365 My Life

Three pillars. One realistic week.

Notice what matters, choose one manageable action, and return to review.

Week beginning: _____ **Review day / time:** _____

01 Notice one priority in each pillar

A phrase is enough. Maintaining, resting or reducing a commitment can count.

Myself Rest, relationships, wellbeing or daily life

My Career Work, learning or professional direction

My Ministry Service, community, passions or creative pursuits

02 Choose one action across these priorities

You do not need a new task in every pillar. Choose what fits this week.

My action:

Day / time or trigger: _____ **Minutes:** _____

What I will protect, reduce or postpone to make room:

03 Review later: learn and adjust

At your review time, notice what happened rather than judge yourself.

What happened, and how did it affect the three pillars?

One adjustment for next week: _____

Original site-created worksheet. You may print and share it unchanged, free of charge.

365-my-life@brainer.one Free sample: 365-my-life.brainer.one/sample