How to *Plan a Productive* Week

- 1. Reflect on the past week.
- 2. Set 3 big goals for the upcoming week.
- 3. Add appointments from your planner.
- Go over your schedule with your partner/family.
- Plan your meals for the week.
- 6. Meal prep for the week.
- Assign cleaning tasks to different days of the week.
- 8. Update your shopping list.
- 9. Plan a "life admin" day.
- 10. Set digital media boundaries for the week.
- Plan times to connect with loved ones.
- Sort through your paperwork, mail, and receipts.
- Plan one fun thing to look forward to this week.
- 14. Revisit healthy and fitness data from the last week and set new goals.

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