WEEKLY LIFE BALANCE PLANNER

Managing Family, Work, Learning and Personal Goals

Mentee Name:

_____

Week Starting:

_____

My Main Priorities This Week

Priority 1:

_____

_____

Priority 2:

_____

Priority 3:

_____

Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Late Morning							
Afternoon							
Evening							

Important Activities This Week

Family Responsibilities

Learning & Personal Development

Work / Business Activities

Self-Care & Wellbeing

Reflection

Did I dedicate time to my most important goals this week?

☐ Yes ☐ Partly ☐ No

What would I like to improve next week?