18 hr grid	MON	TUE	WED	THU	FRI	SAT	SUN	
5 - 6	Morning routine Admin	Morning routine Admin	Morning routine (Auctions)	Morning routine (Auctions)	Morning routine (Auctions)	Morning routine Admin	Morning routine Admin	5 - 6
6 - 7	BREAKFAST 6:10 out by 6:45	BREAKFAST 6:10 out by 6:45	BREAKFAST 6:10 out by 6:45	BREAKFAST 6:10 out by 6:45	BREAKFAST schedule the day	BREAKFAST schedule the day	BREAKFAST schedule the day	6 - 7
7 - 8					Focus:	Focus:	Focus:	7 - 8
8 - 9								8 - 9
9 - 10								9 - 10
10 - 11								10 - 11
11 - 12	11:OO short tea and cookie break						11 - 12	
12 - 1								12 - 1
1 - 2					1:00 stop for lunch	, nap, walk, household	d chores	1 - 2
2 - 3								2 - 3
3 - 4								3 - 4
4 - 5					4:00 afternoon tea,	back to work until 7:0	00	4 - 5
5 - 6	snack / rest	snack / rest	snack / rest	snack / rest				5 - 6
6 - 7	admin. packing, shipping, scheduling, etc							6 - 7
7 - 8								7 - 8
8 - 9								8 - 9
9 - 10								9 - 10
10 - 11	wrap it up	wrap it up	wrap it up	wrap it up	wrap it up	wrap it up	wrap it up	10 - 11