

STRATEGIC TIME MANAGEMENT PLAN *

Things I Do or Would Like to Do...	How Often I Do or Would Like to Do... (D, W, BW, M, Y, etc)	Why I Do or Would Like to Do...	How Much Do I Value... (1, 2, 3, 4)	How I Will Change... (L+How, B+How, or E)	Obstacles to Change	Success Achieved ?

* Use with related instructions.