

	Mon 10/1	Tue 11/1	Wed 12/1	Thu 13/1	Fri 14/1	Sat 15/1	Sun 16/1
12am	Sleep 12am - 5am	Sleep 12am - 5am	Sleep 12am - 5am	Sleep 12am - 5am	Sleep 12am - 5am	Sleep 12am - 5am	Sleep 12am - 5am
1am							
2am							
3am							
4am							
5am							
6am	Get up Tea Read Prayer/Mindfulness	Get up Tea Read Prayer/Mindfulness	Get up Tea Read Prayer/Mindfulness	Get up Tea Read Prayer/Mindfulness	Get up Tea Read Prayer/Mindfulness	Get up Tea Read Prayer/Mindfulness	Get up Tea Read Prayer/Mindfulness
7am	Light exercise/Stretching 6am - 7am	Light exercise/Stretching 6am - 7am	Light exercise/Stretching 6am - 7am	Light exercise/Stretching 6am - 7am	Light exercise/Stretching 6am - 7am	Light exercise/Stretching 6am - 7am	Light exercise/Stretching 6am - 7am
8am	Get ready Breakfast 7am - 8am	Get ready Breakfast 7am - 8am	Get ready Breakfast 7am - 8am	Get ready Breakfast 7am - 8am	Get ready Breakfast 7am - 8am	Get ready Breakfast 7am - 8am	Get ready Breakfast 7am - 8am
9am	Client Admin (Zoom) Garden	Work admin & email 8am - 9am	Work admin & email 8am - 9am	Work admin & email 8am - 9am	Write for Website 8am - 12:30pm	Gardener 8am - 4pm	Drive & Monthly beach walk with Strollers / Drive home 8am - 10:30am
10am	Work email 9:30am - 11am	Client appointment? 9am - 10am	Client appointment? 9am - 10am	Client appointment? 9am - 10am		Gardening 8am - 12:30pm	
11am	Personal Email & Admin 11am - 12:30pm	Jill Green - In person 10:15am - 11:15am	Client appointment? 10:15am - 11:15am	Jenny Wren - Zoom 10:15am - 11:15am			Get ready & drive 10:30am - 12pm
12pm		Client appointment? 11:30am - 12:30pm	Joe Bloggs - In person 11:30am - 12:30pm	Client appointment? 11:30am - 12:30pm			
1pm	Lunch Break 12:30pm - 1:30pm	Lunch break 12:30pm - 1:30pm	Lunch break 12:30pm - 1:30pm	Lunch break 12:30pm - 1:30pm	Lunch break 12:30pm - 1:30pm	Lunch break	Lunch with Peter and Jane 12pm - 3:30pm
2pm	Meeting - Website	Client appointment? 1:30pm - 2:30pm	Client appointment? 1:30pm - 2:30pm	Sam Brown - In person 1:30pm - 2:30pm	Get ready & drive, 1: 2pm - 3pm	Weekly shopping - groceries, hardware, etc 1:30pm -	
3pm	Accounts 2:30pm - 4pm	John Smith - Zoom 2:45pm - 3:45pm	Get ready & drive, 2: 3pm - 4pm	Client appointment? 2:45pm - 3:45pm	Present talk - Business		Drive, 3:30pm - 4pm
4pm	Meeting - Accountant 4pm - 5pm	Work admin & email 3:45pm - 5pm	Dentist appointment 3pm - 4pm	Work admin & email 3:45pm - 5pm	Overrun Pack up	Tea with mum 4pm - 6pm	Visit Mum 4pm - 6pm
5pm	Tea Relax - Free choice 5pm - 6pm	Tea Relax - Free choice 5pm - 6pm	Tea Relax - Free choice 5pm - 6pm	Tea Relax - Free choice 5pm - 6pm	Get ready & drive 5pm - 6pm		
6pm	Prep food / Eat / Clean up 6pm - 8pm	Prep food / Eat / Clean up 6pm - 8pm	Prep food / Eat / Clean up 6pm - 8pm	Prep food / Eat / Clean up 6pm - 8pm	Book Club & dinner evening 6pm - 9pm	Prep food / Eat / Clean up 6pm - 8pm	Prep food / Eat / Clean up 6pm - 8pm
7pm				SAMA Webinar 7pm - 8pm			
8pm	Free choice Shower 8pm - 9pm	Free choice Shower 8pm - 9pm	Free choice Shower 8pm - 9pm	Free choice Shower 8pm - 9pm		Free choice Shower 8pm - 9pm	Free choice Shower 8pm - 9pm
9pm					Drive home, 9pm - 9:		
10pm	Bed Gratitude meditation Read Lights out 9:30pm 9pm - 11:59pm	Bed Gratitude meditation Read Lights out 9:30pm 9pm - 11:59pm	Bed Gratitude meditation Read Lights out 9:30pm 9pm - 11:59pm	Bed Gratitude meditation Read Lights out 9:30pm 9pm - 11:59pm	Bed Gratitude meditation Read Lights out 9:30pm 9:30pm - 11:59pm	Bed Gratitude meditation Read Lights out 9:30pm 9pm - 11:59pm	Bed Gratitude meditation Read Lights out 9:30pm 9pm - 11:59pm
11pm							