

Name: _____

Time Intentionality Map

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							
11:00 PM							
12:00 AM							
1:00 AM							
2:00 AM							
3:00 AM							
4:00 AM							
5:00 AM							
6:00 AM							

CATEGORY

1	
2	
3	
4	
5	
6	
7	
8. SLEEP	

INSTRUCTIONS

1. Consider your normal week and write down categories for each task required.
Examples: Sleep // Study // Workout // Church // Date // Work
2. Fill in the categories in the empty cells throughout the week.
3. Be real - this is for you, not to impress anyone else.

Name: Jimmy Lee Bocephus

Time Intentionality Map

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Study	Study	Study	Study	Study	SLEEP	SLEEP
8:00	FreeTime	FreeTime	FreeTime	FreeTime	FreeTime	FreeTime	Church
9:00	WORK	WORK	WORK	WORK	WORK	Workout	Church
10:00	WORK	WORK	WORK	WORK	WORK	Workout	Church
11:00	WORK	WORK	WORK	WORK	WORK	FreeTime	Church
12:00	WORK	WORK	WORK	WORK	WORK	FreeTime	Church
1:00 pm	WORK	WORK	WORK	WORK	WORK	FreeTime	FreeTime
2:00 pm	WORK	WORK	WORK	WORK	WORK	FreeTime	FreeTime
3:00 pm	WORK	WORK	WORK	WORK	WORK	FreeTime	FreeTime
4:00 pm	WORK	WORK	WORK	WORK	WORK	FreeTime	FreeTime
5:00 pm	WORK	WORK	WORK	WORK	WORK	FreeTime	FreeTime
6:00 pm	FreeTime	FreeTime	FreeTime	FreeTime	FreeTime	Date	FreeTime
7:00 pm	FreeTime	Study	Church	Workout	FreeTime	Date	Church
8:00 pm	FreeTime	Study	Church	FreeTime	FreeTime	Date	Church
9:00 pm	FreeTime	Study	Church	FreeTime	FreeTime	Date	FreeTime
10:00 pm	FreeTime	FreeTime	FreeTime	FreeTime	FreeTime	Date	FreeTime
11:00 pm	SLEEP	SLEEP	SLEEP	SLEEP	FreeTime	Date	SLEEP
12:00 am	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
1:00	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
2:00	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
3:00	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
4:00	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
5:00	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
6:00	Workout	Study	Workout	Study	Workout	SLEEP	SLEEP

Priorities

1	Workout
2	Study
3	Workout
4	Church
5	Date
6	FreeTime
7	WORK
8	SLEEP

INSTRUCTIONS

- 1 Consider a "Normal" "On Average Week" and "On Average Days"
- 2 Type in your Categories for each task/company/required time element
Examples - Sleep / Study / Workout / Church / Date / Office
- 3 Click a Category and Copy by hitting Ctrl+C
- 4 Place or Paste the Category in the above week grid by hitting Ctrl+V
- 5 Be real - this is for you, not to impress anyone else.