THE ELEVATED WEEK WORKSHEET





YOUR **CURRENT** WORK WEEK

If I'm being honest, the three adjectives that I feel when I think about my CURRENT work day are:		
1.	2.	3.
My CURRENT work day is spent on:		
1.	2.	3.
4.	5.	6.
7.	8.	9.
YOUR ELEVATED (IDEAL) WORK WEEK My ELEVATED (IDEAL) work day is spent on:		
1.	2.	3.
4.	5.	6.
7.	8.	9.
If I'm being honest, the three adjectives that I feel when I think about my ELEVATED work day are:		
1.	2.	3.
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YOUR ELEVATED (IDEAL) WORK WEEK REALIZED I currently spend percent of my time doing impactful work that motivates & excites me.		
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I currently spendpercent of my	y time doing impactful work that motive	ates & excites me.
I currently spendpercent of my	,	ates & excites me. me, I would delegate:
I currently spendpercent of my	y time doing impactful work that motive	ates & excites me.
I currently spendpercent of my	y time doing impactful work that motivates and excites 2.	ates & excites me. me, I would delegate:
I currently spend percent of my lf I could increase my time doing imp	y time doing impactful work that motivates and excites 2. of time each week.	ates & excites me. me, I would delegate:
I currently spend percent of my lift could increase my time doing imp 1. It would save me hours	y time doing impactful work that motivates and excites 2. of time each week.	ates & excites me. me, I would delegate:
If I could increase my time doing imp 1. It would save me hours I would spend that newfound time or 1.	y time doing impactful work that motivates and excites 2. of time each week.	ates & excites me. me, I would delegate: 3.
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