

How I Structure My Week (and Why It Works)

Behind this schedule is a proprietary tool I use in my own business and with every client I coach.

It helps you determine how many clients you want to serve each week—and at what price.

This structure gives me the clarity to focus, the space to rest, and the flexibility to grow in a way that's both profitable and energetically aligned.

	Monday	Tuesday	Wednesday	Thursday	Friday
7 AM					
8 AM					
9 AM					
10 AM		Time to take			
11 AM		care of myself		Build My	Flex Friday
12 PM			Client	Business	
	E. II. Januar		sessions	(Marketing,	(Room to work
1 PM	Full day of			sales, admin,	if I'm inspired
2 PM	coaching			professional	or to play if
3 PM	clients	Client		development,	that is what l
5 FM		sessions	Time to take	client/consult	need.)
4 PM			care of myself	follow up, etc.)	
5 PM					



Try It Out In Your Business!

Use the blank calendar below to map out your ideal weekly schedule — one that supports your clients, your business, and your well-being.

	Monday	Tuesday	Wednesday	Thursday	Friday
7 AM					
8 AM					
9 AM					
10 AM					
11 AM					
12 PM					
1 PM					
2 PM					
3 PM					
4 PM					
5 PM					