

DAILY GAME PLAN

A W O N D E R M U M P R O D U C T

A PLAN TO ORGANISE
& PRIORITISE YOUR DAY

W O N D E R M U M . C O . U K

INSTRUCTIONS

Hi there!

I can tell that you're someone who likes to get results! How? You're ready to bring out your A-Game!

The Daily Game Plan was designed to help you prioritise your tasks and commit to getting each job done.

On the right-hand side of the printable is an area for you to group your tasks by priority, set your motivation and make notes.

On the left-hand side, there's space to ensure that you have enough time to complete your tasks by either blocking off a period of time to commit to it (using time periods) or scheduling your tasks into your day (using the Schedule version of this plan). You decide which method works best for you.

And at the bottom, I've created a space for you to acknowledge your 'Win' for the day - anything you can feel proud of, no matter how big or small!

The core aim of this planner is to help you focus on completing specific jobs at a **SET TIME**. I also recommend **taking breaks** between focused work periods to refresh your mind and attitude so that you can hit the ground running again for your next task.

If you really want to up your game, use a timer during your work periods. There are several versions available. I like to use a visual timer on my phone and I've found that **Visual Task Timer** is good as a general all-purpose timer and **Workflow Timer** is good for a focused work session. Just use whatever helps keep **you** focused!

Enjoy!

Elisa

INSTRUCTIONS

Break up your day into block periods to help you really focus in on specific tasks.

Or use the Schedule version of this plan to have a more linear view of your day.

Use this space to write a motivational quote or inspiration to set your frame of mind.

DAILY GAME PLAN

TIME PERIOD 1: 9am TO 10am

E.g.: Write 300 words for my novel.

TIME PERIOD 2: 10:30 TO 11am

E.g.: Research holiday destinations for August

TIME PERIOD 3: TO

Move tasks into your time block or Schedule

TIME PERIOD 4: TO

TIME PERIOD 5: TO

MOTIVATION

MUST DO

Write 300 words for novel.

WOULD LIKE TO DO

Research holiday

IF I HAVE TIME

NOTES

Use this space for notes, meals or reminders

MY BIG WIN TODAY:

When you bring out your 'A' Game, you'll have success! Record a win here!

Priority or "A" Tasks go here

"B" Tasks go here

"C" Tasks go here



DAILY GAME PLAN

TIME PERIOD 1: TO

TIME PERIOD 2: TO

TIME PERIOD 3: TO

TIME PERIOD 4: TO

TIME PERIOD 5: TO

MOTIVATION

MUST DO

WOULD LIKE TO DO

IF I HAVE TIME

NOTES

MY BIG WIN TODAY:



DAILY GAME PLAN

SCHEDULE

5AM



6AM

7AM

8AM

9AM

10AM



11AM

12PM

1PM

2PM

3PM



4PM

5PM

6PM

7PM

MOTIVATION

MUST DO



WOULD LIKE TO DO



IF I HAVE TIME



NOTES

MY BIG WIN TODAY: