

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

To create an effective schedule using time-blocking, group similar tasks together and place those which are most mentally-demanding at points of the day at which you're most focused and productive. Remember to be KIND to yourself! Health, family and work ALL require your daily attention and effort! Create your schedule, do your best to stick to it for at least a month, and then assess for any possible changes you might need to make.

		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