



A FEW NOTES FOR USING *The week ahead* WORKSHEET

NON-ROUTINE SCHEDULED EVENTS

What's unusual about your week—a dentist appointment? Dinner with friends? Make-up t-ball game? Figure out if you have conflicts or need to set up a carpool. Use the notes section for anything you need to remember about the event—i.e. scheduling a babysitter or bringing a snack for the Scout meeting.

MENU

Now that you know what might impact dinner, figure out what to eat. Crazy night? Choose a ready-when-you-are slow cooker meal or something simple, like soup and sandwiches. Night with more time? Roast a chicken and use leftover meat in tacos later in the week. Get all the needed ingredients in one trip and save time (and money) by not making multiple trips during the week.

CLOTHES

Whether you choose clothes ahead or each morning, think about your week. If you need a suit for a meeting, does it need to go to the dry cleaners? Is Thursday pajama day at school? Check the weather—any wild temperature swings? You don't have to plan every outfit—just be prepared for the unusual.

THINGS TO BUY

Out of dishwasher detergent? Need a present for a birthday party this weekend? This space is for anything extra you need to pick up. Making one trip will save you time vs. running to the toy store on the way to the party or having a dishwasher full of dirty dishes for two days until you can rush into Target.

BIG GOALS AND LITTLE STEPS

The best way to tackle a big project is to break it into smaller steps. Whether it's a work project, a home renovation, or finally putting those photos in an album, planning can make the difference between meeting or missing your deadline, or actually completing a "one-of-these-days" kind of project. Need supplies? Add them to your shopping list. Need time to get it done? Schedule it on your calendar.

SOMETHING FUN

Sometimes there are so many things that "have" to be done that we run out of time for fun. Don't let that happen. Think about something you want to do—pedicure? family movie night? hike through the woods?—and build in time for it. It will be more likely to happen and you'll have something to look forward to!

The week ahead

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NON-ROUTINE SCHEDULED EVENTS

MENU

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CLOTHES

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THINGS TO BUY

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BIG GOALS & LITTLE STEPS

SOMETHING FUN!

