

Franklin Day Planner System



Franklin Day Planner Benefits

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- 🕒 **Regain control of our time**
 - 🕒 **Raise our productivity**
 - 🕒 **Increase our self-esteem**
 - 🕒 **Motivate us to reach our goals**
 - 🕒 **Make our free time free again**

Goals for the Session

- 🕒 **Learn to integrate priorities into daily routines**
- 🕒 **Learn to use the Franklin Day Planner System**
- 🕒 **Discover strategies for gaining greater control**



Promises To Keep



- 🕒 **Never write another floating note**
- 🕒 **Take your planner with you always**
- 🕒 **Use it every day for the next 21 days**

Excuses for Not Planning

- 🕒 It disrupts spontaneity/freedom
- 🕒 It takes too much time
- 🕒 The planner is not secure



Governing Values



- 🕒 I am adventurous
- 🕒 I am dependable
- 🕒 I am a good listener
- 🕒 I am productive
- 🕒 I seek excellence
- 🕒 I serve others
- 🕒 I am physically fit

S.M.A.R.T. Goals



🕒 **Specific**

🕒 **Measurable**

🕒 **Action-oriented**

🕒 **Realistic**

🕒 **Time-specific**

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And it may be well my posterity should be informed that to this little artifice with the blessing of God, their ancestor owed the constant felicity of his life . . . I hope, therefore, that some of my descendants may follow the example and reap the benefits.

Benj. Franklin