**7x7 Balance Work Week Method**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **#1** 8- 10am  | Social Media Posting | Social Media Posting  | Social Media Posting | Social Media Posting | Social Media Posting | Social Media Posting | Social Media Posting |
| **#2**10- 12pm |  | Me Time | Me Time | Errands & Appts  | Clean House | Me Time |  |
| **#3**12- 2pm |  | Work on Business | Work on Business | Errands & Appts  | Work on Business | Work on Business |  |
| **#4**2- 4pm |  | Work on Business | Work on Business | Errands & Appts | Work on Business | Work on Business |  |
| **#5**4- 6pm | Meal Prepping | Work on Business | Work on Business | Errands & Appts  | Date with Hubby |  |  |
| **#6**6- 8pm | Dinner | Dinner | Dinner | Dinner | Date with Hubby | Dinner | Dinner |
| **#7**8- 10pm | Brain Dump | Brain Dump | Brain Dump | Brain Dump | Brain Dump | Brain Dump | Brain Dump |

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **#1** |  |  |  |  |  |  |  |
| **#2** |  |  |  |  |  |  |  |
| **#3** |  |  |  |  |  |  |  |
| **#4** |  |  |  |  |  |  |  |
| **#5** |  |  |  |  |  |  |  |
| **#6** |  |  |  |  |  |  |  |
| **#7** |  |  |  |  |  |  |  |