

TIME BLOCKING TEMPLATE

(WITH DAILY MANTRA)

WAKE TIME

TODAY'S MANTRA

TIME BLOCKS

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	_____
23:00	_____

PRIORITIES

☐	_____
☐	_____
☐	_____

TO-DO LIST

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

MEMO

DAILY REFLECTION