

MOTIVATE YOURSELF!

DAILY SCHEDULE

DATE:

AM	PLANNED	REALLY DONE
12.00		
12.30		
01.00		
01.30		
02.00		
02.30		
03.00		
03.30		
04.00		
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08.30		
09.00		
09.30		
10.00		
10.30		
11.00		
11.30		

PM	PLANNED	REALLY DONE
12.00		
12.30		
01.00		
01.30		
02.00		
02.30		
03.00		
03.30		
04.00		
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08.30		
09.00		
09.30		
10.00		
10.30		
11.00		
11.30		

Enter your tasks for the new week under "planned" on the weekend. Then try to implement them in the best possible way in the respective week. If you should do something else in a time window, enter this under "done". You can evaluate at any time whether you have adhered to your plans..