



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

Themes		Counseling			Intensives		Personal	Church					
		Mon	Tues	Wed	Thu	Fri	Sat	Sun					
Self	05:00 - 05:30	Quiet Time					Tennis						
	05:30 - 06:00	Run											
	06:00 - 06:30												
	06:30 - 07:00	Shower, Dress & Breakfast											
	07:00 - 07:30	Take Children to School											
Work	07:30 - 08:00	Email & News											
	08:00 - 08:30	Social Media Posts											
	08:30 - 09:00												
	09:00 - 09:30												
	09:30 - 10:00	Counseling & Coaching Appointments			Intensive Counseling or Planning & Learning								
	10:00 - 10:30												
	10:30 - 11:00												
	11:00 - 11:30												
	11:30 - 12:00												
	12:00 - 12:30	Weekly Review with Assistant	Available for Lunch Meetings	Mens Bible Study	Available for Lunch Meetings	Mentoring Lunch							
	12:30 - 01:00												
	01:00 - 01:30				Intensive Counseling or Planning & Learning		Household Chores						
	01:30 - 02:00												
	02:00 - 02:30												
	02:30 - 03:00	Counseling & Coahing Appointments			Intensive Counseling or Planning & Learning		Church						
	03:00 - 03:30												
	03:30 - 04:00												
	04:00 - 04:30												
	04:30 - 05:00												
05:00 - 05:30													
05:30 - 06:00													
Family, Friends, Planning	06:00 - 06:30	Dinner with Family											
	06:30 - 07:00												
	07:00 - 07:30	Mentoring Group Meeting or Date with kids	Friends		Date with Debi			Dinner with Friends					
	07:30 - 08:00												
	08:00 - 08:30												
	08:30 - 09:00												
	09:00 - 09:30												
	09:30 - 10:00	Plan Tomorrow					Weekly Review						



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.

Kevin

@KEVINDALY

WWW.BROKENCHAINSINTL.COM

INFO@BROKENCHAINSINTL.COM