

SAMPLE TIME BLOCK 2025

Red: (Spiritual/refreshment)
Green: Career play (Career/Financial)
Blue: Family/friends (Relational)
Yellow: Workout (Physical)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:30	Read	run - w/o	Read	run - w/o	Read	Read	run - w/o	
8:00	Fun Day	Write	Write	Winsday recap with NBC or travel	Write	Career play LBDx day	Free Time or travel Travel	
9:00					Coaching day			
10:00	Church Reflection / Lunch	Career play Admin	Career play		Lunch			LBDx day
11:00	Lunch	Lunch	Lunch					
12:00	Fun Day	Admin Career play Planning	Career play Training Day	Meal	Career play Coaching day	Planning	Free Time or travel	
1:00								Meal
2:00	Meal	Free time	Career play	Winsday No TV, \$/Social Recap week	Date Nite	Free Time	Meal Meal Friends	
3:00								Meal
4:00	Free time	Free time	Career play	Winsday No TV, \$/Social Recap week	Date Nite	Free Time	Meal Meal Friends	
5:00								Meal
6:00	Free time	Free time	Career play	Winsday No TV, \$/Social Recap week	Date Nite	Free Time	Meal Meal Friends	
7:00								Meal
8:00	Free time	Free time	Career play	Winsday No TV, \$/Social Recap week	Date Nite	Free Time	Meal Meal Friends	
9:00								Meal
10:00	Free time	Free time	Career play	Winsday No TV, \$/Social Recap week	Date Nite	Free Time	Meal Meal Friends	
								Meal
Play Hr	0	10	13	0	10	10	0	

FINANCIAL GOALS

\$100k/mo

CAREER GOALS

3 groups and 5 leaders trained to do groups

PHYSICAL GOALS

Two challenging races/climbs a year

PERSONAL GROWTH GOALS

Trading 1/hr day

RELATIONAL GOALS

Say no to 50% of people and demands

MILESTONE GOALS 5-15 YEARS

Own Florida beach home

36 family members

100k impacted or trained

Jessica:

Block out the last week of each month, no appointments

Wednesdays - no appointments

Total Career Play 43

(SIMPLE) TIME BLOCK - sample

Mission St: To lead well, live well and love well

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Free</i>	<i>W/O and Org</i>	<i>Work Day</i>	<i>Work day</i>	<i>Meetings day</i>	<i>Projects</i>	<i>Free</i>
6am							
7							
8							
9							
10							
11							
12pm							
1							
2							
3							
4							
5							
6pm							
7							
8							
9							
10pm	Bed	Bed	Bed	Bed	Bed	Bed	Bed





TOP THREE GOALS IN RED

FINANCIAL GOALS

- 1 6 MO CASH RESERVES BY 6/1 1
- 2 MAINTAIN 98% OF BUDGET 2
- 3 PAY OF SUBURBAN BY 12/31 3
- 4 15% GIVING BY 12/1 4
- 5 SAVE \$1,200/MO. 4

CAREER GOALS

- 1 **PRESIDENTS CLUB TOP 5% in 2030** 1
- 2 HARVARD CONT' ED in June 2
- 3 REPLACE CFO by 3/1 3
- 4 AFFILIATION WITH EXXON COPR BY 12/31 4
- 5 NATIONAL ROUNDTABLE BY 12/31 4

PERSONAL GROWTH GOALS

- 1 **ONE RETREAT DAY last Wednesday each mo.** 1
- 2 AM POWER CHARGE M,W,TH & SAT 2
- 3 2 RETREATS June and October
- 4 FIND ONE BUSINESS MENTOR BY 3/1

PHYSICAL GOALS

- 1 FOOD FOCUS ON BIG 7 80% of time 1
- 2 W/O 2 DAYS, RUN 2 DAYS/WK 2
- 3 READ 1 BOOK/MO (see list) 3
- 4 BED BY 9:30PM -10:30PM 4
- 5 RUN 1/2 MARATHON IN NOV. 4

RELATIONAL GOALS

- 1 **SAT EVE DATES 2/MO** 1
- 2 FRIENDS GROUP 2/mo. 2
- 3 DATE EACH CHILD 1/mo. 3
- 4 INVEST IN ONE V-P/mo 4
- 5 MENTOR ONE MAN/mo.

MILESTONE GOALS 5-15 YEARS

- 1 10 PERSON BCH. HOUSE IN WATERCOLOR (FLA) 1
- 2 TRIP TO EGYPT AND HOLY LANDS BY 2030 2
- 3 WRITE A BOOK ON FINACIAL FREEDOM BY 2035 3
- 4 MENTOR ALL FOUR CHILDREN 4
- 5 COMPLETE IRONMAN BY AGE 40

TOP THREE GOALS **IN RED**

FINANCIAL GOALS

Pay off Car by 1/31
Dine out no more than twice per week
No impulsive purchases (allow one week to consider)
Save \$1,200 per month into Money Market

CAREER GOALS

Top award in Company (scorecard)

Produce 3 V-P's from Region I by 3/31
Spirit of Renour Recipient within next year
Call and praise three associates per week

PERSONAL GROWTH GOALS

Attend MFA retreat Sept 22

Church or recreation three times per month w/ reflection afterwards

PHYSICAL GOALS

Achieve and maintain 199 lbs.
Healthy meals (greens, whole grains, Ckn or Fish) 75% of time
Workout 3 x's per week (home or hotel)
Run 3 x's per week (home or hotel)

RELATIONAL GOALS

3 dates per month

One weekend getaway per quarter with spouse
Call each parent once per week
Mentor two V-P's:

MILESTONE GOALS 5-15 YEARS

Have fifth child (2027)
Own lake house by (2030)
Work for self / own business (2028)
Travel around the world