



DR. LAUREN TRIMEIONI, MD

WORK-LIFE BALANCE FOR WOMEN IN MEDICINE

“I DON’T HAVE TIME”

A THREE-MONTH WEEKLY
PLANNER

for busy doctor moms

THIS WEEK OF:

MAP YOUR WEEK BY ENERGY

NOT OBLIGATION

INSTRUCTIONS

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TOP 3 PRIORITIES BY LIFE ZONE

WHAT ACTUALLY
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WORK

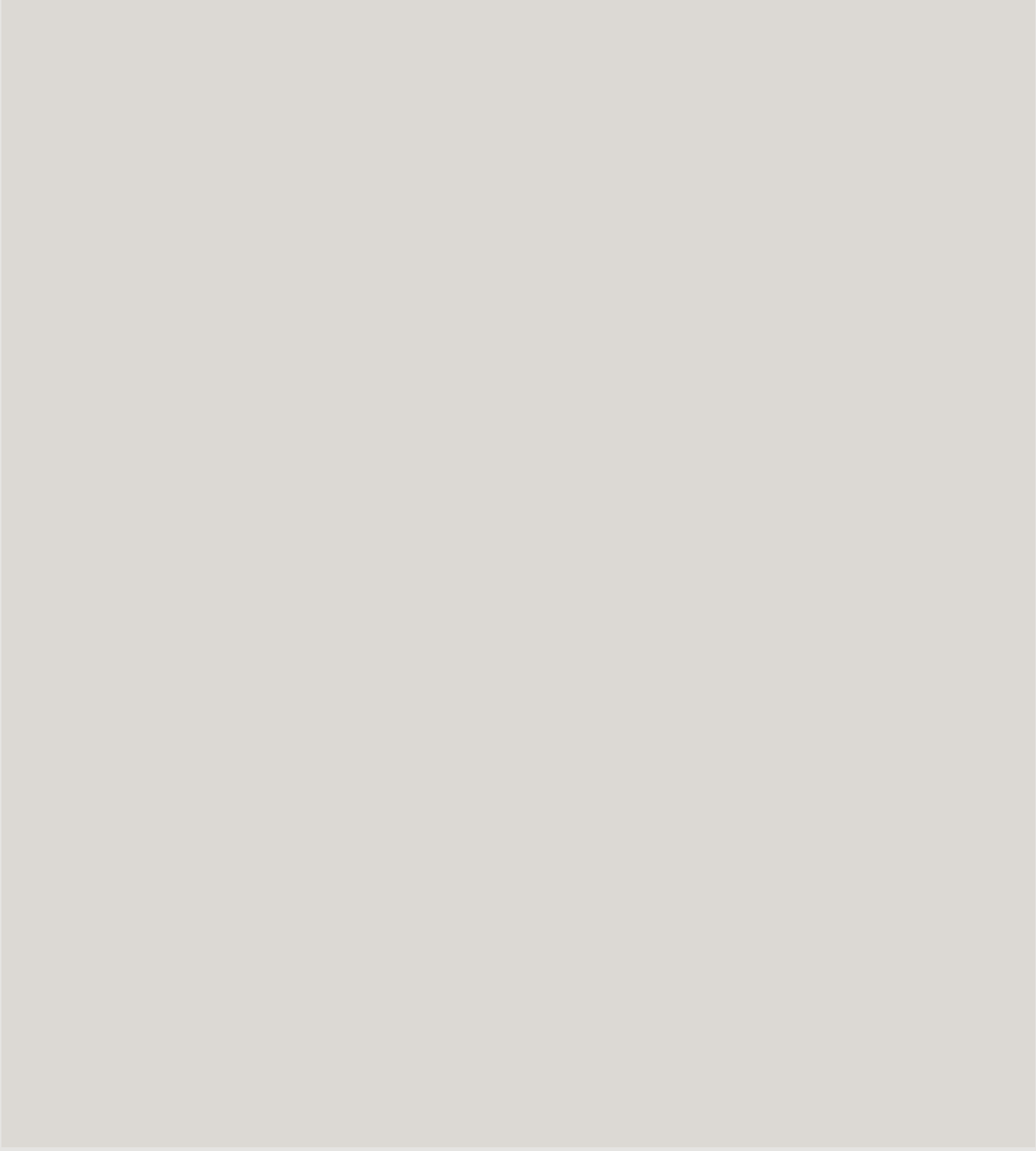
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GUILT-FREE “NO” LIST

