

Rhythms



Creating a rhythm for your days allows you to be intentional with your time. If any of your rhythms don't get done, life can get off the rails and cause you to feel overwhelmed. Block specific time on your calendar to ensure none of your necessary rhythms is missed. Below are several rhythms we frequently forget to schedule. You can use these, or add your own in the blanks.

Your Rhythm	Frequency			Time Required	Calendar Blocked
	Daily	Weekly	Monthly		
Plan for Your Week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Check & Respond to Emails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Drive Time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Child Drop Off	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Shower	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Wash Your Hair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Wash, Dry, Fold Laundry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Vacuum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Pay Your Bills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Wash the Car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Lawn Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Purchase Groceries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Prepare Meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Wash the Dishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Call Your Parent(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
Date Night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____ min.	<input type="radio"/>

Scheduling Rhythms



Start with the rhythms needed to live, like preparing meals or paying bills. Next move to the ones that give you anxiety. For me, this was planning my wardrobe. Each day I got anxiety around determining what to wear. By planning ahead, I am more creative with my outfits, have less anxiety and find I actually enjoy the process. Lastly, schedule time for your icing on the cake - like painting your nails.

Times + Days		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	5 - 6a							
	6 - 7a							
	7 - 8a							
	8 - 9a							
	9 - 10a							
	10 - 11a							
	11a - 12p							
Afternoon	12 - 1p							
	1 - 2p							
	2 - 3p							
	3 - 4p							
	4 - 5p							
	5 - 6p							
Evening	6 - 7p							
	7 - 8p							
	8 - 9p							
	9 - 10p							
	10 - 11p							
	11p - 12a							