



Living Life LOUD

Week 1 Homework

Learning to relate your daily activities to your bigger life goals is the NUMBER ONE productivity habit to develop! For Week 1, please fill out this form AT LEAST two days. BE HONEST! Just like when keeping a food diary, it's not doing yourself any good if you don't tell the truth.

MY GOALS FOR OCTOBER:

1. _____
2. _____
3. _____

DATE:

Task	Predicted Time	Actual Time	Priority (1-4, 1 high)	Value (1-10, 10 high)

DATE:

Task	Predicted Time	Actual Time	Priority (1-4, 1 high)	Value (1-10, 10 high)

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