



The labels you end up using on each box would serve well to generate goals onto your vision board in the future!



Time Blocking: STEP 2

The next step is moving your brainstorm of Step 1 onto a framework of time. This will take a little more thinking and some decision making as well. You will need to decide when to do certain tasks, such as, Monday will be my "wash the white clothes, water the plants and do the ironing" day. These tasks come from your box of household chores, so when you place them in Step 2, make a check by that task on Step 1 so that you know it has been transferred. Think in chunks of time, not minute by minute. You need to be able to flex with family life while still caring for yourself and home. Meals are already added so factor in time to prepare and eat them!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner