



TIME BLOCKING EXERCISE

BLOCK APPLICATION

Start with efficiency windows or things that are time bound and fill in your schedule from there. Be intentional with what you add and where you add it. Include your default activities and do your best to stick to the ones you choose. If you do choose “read a book” you’ll need to have said book available to read. I’m including some frameworks here. It’s totally fine to use a blank sheet of paper and pen/pencil and I would suggest doing this application free from technology for the first week or so. Then, if you find a better way, make that transition to an online calendar.

WAKE UP ROUTINE

MORNING WORK

LUNCHTIME

AFTERNOON WORK

EVENING ROUTINE

NIGHTTIME ROUTINE (INCLUDE YOUR PRE-BEDTIME ROUTINE HERE AND REFLECT AND OPTIMIZE SHOULD BE A PART OF THAT)