

My goals for:

Holy ground	
Organize your time	
Let's do it	
Dear Ones Around You	
Oh! My Body	
Nurture Your Soul	
Finish	

Motto for this year

Rhythm in all areas of life

	Holy ground	Organize	Let's do it	Dear ones	Oh My body	Nurture Your Soul	Finish
Daily							
Weekly							
Monthly							
Quarterly							
Yearly							

My Ideal Day

H	7.00	
	8.00	
	9.00	
O	10.00	
	11.00	
	12.00	
L	13.00	
	14.00	
	15.00	
D	16.00	
	17.00	
	18.00	
O	19.00	
	20.00	
	21.00	
N	22.00	

My ideal week

	Holy Ground	Organize Your Time	Let's do it	Dear Ones Around You	Oh! My Body	Nurture Your Soul	Finish
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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							