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Example: feeling like I have to explain myself

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RECAP

WHAT DRAINED ME

WHAT REFILLED ME

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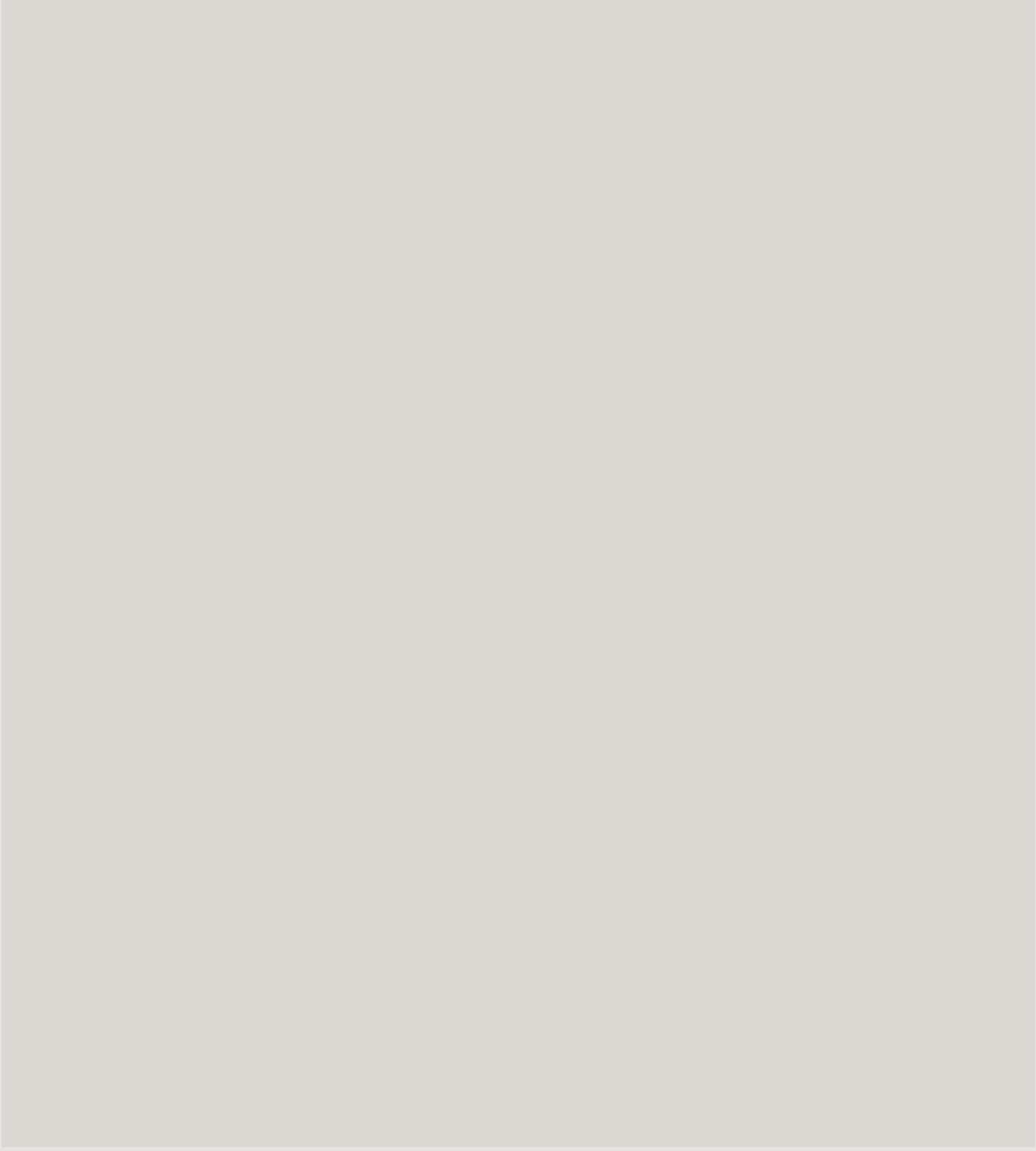
