



STAR WISDOM TEACHING – THE ART OF LIVING SERIES



STAR HEART DAILY LIVING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
TIME OF GETTING UP OUT OF BED								
Exercise								
Quiet time								
Personal hygiene								
Getting dressed								
Preparing and eating meals								
HOURS SPENT AT WORK								
Travel time to and from work								
Education								
Cleaning and tidying the home								
Laundry								
Shopping and errands								
Appointments to do with health and home								
Paying bills								
Correspondence including phone calls & emails								
Special projects								
Gardening, which includes watering indoor plants and tending floral arrangements								
Care giving, including looking after pets								
Family time								
Relaxation								
Total number of hours slept including naps								
TIME OF GOING TO BED								
Every day please fill in the ACTUAL time spent on these three categories:	8 hrs: SLEEP							
	8 hrs: WORK							
	8 hrs: MAINTAIN							

