

ROBIN SHARMA'S WEEKLY DESIGN SYSTEM (WDS) WEEK OF: _____

Personal Truly Exceptional: #1 _____ #2 _____ #3 _____	Business Truly Exceptional: #1 _____ #2 _____ #3 _____
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To Dos / Deliverables			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5AM - 6AM		5AM - 6AM		5AM - 6AM		5AM - 6AM		5AM - 6AM		5AM - 6AM		5AM - 6AM	
6AM - 7AM		6AM - 7AM		6AM - 7AM		6AM - 7AM		6AM - 7AM		6AM - 7AM		6AM - 7AM	
7AM - 8AM		7AM - 8AM		7AM - 8AM		7AM - 8AM		7AM - 8AM		7AM - 8AM		7AM - 8AM	
8AM - 9AM		8AM - 9AM		8AM - 9AM		8AM - 9AM		8AM - 9AM		8AM - 9AM		8AM - 9AM	
9AM - 10AM		9AM - 10AM		9AM - 10AM		9AM - 10AM		9AM - 10AM		9AM - 10AM		9AM - 10AM	
10AM - 11AM		10AM - 11AM		10AM - 11AM		10AM - 11AM		10AM - 11AM		10AM - 11AM		10AM - 11AM	
11AM - 12PM		11AM - 12PM		11AM - 12PM		11AM - 12PM		11AM - 12PM		11AM - 12PM		11AM - 12PM	
12PM - 1PM		12PM - 1PM		12PM - 1PM		12PM - 1PM		12PM - 1PM		12PM - 1PM		12PM - 1PM	
1PM - 2PM		1PM - 2PM		1PM - 2PM		1PM - 2PM		1PM - 2PM		1PM - 2PM		1PM - 2PM	
2PM - 3PM		2PM - 3PM		2PM - 3PM		2PM - 3PM		2PM - 3PM		2PM - 3PM		2PM - 3PM	
3PM - 4PM		3PM - 4PM		3PM - 4PM		3PM - 4PM		3PM - 4PM		3PM - 4PM		3PM - 4PM	
4PM - 5PM		4PM - 5PM		4PM - 5PM		4PM - 5PM		4PM - 5PM		4PM - 5PM		4PM - 5PM	
5PM - 6PM		5PM - 6PM		5PM - 6PM		5PM - 6PM		5PM - 6PM		5PM - 6PM		5PM - 6PM	
6PM - 7PM		6PM - 7PM		6PM - 7PM		6PM - 7PM		6PM - 7PM		6PM - 7PM		6PM - 7PM	
7PM - 8PM		7PM - 8PM		7PM - 8PM		7PM - 8PM		7PM - 8PM		7PM - 8PM		7PM - 8PM	
8PM - 9PM		8PM - 9PM		8PM - 9PM		8PM - 9PM		8PM - 9PM		8PM - 9PM		8PM - 9PM	
9PM - 10PM		9PM - 10PM		9PM - 10PM		9PM - 10PM		9PM - 10PM		9PM - 10PM		9PM - 10PM	
10PM - 11PM		10PM - 11PM		10PM - 11PM		10PM - 11PM		10PM - 11PM		10PM - 11PM		10PM - 11PM	
AM Protocol & Workout	<input type="checkbox"/>	AM Protocol & Workout	<input type="checkbox"/>	AM Protocol & Workout	<input type="checkbox"/>	AM Protocol & Workout	<input type="checkbox"/>	AM Protocol & Workout	<input type="checkbox"/>	AM Protocol & Workout	<input type="checkbox"/>	AM Protocol & Workout	<input type="checkbox"/>
Daily Goal Setting	<input type="checkbox"/>	Daily Goal Setting	<input type="checkbox"/>	Daily Goal Setting	<input type="checkbox"/>	Daily Goal Setting	<input type="checkbox"/>	Daily Goal Setting	<input type="checkbox"/>	Daily Goal Setting	<input type="checkbox"/>	Daily Goal Setting	<input type="checkbox"/>
Peak Diet	<input type="checkbox"/>	Peak Diet	<input type="checkbox"/>	Peak Diet	<input type="checkbox"/>	Peak Diet	<input type="checkbox"/>	Peak Diet	<input type="checkbox"/>	Peak Diet	<input type="checkbox"/>	Peak Diet	<input type="checkbox"/>
Gratitude 6	1. _____ 4. _____ 2. _____ 5. _____ 3. _____ 6. _____	Gratitude 6	1. _____ 4. _____ 2. _____ 5. _____ 3. _____ 6. _____	Gratitude 6	1. _____ 4. _____ 2. _____ 5. _____ 3. _____ 6. _____	Gratitude 6	1. _____ 4. _____ 2. _____ 5. _____ 3. _____ 6. _____	Gratitude 6	1. _____ 4. _____ 2. _____ 5. _____ 3. _____ 6. _____	Gratitude 6	1. _____ 4. _____ 2. _____ 5. _____ 3. _____ 6. _____	Gratitude 6	1. _____ 4. _____ 2. _____ 5. _____ 3. _____ 6. _____