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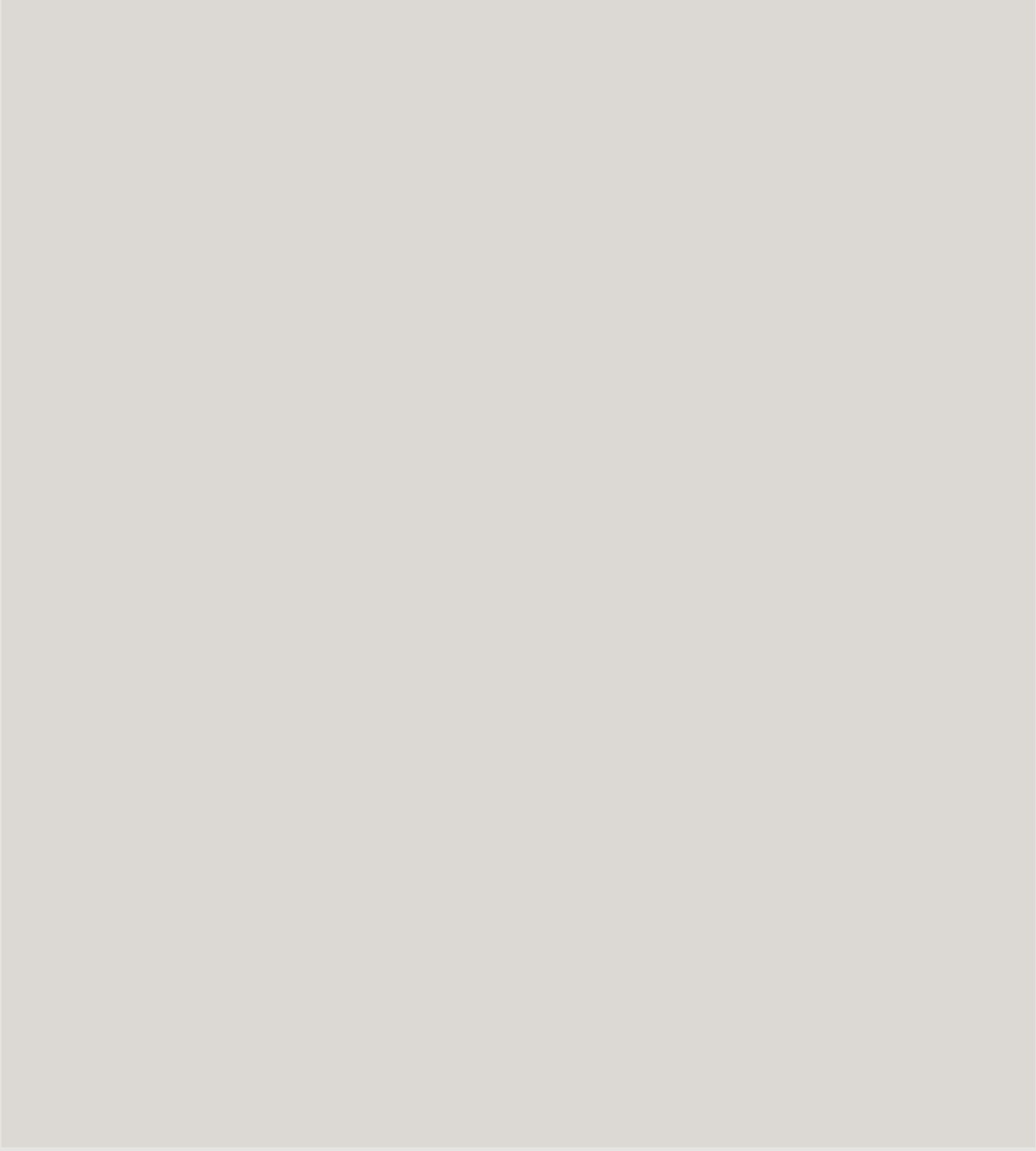
