

“MAGIC” Tasks - it is important to add magic to your day/week. Have a think about what is most important to you and what makes you enjoy your life. Even though these tasks may be fun and enjoyable our lives can get busy and we may not include them in our weekly schedule. It is important that we schedule them in so we can be sure that each week we are doing things that light us up and bring “MAGIC” to our lives. Some examples are reading with your kids, having date night, spending time with your friends, getting outside, doing your hobbies, pampering yourself, etc.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Routine							
Morning							
Lunch							
Afternoon Work							
Afternoon							
Dinner							
Evening Routine							