WORKSHEET 10.1

Design Your Week

Use your calendar for next week.

DAY	DRAINS (★ FOLLOWS ME HOME)	FREE TRAITS	BUFFERS AND RECOVERY
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Add at least ten minutes after every ★, and your recovery routine after every free trait. Block one longer recovery time in the week.

WORKSHEET 10.1

Design Your Week (continued)

My longer recovery block this week (when, and which restore)

What did I move?

What will I protect if the week gets busy?