
 STAR WISDOM TEACHING – THE ART OF LIVING SERIES 

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