



# New Spiritual Horizons<sup>SM</sup>

*Online Subscription and Home Study Program*

## **Lesson 4 - Navigating Clear Courses**

### **Week 4 - Your Daily Schedule**

One way to organize your time so you know you are moving in the right timing pattern for yourself is by making a daily schedule to follow throughout the week. Be sure to schedule a sufficient amount of time to accomplish all your personal needs.

#### **Technique this week:**

Using this form, the evening before make a schedule for yourself for that day.

7:00AM

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8:00AM

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9:00AM

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10:00AM

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11:00AM

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12:00PM

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1:00PM

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2:00PM

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3:00PM

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4:00PM

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5:00PM

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6:00PM

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7:00PM

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8:00PM

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9:00PM

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10:00PM

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At the end of the day or first thing the next day, check in with hour that worked for you.  
Did you notice an increase in energy and direction?

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