

DAILY

Schedule

MEGANFLATT.COM

DATE/DAY

SCHEDULE

6:00
6:30
7:00
7:30
8:00
8:30
9:00
9:30
10:00
10:30
11:00
11:30
12:00
12:30
1:00
1:30
2:00
2:30
3:00
3:30
4:00
4:30
5:00
5:30
6:00
6:30
7:00
7:30
8:00
8:30
9:00

YOUR SELF CARE FOCUS/FUN

FOCUS TOOLS

- MUSIC
- CLOSED DOOR
- CANDLE
- DESK
- TIMER
- CHECKLIST

TODAY'S TOP PRIORITIES

TO DOS

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-
-
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MEALS

Check In

- Fill in schedule
- Highlight work time
- Set top priorities
- Write down to dos
- Schedule to dos
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Check Out

- Check calendar
- Migrate to dos
- Celebrate wins
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TODAY'S WINS AND GRATITUDE