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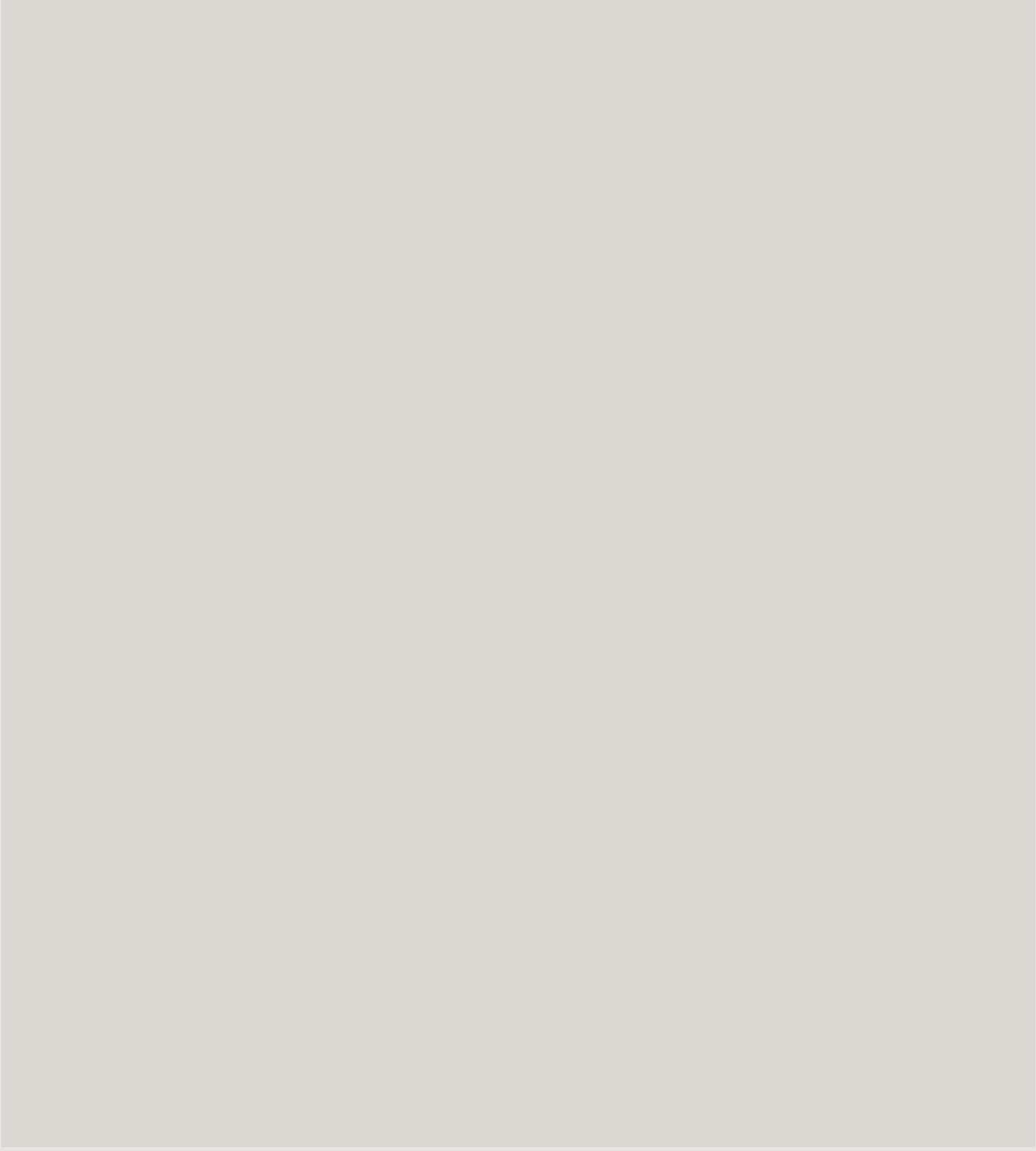
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