



# Create Your Ideal Schedule

In Alignment with Cycles of Nature

## **Sunday (Sun)**

Energy is independence, self sufficient, brightness, health, vitality, leadership, vision. Indicates living a purposeful life and willingness to see our true self. Good day to think about self-confidence and self-sufficiency. Set intentions, do sun salutations. Repair relationship with father. Chant gayatri mantra. Day to bring possibility in our life. Spiritual + devotional day. Soul searching.

## **Monday (Moon)**

Self care, reflection and contemplation. Energy is emotional. Good for healing practice. Schedule reiki. Be calm and don't worry. Be introspective. Day to heal the mind and body and do some creative writing and doodling.

## **Tuesday (Mars)**

Day of action. Power day. Relates to ambition, power courage, and achievement.

## **Wednesday (Mercury)**

Writing day. Meetings and webinars. Rational mind brings in new concepts and ideas. Curiosity and investigation as well as teaching, writing and speaking. Study, learn, accounting, business planning, reports, speak, write, communicate, meetings, brainstorm, conference calls.

## **Thursday (Jupiter)**

Optimistic, hopeful, wise, represents cosmic wisdom and offering generosity, kindness, fairness. Guru supports all practices dealing with religion, spirituality and philosophy. Read bhagavad ghita.

## **Friday (Venus)**

Happiness, joy, harmony, love and devotion. Sensual and creative. Indulge, party, be social, date night.

## **Saturday (Saturn)**

Meditate and chant. Structure, order, plan ahead, organize week. Accept responsibility and honor obligations. Practice detachment.





# *My Ideal Schedule*

Saturday

A large, empty, rounded rectangular box with a light pink background, intended for writing the ideal schedule for Saturday.

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Wednesday

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# Organize Your Day

6am - 10am :: Kapha

A large, empty, rounded rectangular box with a light pink background, intended for scheduling or notes during the 6am - 10am Kapha period.

10am - 2pm :: Pitta

A large, empty, rounded rectangular box with a light pink background, intended for scheduling or notes during the 10am - 2pm Pitta period.

2pm - 6pm :: Vata

A large, empty, rounded rectangular box with a light pink background, intended for scheduling or notes during the 2pm - 6pm Vata period.





*6pm - 10pm :: Kapha*

A large, empty, rounded rectangular box with a light pink background, intended for notes related to the Kapha time period.

*10pm - 2am :: Pitta*

A large, empty, rounded rectangular box with a light pink background, intended for notes related to the Pitta time period.

*2am - 6am :: Vata*

A large, empty, rounded rectangular box with a light pink background, intended for notes related to the Vata time period.

