



Vacation 365!

(Life's a Beach)

Objective: Vacation-quality living

Reflection:

Is your quality of life improved over vacation? Y N

What do you enjoy about vacation? _____

What can be challenging about vacations? _____

Why is vacation worth the effort? _____

Motivation:

How will this goal improve your lifestyle? _____

Reality Check: List monthly objectives (vacation quality or project) to be done for goal achievement:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

5 C's for the Monthly Calendar:



Clarify Monthly Goal- you will name a project or vacation quality you desire
e.g., eat dinner as a family



Categorize- Identify top priority: determine what needs to be done and find your launching point
e.g., list all activities by type on separate sheet



Clear out- eliminate, delegate, or hire out activities to support your goals.
e.g., Hire/assign someone to mow lawn (frees up time for grocery shopping/meal planning)



Contain- a schedule is simply a container for your tasks and appointments record your plan to accomplish your goal. e.g., family dinners on Mondays, Thursdays, and Fridays



Continue- follow the plan and say "no" to intruders. Sometimes it's good to give something up in order to achieve more later
e.g., if asked to volunteer and it conflicts with new schedule, say no

July 2018



Project



Starting Point



Let go of a task



Schedule it!



Note what to avoid

August 2018



September 2018



October 2018



November 2018



December 2018



January 2019



February 2019



March 2019



April 2019



May 2019



June 2019

