



PLANNING THE MOST OF THE
104 PRECIOUS DAYS OF
DOWNTIME WITH INTENTION

WEEKEND PLANNER

How do I want to feel during and at the end of this weekend?

What three to five anchor activities will help me feel this way?

- 1)
- 2)
- 3)
- 4)
- 5)

With whom do I want to do them?

When shall I schedule the activities?

How will I rest and recharge my batteries?

Is there anything that needs to happen?

What will I stop doing this weekend?



I cannot wait until this weekend! Here is what I have planned.

Friday evening:

Saturday morning:

Saturday afternoon:

Saturday evening:

Sunday morning:

Sunday afternoon:

Sunday evening:

