



# CoachingHer

## Lesson 1 - Worksheet Time Management & Organization

1. This is what my day currently looks like (please fill in):

Time	Activity
6 – 8 am	
8 – 10 am	
10 – 12 am	
12 – 14 pm	
14 – 16 pm	
16 – 18 pm	
18 – 20 pm	
20 – 22 pm	

2. This is how I want to organize my day: (Write realistic changes or new habits in it)

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3. What stresses me out the most?

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4. My goal for the next week:

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