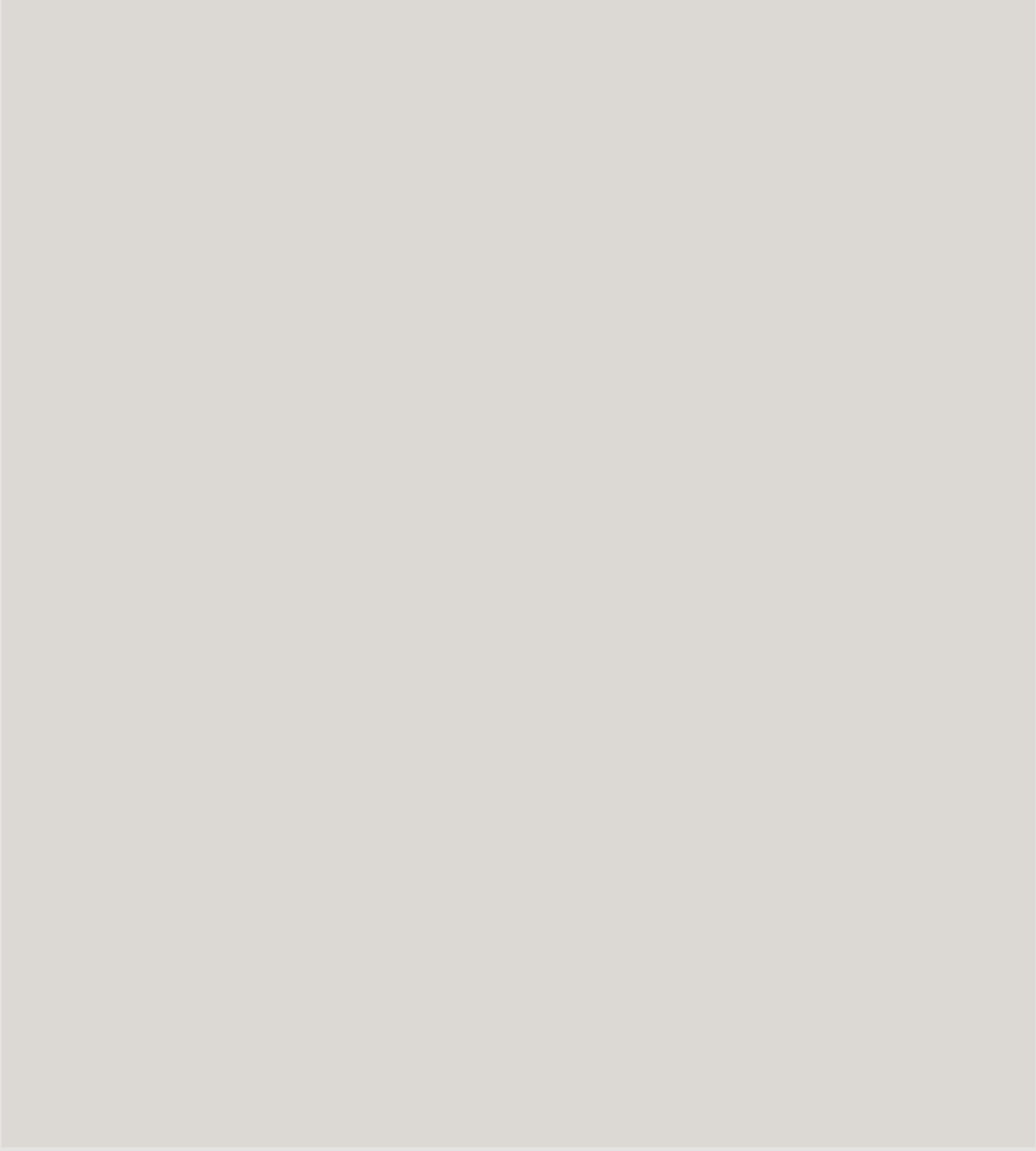
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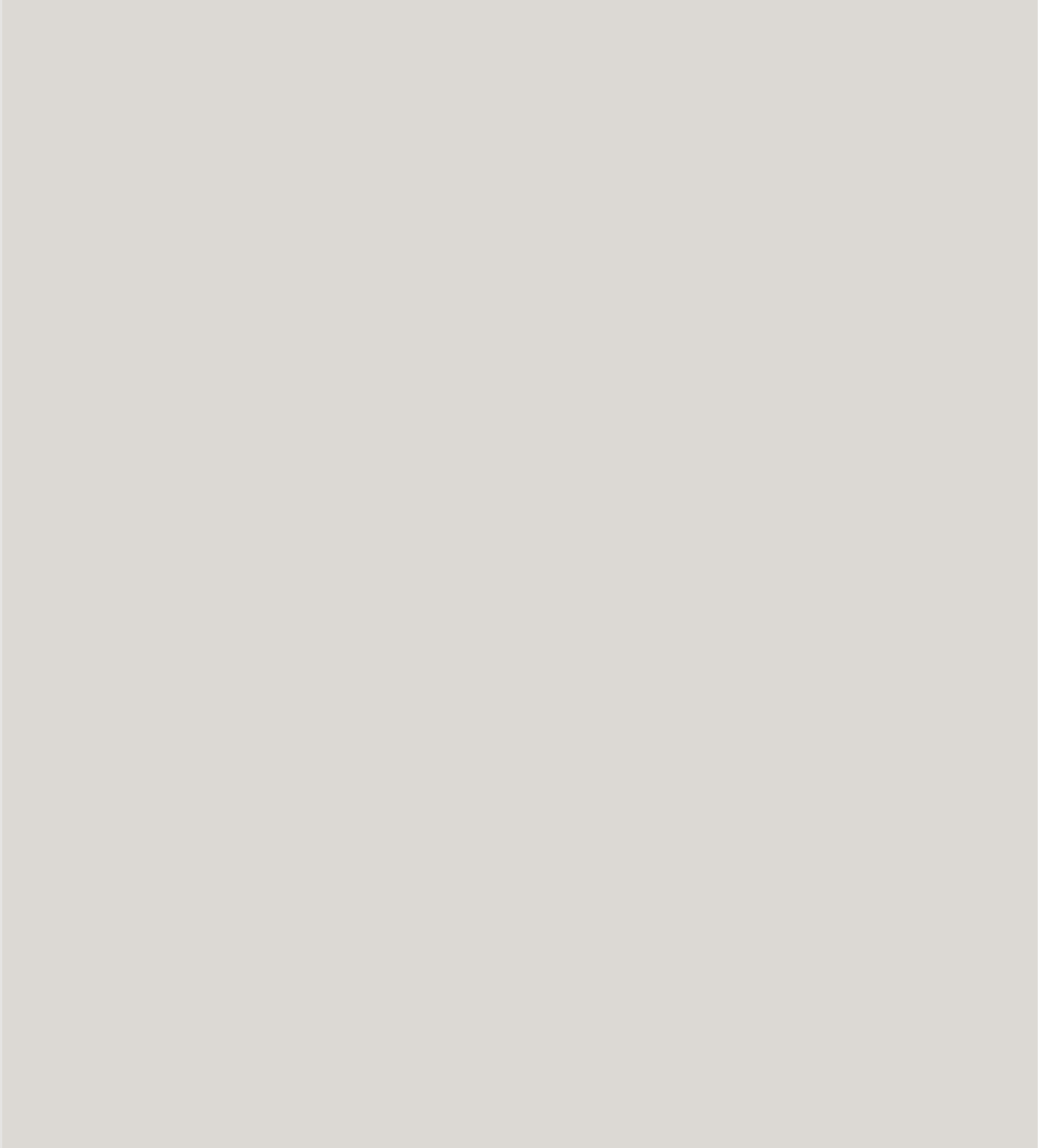
