



CREATING MORE FLOW BY Knowing How You Spend Your Time



DATE:

Time	Prepare	Struggle	Release	Flow	Recover	Other	What Worked?
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
Total							



INSIGHTS? ACTIONS to TRY TOMORROW?



AIM LEADERSHIP