

MY DAILY CALENDAR

Craft your daily schedule, put yourself first to empower your life!



Putting yourself first is not being selfish! Most women are known to put the needs (and wants) of others above their own – and often to their detriment. Pleasing others is an easy way to ignore your self. How many times have you said “I would love to do that but I just don’t have the time!” It’s easy to lose the sense of who you are if you’re always giving in to other people’s wants and desires and taking the back seat. The time is now to stop bending over backwards for others and make some time to do what you want to do – do what makes you happy.

Creating and keeping a Daily Calendar is a great way to keep a daily list of things that must be done, but a portion of it must be “me time”. Post it in a convenient place so it’s always visible, not only to you but to others in your household so they will see what you have planned and can respect your time. It’s important to reevaluate your priorities and schedule things that have a big impact on your personal happiness. By keeping a commitment to please yourself, your ability to bring joy into the life of others is dramatically increased. After all, you can’t give what you don’t have.

Organization is the key to success. Just as waking in the morning and doing what’s necessary to start your day, whether it be getting to work or dropping the kids at school, organization is required to stay on track. The same goes for personal space. Just as it takes organization and planning to successfully perform everyday tasks it also takes organization and planning to carve out time to do what you want to do. Along with the many benefits of keeping a Daily Calendar, it gives you a sense of being in control of your life. By creating your Daily Calendar, listing in order of importance and sticking to it, you will find-

- Better productivity throughout the day.
- Efficient planning results into achieving your goals.
- More time to spend as you want.
- Less stress since the feeling of life spiraling out of control is no longer present.
- More restful sleep knowing you’re in charge of your life.
- A reminder of accountability.
- An overall feeling of balance.

SUN	MON	TUE	WED	THU	FRI	SAT

Notes:



**YOU CAN'T POUR
FROM AN EMPTY CUP.**

Take care of yourself first



INVINCIBLE
DIVORCEE