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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 8am | SELF CARE | SELF CARE | SELF CARE | SELF CARE | SELF CARE |
| 8:30 |  |  |  |  |  |
| 9am |  |  |  |  |  |
| 9:30 | PAINTING TIME | PAINTING TIME | BUSINESS TASKS | ARTIST DATE OR INSPIRATION TIME | PAINTING TIME |
| 10am |  |  |  |  |  |
| 10:30 |  |  |  |  |  |
| 11 |  |  |  |  |  |
| 11:30 |  |  |  |  |  |
| 12pm | TAKE A LUNCH BREAK | TAKE A LUNCH BREAK | TAKE A LUNCH BREAK | LUNCH WITH A FRIEND | TAKE A LUNCH BREAK |
| 12:30 |  |  |  |  |  |
| 1pm | Love your life task | PAINTING TIME | Do something indulgent |  | **Misc** |
| 1:30 | BUSINESS TASKS |  | Errands/Appointments | SKETCHING OR RESEARCH |  |
| 2pm |  |  |  |  |  |
| 2:30 |  |  |  |  |  |
| 3pm |  |  |  |  |  |
| 3:30 |  |  |  |  |  |
| 4 | Nap or tea time | Nap or tea time | Nap or tea time | Nap or tea time |  |