

Pink

## Time Blocking Template (with gratitude journal)

Date:

Note:

### YOUR TIME BLOCKS

03.00

04.00

05.00

6 00.

07.00

08.00

09.00

10 00.

11.00

12.00

13.00

14.00

15.00

16.00

17.00

1800.

19.00

20.00

21.00

22.00

23.00

24.00

### TODAY'S OTHER TASKS

### I AM GRATEFUL FOR

### NOTES/REFLECTION