

Finding Time For You!

Create your daily schedule to ensure that you have at least an entire hour in your day devoted completely to you! See my schedule for inspiration.

ME TIME

My Schedule

Blank lined area for writing a personal schedule, consisting of 20 horizontal lines with rounded ends.

Sarah's Schedule

- 5 am - pray, meditate, stretch
- 5:30 - read, scriptures, journal
- 6 - schedule, prioritize, work
- 7 - get ready, make bed, laundry
- 7:30 - breakfast, head to work
- 8 - at work
- 10 - take a break, read
- 12pm - exercise, outside, relax
- 12:30 - lunch, social time
- 1 - at work
- 3 - take a break, read
- 5 - head home
- 5:30 - time with boys
- 6:30 - dinner with family
- 7 - family time, cleanup
- 7:30 - boys' bedtime routine
- 8 - couple time
- 8:30 - reading, TV, personal
- 9 - ready for bed, pray, breathe

Want More Help?

MyNaturalBabyBirth.com

MAKE OVER YOUR mornings
A 14-DAY ONLINE COURSE BY CRYSTAL PATNE

FIND OUT MORE ▶

