



MY GOAL

DAILY TIME BLOCK

A challenge to prioritize the hours in your day with intentional focus.



6 am
9 am
Noon
3 pm
6 pm
9 pm

My Accountability Partner

Today's Date

BIG Time Goal Of the Day

To-Do BIG Time

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Water



<input type="checkbox"/> Make the Bed	<input type="checkbox"/> Quiet Time
<input type="checkbox"/> Speed Clean	<input type="checkbox"/> Work Out

One Thing I Did BIG Time

RESOURCES:

Download and print the Time Block.

SUGGESTED GOAL PAIRINGS:

Do 1 Thing You've Been Putting Off - Be On Time