

TIMEShift Warrior Calendar

Get It All Done In This Lifetime

The TIMESHift Reality Calendar helps you plan your week while staying focused on getting the right things done. Plan each day according to your Roles & Responsibilities, Valued Goals, and Focused Strengths. Update this calendar regularly to assure measurable progress for each life role you play.

Name:
Week: / / to / /

Roles & RESPONSIBILITIES		Standard Clock	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Energy Clock	NOT To Do List	
1	role responsibility		day 1—24 hrs	day 2—48 hrs	day 3—72 hrs	day 4—96 hrs	day 5—120 hrs	day 6—144 hrs	day 7—168 hrs		1	work habit to break positive benefit
2		Self								Blood Pressure Rises	2	personal habit to break positive benefit
3		8 a.m.								High	3	other habit to break positive benefit
Valued GOALS		9 a.m.								Mental Alertness	Weekly SUMMATION	
1		10 a.m.								Moderate	<div style="border: 1px solid black; padding: 5px;"> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> </div>	
2		11 a.m.								Muscular Strength & Coordination		
3		12 p.m.								Blood Pressure Peaks		
Focused STRENGTHS		1 p.m.								Low		
1		2 p.m.								Melatonin Secretion		
2		3 p.m.										
3		4 p.m.										
		5 p.m.										
		6 p.m.										
		7 p.m.										
		8 p.m.										
		9 p.m.										
		10 p.m.										
		Other										
		DAILY GOAL	Hours of Productivity	Hours of Productivity	Hours of Productivity	Hours of Productivity	Hours of Productivity	Hours of Productivity	Hours of Productivity	TOTAL		