

"Heart Over Hustle"

20 Hour Work Week Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-10am Wake up & get ready for the day	7-10am Wake up & get ready for the day	7-10am Wake up & get ready for the day	7-10am Wake up & get ready for the day	7-10am Wake up & get ready for the day	Anything I want!	No work! Full day with the family
10-11am Check in with my assistant	10-1pm Client calls + emails	10-2pm Client calls + emails	10-11am Client calls + emails	10-2pm Personal time (spa, hair, nails, meet with friends, coffee, etc.)		
11-2pm Clients calls + emails	1-3pm Content creation Write, record, etc.	2-3pm Write content, Emails, marketing & social media	11-2pm Group program calls or support	2-5pm Time with kids Work out Outdoor fun		
2-3pm Write content, Emails, marketing & social media			2-3pm Personal time			
3-8pm Time with kids Go for a hike Dinner	3-8 Time with kids Yoga Dinner	3-8pm Family time Work out Dinner	3-8pm Time with kids Gym Dinner	5-9pm Datenight with husband		
8-9pm Bedtime	8-9pm Bedtime	8-9pm Bedtime	8-9pm Bedtime			



Total daily work hours



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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total daily work hours

Create your own
"heart over hustle" week!

