

## My Goals for 2020

Spiritual	
Work	
Home	
Relations	
Physical	
Enjoying life	

*Inspiration for this year*

## Building Rhythm in all life-domains

	<b>Spiritual</b>	<b>Work</b>	<b>Home</b>	<b>Relations</b>	<b>Physical</b>	<b>Refreshment</b>
<b>Daily</b>						
<b>Weekly</b>						
<b>Monthly</b>						
<b>Quarterly</b>						
<b>Yearly</b>						

# My Ideal Day

7.00
8.00
9.00
10.00
11.00
12.00
13.00
14.00
15.00
16.00
17.00
18.00
19.00
20.00
21.00
22.00

# My Ideal Week

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
6.00							
7.00							
8.00							
9.00							
10.00							
11.00							
12.00							
13.00							
14.00							
15.00							
16.00							
17.00							
18.00							
19.00							
20.00							
21.00							