



# Sacred Depths Certification

## Ideal Schedule

*Once you decide the amount of time you want to be spending OFF from your business, ON your business, and IN your business, now you can plug each of your items into an ideal schedule (specific times during the week). I am a visual person, so for me, it helps to see what my week looks like as a whole. If it's helpful for you, here is a chart you can use to fill in how you'd like to chunk your time up during the week. Insert your activities in time blocks here:*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am							
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							