
	7:30 - 9:30					
	9:30 - 10:00					
	10:00 - 10:30					
	10:30 - 11:00					

Weekend Checklist

Saturday	Sunday

***Note:**

Make time to rest and to do activities you enjoy during the weekend!

Remember, as artists, there is nothing more inspiring than actually getting out and LIVING experiences first-hand!

Notes and Upcoming Projects