

An Ideal Week

Love Deeply Tool

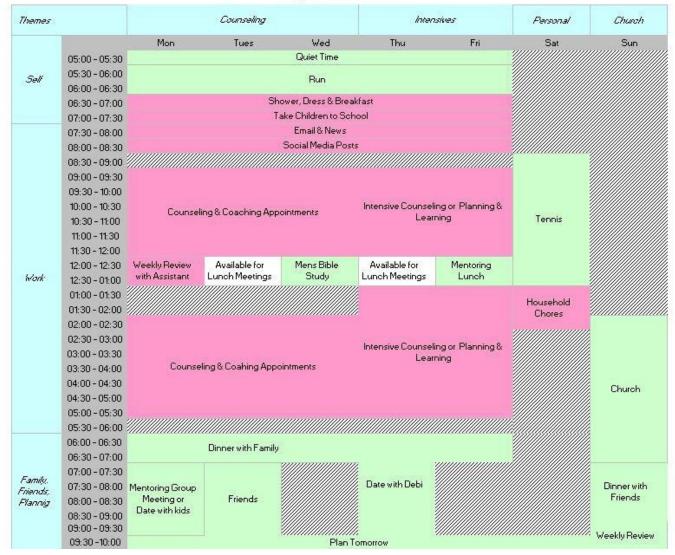


An Ideal Week

How to Better Control Your Time by Designing Your Ideal Week

You have a choice in life. You can either live on-purpose, according to a plan you've set, under the umbrella of being surrendered to God. Or you can live by accident, reacting to the demands of others. The first approach is **proactive**; the second **reactive**.

My Ideal Week





An Ideal Week

Sure, you can't plan for everything. Things happen that you can't anticipate. But it is a whole lot easier to accomplish what matters most when you are proactive and begin with the end in mind.

One of the ways I do this is by plotting **My Ideal Week**. I was introduced to this concept by author Todd Dun- can in his book, *Time Traps: Proven Strategies for Swamped Salespeople*.

The idea is similar to a financial budget. The only difference is that you plan how you will spend your time rather than your money. And like a financial budget, you spend it on paper first. It's like a "Time Block."

My Ideal Week—the week I would live if I could control 100% of what happens—is divided into a simple grid. Each day has a theme. In addition, each day is segmented according to a specific focus area.



Thank You!

We hope you found this tool helpful for you and your partner. If you're looking for more helpful resources like this one, check out our website.

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