Time in Motion Worksheet

My DAILY Activities:

{Jot down everything you do on a daily basis}

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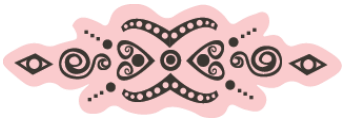
www.creativeandmindful.com/courses

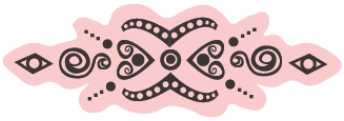
Daily Activities, continued:



My WEEKLY Activities:

{Jot down everything you do on a weekly basis}

Weekly Activities, continued:



My MONTHLY Activities:

{Jot down everything you do on a monthly basis}

My ANNUAL Activities:

{Jot down everything you do on a yearly basis}

My WISHLIST:

{Jot down anything you would LIKE to be doing, but don't currently have time for.}