

WEEKLY PLANNING SESSION

Take a look at your week ahead. List any appointments, activities, etc here:

Halloween, dentist

Do you have any evenings when dinner needs to be quick and easy? Note them here along with a menu plan.

Monday - Halloween Spaghetti & meatballs

Are there any special things that you need to remember this week? Ex: mail a bill, sign a permission slip. Note them here.

DENTIST

What 3 things do you need to accomplish this week? Note them here and schedule them into your week.

Clean fridge

Update resume

Call insurance company about roof

November 2011

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

November 2011

30
31 Halloween - 7-9 trick or treat
1
2 Dentist 2:00
3 Meal Plan
4
5

Top 3 To Do

Self Care

update resume	Sleep <input type="checkbox"/>
Clean fridge	Exercise <input type="checkbox"/>
call insurance company about roof	Meds, vitamins <input type="checkbox"/>

MEAL PLAN

Lunch	Dinner	Sides
Tacos	Roast chicken	Potatoes, spinach
Chicken salad sandwiches	Spaghetti & meatballs	Salad, garlic bread
Tuna sandwiches	Pork chops	Green beans, applesauce
Grilled cheese, tomato soup	Chicken stir fry	Rice
Pizza	Fish	Salad, sautéed vegetables
Fish tacos	Meatloaf	Mashed potatoes, green beans
Soup & salad	Turkey cutlets	Sweet potatoes, kale

Be sure to include lean protein and lots of dark, colorful fruits and veggies!

BILLS TO PAY

Designate one day a week to pay your bills. List all bills that are due this week, along with the amount due.

Pay	Amount
Mortgage Company	\$595.00
Waste Management	\$62.00

30 MINUTES A DAY

As women with ADD, our homes are often a source of frustration. We don't seem to have that magic gene that makes housework second nature.

With this system, you can keep your home reasonably clean in 30 minutes a day. And remember, you don't need a solid chunk of time; you can split it up throughout the day.

Here's your plan:

Kitchen: Do the dishes, wipe down the sink, stove and table.

Bathroom: Swish the toilet and wipe out the sink.

Laundry: Throw a load in the washer and dryer.

Clutter: Spend 5 minutes clearing out a clutter spot.

GRATITUDE

End your week on a positive note. What were you grateful for this week?
