

The task/goal/intention for the day with detail

plan your roadmap for today include times and breaks

Monday

Tuesday



The task/goal/intention for the day with detail

plan your roadmap for today
include times and breaks

Wednesday

Thursday



The task/goal/intention for the day with detail

plan your roadmap for today
include times and breaks

Friday

Saturday



The task/goal/intention for the day with detail

plan your roadmap for today
include times and breaks

Sunday

Observations

Things to tweak next week

Your destination:

- What is my goal?
- How many months do I want to accomplish it in?
- How much money do I want to make?
- How many sales do I need per month/week/day to reach my financial goal?
- How many things(insert actions here) do I have to do daily/weekly to accomplish my goal on time?

Daily and Weekly Questions

- What is my goal/intention/task today?
- Did I break it down into detail?
- When do I start working on this and when do I end?
- At what time do I normally take my natural deadline breaks? bathroom breaks, snack break, coffee break, lunch break, dinner break, etc the things you have on your schedule)
- Are there other breaks I would like to take today?

- You can choose to ask yourself this before starting up after a break
 - "Let's see how much I can get done before I get hungry/tired/bored"
 - "I will take my break at 1000am so let's see how much I can get done by then?"

- Can this roadmap be repeated daily or weekly basis?
- Do my tasks flow in so that it feels good to follow them?
- Do I like lists or mind maps to find a flow in reaching my goals?
- Do my daily and weekly roadmaps work towards my monthly goal and therefore my annual goal?
- Do I have enough deadlines for me to feel motivated yet not overwhelmed?
- What's the one break I really look forward to? Do I have that activity scheduled into my daily/weekly schedule?
- What are the activities that make me happy and do I have those scheduled at least once a week?
- Did I check my goals each time I leave or come back from a break?
- What can I add or take away from my day tomorrow to feel happier, calm, yet still motivated?

