

IDEAL WEEK – Simple Planner



Design a week that feels balanced, productive and realistic – not perfect.

1. Your Focus for This Season: What matters most right now? Choose 1–3 areas

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. Your Non-Negotiables: Things that must be included each week to feel good

- Sleep / Rest
- Exercise / Movement
- Personal Time
- Relationships
- Deep Work / Focus Time

Add your own:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3. Energy Map (Know Yourself First)

When do I have the most energy?

- Morning  Midday  Evening

When do I feel lowest energy?

- Morning  Midday  Evening

Best time for focused work: \_\_\_\_\_

Best time for rest / social / light tasks: \_\_\_\_\_

This tool is for reflection and clarity – it is not a substitute for professional advice or a guarantee of outcomes. Trust your judgment and seek additional support where needed.

**4. Your Ideal Week Layout**

Block out how you WANT your week to look. Keep it simple.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

**5. Reality Check**

What might disrupt this plan?

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What will I do when things don't go perfectly?

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**6. One Small Commitment**

This week, I will prioritise:

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**Final Thought**

A good week isn't about doing everything – it is about doing what matters, consistently.