

# Week 29: Planning Your Days



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## There is a Better Way

We all wish for more time...more time to get things done...more time to enjoy our loved ones...more time spent creating. What if I told you that there IS a way? There is! And while it may be something you already do my hope is this week will shed a new light on your planning and give you more strategies to plan your days.

I just love this quote by Annie Dillard..

***A schedule defends from chaos and whim. It is a net for catching days. It is a scaffolding on which a worker can stand and labor with both hands at sections of time.***

I started keeping a planner back in my early working days with one of those At-a-glance planners from Wal-Mart. By the time my kids were in middle school and in every sport/after school

activity imaginable I upgraded to an official Stephen Covey Day Timer. I LOVED IT!!! Then a few years ago when [Me and My Big Ideas](#) came out with their Happy Planner I KNEW I had to have one!!!

Regardless of what I use for keeping track of my To-Do lists, who to call, where I need to be, etc...there is no doubt that having a plan not only gives me more time to do the things I love but keeps me sane!!

Here is my current planner...a simple one from Wal-Mart...

The cover...



This week's pages...



Something I really want to stay focused on...

JUST  
START

my life back. Today I Be  
a warrior -



Trade  
Steps  
will

DAY

Work all  
week on

#DAILYFOCUS

Tosca Questions  
in journal



Y

I am Big Brothers (System) Ho

My calendar for October...



Topics I like to include in my planner...

- \*gratitude list
- \*things on my mind
- \*quotes that inspire me
- \*art ideas
- \*menu for the week
- \*people I need to contact
- \*stuff I need to buy
- \*what cleaning needs to be done for the week

## Your Assignment

It's simple this week...just start keeping a planner! It doesn't have to be anything fancy...just a place to write it down...your

to-do's, stuff you want to accomplish, your appointments, people you need to contact...you can use a simple notebook!

“Time = Life,  
Therefore, waste  
your time and  
waste of your  
life, or master  
your time and  
master your life.”

Alan Lakein

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