



Pilot Fire

Making the Week's Plan



1. Pause and Reflect.

How'd it go? Jot down reflections about last week.

Reconnect to what's important, your roles, goals, and relationships.



2. Make a Plan.

Choose 5-7 goals

Schedule them.



3. Do it.

Prioritize every day.



4. Repeat. (every week)

March 3, 2011
Date

Roles	Goals
<input type="radio"/> Pilot	<input type="radio"/> Write down favorite quotes
<input type="radio"/> Stoker	<input type="radio"/> Get to yoga 3 times
Artist	<input type="radio"/> Get "Cage" sketched on canvas
Breadwinner	<input type="radio"/> Go to bed by 10:30, Su-Th
Girlfriend	<input type="radio"/> Ask Benny for 2 comp tix
Money Manager	<input checked="" type="checkbox"/> Clip receipts together in piles
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>

The Pilot role guides your life, planning and prioritizing.

The Stoker feeds the fire, keeps your body, mind, and spirit burning.

(These two roles are part of every Week's Plan.)

Roles get listed on the left with the corresponding Goals on the right.

On the days you schedule them, treat the goals on your Week's Plan

as Important and Urgent.

Mark them off when you do them.

You can jot notes on the back, and when it's time to plan next week,

write your reflections about this week on the back.