

Finding Your Why - Lesson 2, Setting Intentions

- 1) Pencil in your typical weekly work schedule and activities.
- 2) Block out times every day that can potentially be used for training sessions.
- 3) Nothing obvious? What can you shift to make it fit?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
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