

● CREATE YOUR 3-3-3 BLD Work Week

WEEKLY
3-3-3
BLD

The Weekly 3/3/3 Framework:

3 activities. 3 hours a day. 3 days a week.

3 Hours Online: Dedicate these hours to focused online working.
Stay connected with podcasts, content creation and online presence building.

3 Hours Offline: Invest time in face-to-face connections.
Attend trade shows, host events, and build relationships in person.

3 Hours PPP: Allocate time for Pique-Preview-Partner-up activities.
Explore opportunities, preview your offerings and form strategic partnerships.

Create Your Own 3-3-3 / BLD Work Week

1-hour online activity. 1-hour off-line. 1-hour PPP

BREAKFAST / BUILD

Brain: Morning cognitive work
Body: Physical wellness routines
Business: Strategic planning

LUNCH / LEVERAGING

Leadership: Team development
Lifestyle: Work-life integration
Learning: Skill acquisition

DINNER / DUPLICATION

Developing: Growth activities
Dreams: Vision planning
Desires: Goal alignment

Day 1

BREAKFAST _____

LUNCH _____

DINNER _____

Day 2

BREAKFAST _____

LUNCH _____

DINNER _____

Day 3

BREAKFAST _____

LUNCH _____

DINNER _____



Remember the 80 / 20 Rule:

- 80% who are Healthy, Entrepreneurial, Financially Free and have time to build a business
- 20% want to get Healthy, become an Entrepreneur and Financially Free