

# Challenge - Career Integrated Wellness Pro



This challenge is for you to test out the priorities that you've chosen to live by. Map out in detail what your schedule will be each day.

Use the space next to the dash to give your day a title. How would you define that day if you looked at it from a birds eye view? What's the theme of the day? If you've got a number of business meetings on a particular day, that might be the day's theme. There may be more than one overlying theme. For example [\(Day 1 - business meetings, run, documents for CIW Pro, family\)](#)

Once you've got your theme, schedule specific times and use the names of the blocks you've already determined alongside the specific activities that you'll be participating in.

If your activities don't align with your priorities, make note of that in your activity description.

This activity will take approximately 30 minutes but it could save you minutes, hours and even days this week if you give it committed attention. You've got this!!

Day 1 -

Day 2 -

Day 3 -

Day 4 -

Day 5 -

Day 6 -

Day 7 -