



# The 7 Minute Life Daily Planner

*Allyson Lewis*

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**The 7 Minute Life Daily Planner** Allyson Lewis

The three-month *7-Minute Life Daily Planner Desk Calendar* is a companion to her book and seminars as well as a standalone tool that will enable users to:

- Define their values
- Get rid of clutter in their lives
- Discover their purpose
- Have a daily written plan of action
- Set written goals
- Track their progress
- Monitor their physical health

*7-Minute Life Daily Planner Desk Calendar* takes proven time management and productivity ideas and molds them into a systematic, repeatable daily process that can be used every day to achieve personal and professional goals.

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