



*Win  
Tomorrow  
Today*

a guide to support you in  
planning a life you love by  
scheduled freedom

*SandraDeeWellness*

# BIG ROCKS FIRST

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**FAMILY/SPOUSE**

**FRIENDS/  
RELATIONSHIP**

**SELF CARE/  
EXERCISE**

**PLAY/  
HOBBIES**

**WORK**

**SPACE TO  
DREAM**

**NOTES**

# WEEKLY PRIORITY LIST

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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**NOTES**

# MY DAILY PLANNER

*My Top Three*

*Date* \_\_\_\_\_

Schedule your top three first

FIRST

TODAY

5:00 AM

6:00 AM

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

SECOND

THIRD

# WIN TOMMORROW TODAY

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## SUNDAY OVERVIEW

- LOOK AT YOUR BIG ROCKS
- FILL OUT YOUR PRIORITY LIST WITH YOUR BIG ROCKS FIRST
- ORGANIZE YOUR BIG ROCKS FIRST INTO YOUR DAILY SCHEDULES
- FILL IN THE REST OF YOUR PRIORITY LIST
- LOOK AT YOUR NEXT DAY THE NIGHT BEFORE TO ADJUST

*Planning gives you  
the opportunity  
to live your  
best life...*

## THING TO REMEMBER

- MEAL PLANNING
- WORKOUT SCHEDULE
- TIME FOR REST
- PERSONAL DEVELOPMENT AND SELF CARE
- FUN

*Want to get my  
support in all things  
wellness...check out  
the Better You Project @  
[sandradeewellness.com](http://sandradeewellness.com)*