1. What is one outcome you want to accomplish at work next week (top priority)?
2. What tasks are needed to accomplish this? What other obligations do I already have? (Record tasks and obligations below.)

MONDAY


## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY


3. How much time will each task require? (Jot an amount of time beside each one, such as 10 minutes, an hour, 10 hours.)
4. If I can only accomplish one task on the list, which one would it be? (Put a \#1 beside it.)
5. After that task is complete, what would be my next priorities? (Number in order of importance.)
(Adapted from Covey, Merrill, and Merrill (1994; reprinted with permission of Franklin Covey) and Smart and Street, (2007).)

