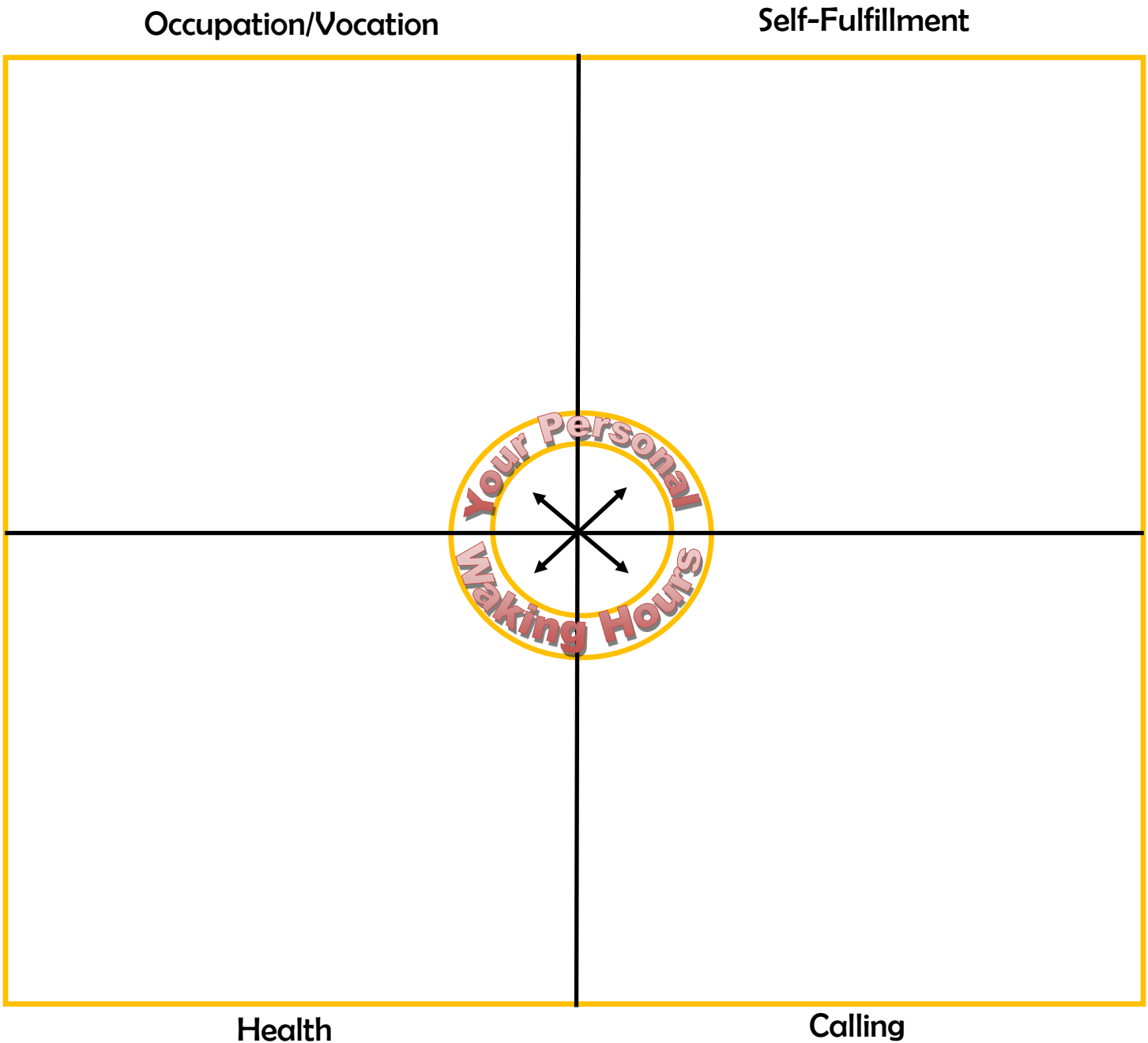


In each box below, fill in your daily hours (approximately) spent on various tasks/goals. At first, simply glance at the categories below and fill in what ever floods your mind. Do not try to organize your thoughts just yet. At this stage let inspiration and intuition guide you then you can analyze it more in detail. This can be done in the goal-setting frame of mind, idealistic mindset or to logistically organize your life's tasks with more intentionality. Most people have between 6am-7pm totaling 12 hours that are considered "waking hours" in completion of a day with intent to these purposes.



The arrows in the center indicate that ideally your occupation or vocation should overlap in theme to your calling. Likewise, self-fulfillment should spill into the health category if you are balanced. Thus, you may benefit from doing one worksheet as your life stands realistically and another to set goals. You can also utilize this chart to divvy up tasks for a week or more. I found it helpful to do a daily goal worksheet and a monthly. The monthly allocates for bill-paying and so-forth.