

# MY *daily* BLOCK SCHEDULE

TIME BLOCK						
TASKS						

TIPS

- ✓ STICK TO 2-3 HOUR BLOCKS
- ✓ USE THE ALARM IN YOUR PHONE TO REMIND YOU OF UPCOMING BLOCKS
- ✓ DON'T MICRO MANAGE YOUR DAY
- ✓ SET AN ALARM FOR WHEN A BLOCK IS ENDING



# MY *daily* BLOCK SCHEDULE

TIME BLOCK					
TIME BLOCK					
TASKS					

TIPS

- ✓ STICK TO 2-3 HOUR BLOCKS
- ✓ USE THE ALARM IN YOUR PHONE TO REMIND YOU OF UPCOMING BLOCKS
- ✓ DON'T MICRO MANAGE YOUR DAY
- ✓ SET AN ALARM FOR WHEN A BLOCK IS ENDING