

My Goals for 2018

Spiritual	
Work	
Home	
Relations	
Physical	
Enjoying life	

Inspiration for this year

Building Rhythm in all life-domains

	Spiritual	Work	Home	Relations	Physical	Refreshment
Daily						
Weekly						
Monthly						
Quarterly						
Yearly						

My Ideal Day

7.00
8.00
9.00
10.00
11.00
12.00
13.00
14.00
15.00
16.00
17.00
18.00
19.00
20.00
21.00
22.00

My Ideal Work Week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday *
6.00						
7.00						
8.00						
9.00						
10.00						
11.00						
12.00						
13.00						
14.00						
15.00						
16.00						
17.00						
18.00						
19.00						
20.00						
21.00						

* what! no Sunday?? I try to keep Sunday as a day of rest and refreshment, so no work planned :-)