

¿EN QUÉ SE CONSUME MI DÍA?

Instrucciones:

Registra detalladamente cómo distribuyes tu tiempo durante un día laboral típico.

Llena el formato con las 8 actividades que sientas, te llevaron más tiempo durante el día.

Luego, asigna una prioridad del 1 al 5 a cada actividad, donde 1 representa baja prioridad y 5 alta prioridad, según la importancia de cada tarea para tus objetivos personales o profesionales.

Nota: Cada Intervalo des de 15 munutos

The chart is a circular grid divided into 8 radial segments. Each segment is further divided into concentric rings, creating a grid of small cells. A vertical dashed line is drawn through the center of the chart, extending from the top edge to the bottom edge. The top portion of the chart is partially obscured by a grey rectangular box with horizontal dashed lines, which serves as a header for the activity names.

HIGH IMPACT TASKS

Semana del: al: de:

Domingo	Notas:
Lunes:	Notas:
Martes:	Notas:
Miércoles:	Notas:
Jueves:	Notas:
Viernes:	Notas:
Sábado:	Notas:

NOT-TO DO LIST

The image features a 2x3 grid of six rectangular boxes with torn, hand-drawn edges. Each box is filled with a light gray background and contains a large, thick orange diagonal slash running from the top-left to the bottom-right. This layout is intended for a 'NOT-TO DO LIST'. The background of the entire page is a dense pattern of small, light gray icons related to business, finance, and productivity, including symbols for ideas, work, money, and communication. A dark red and black geometric shape is located in the top right corner.

MASTER LIST