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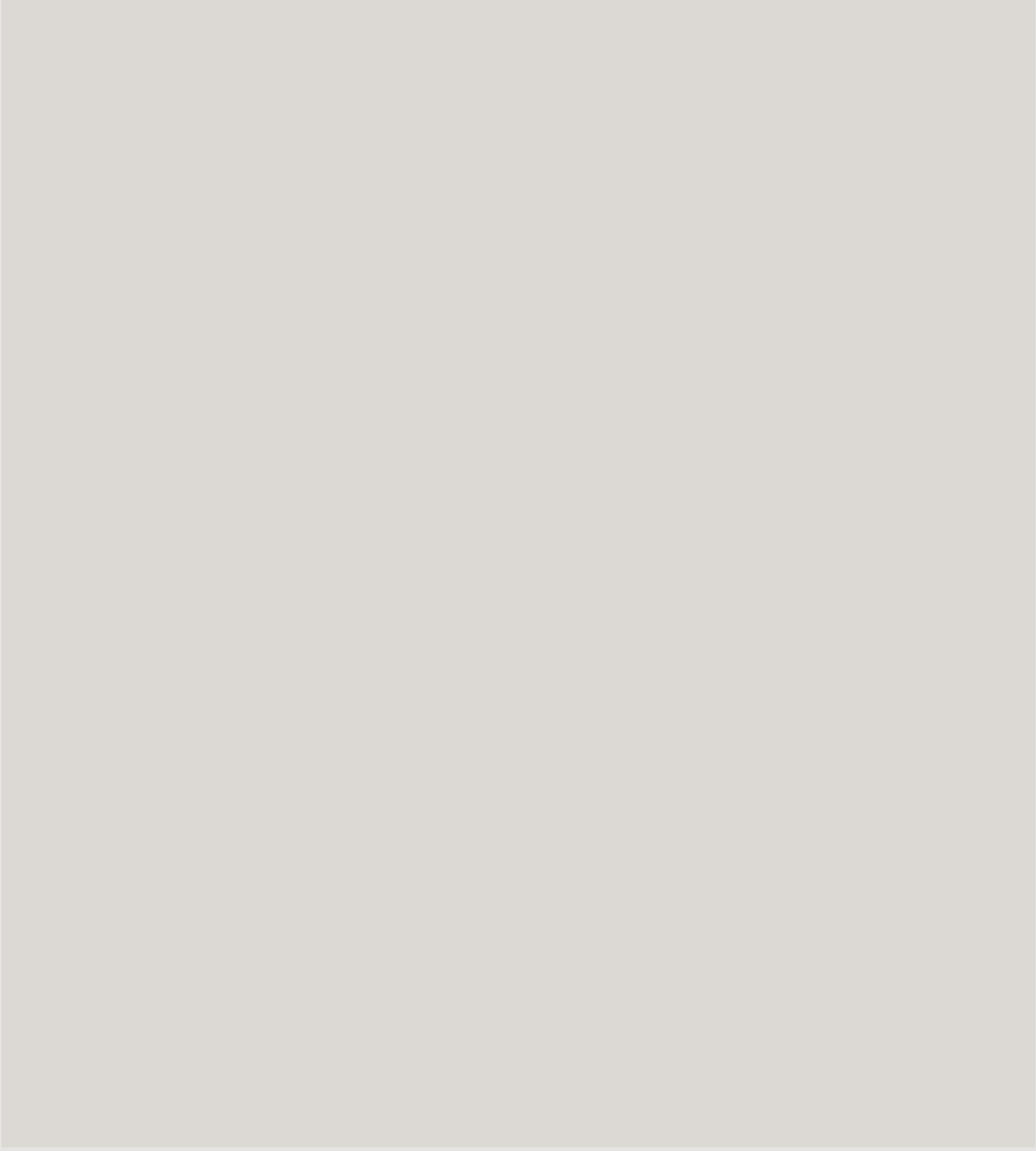
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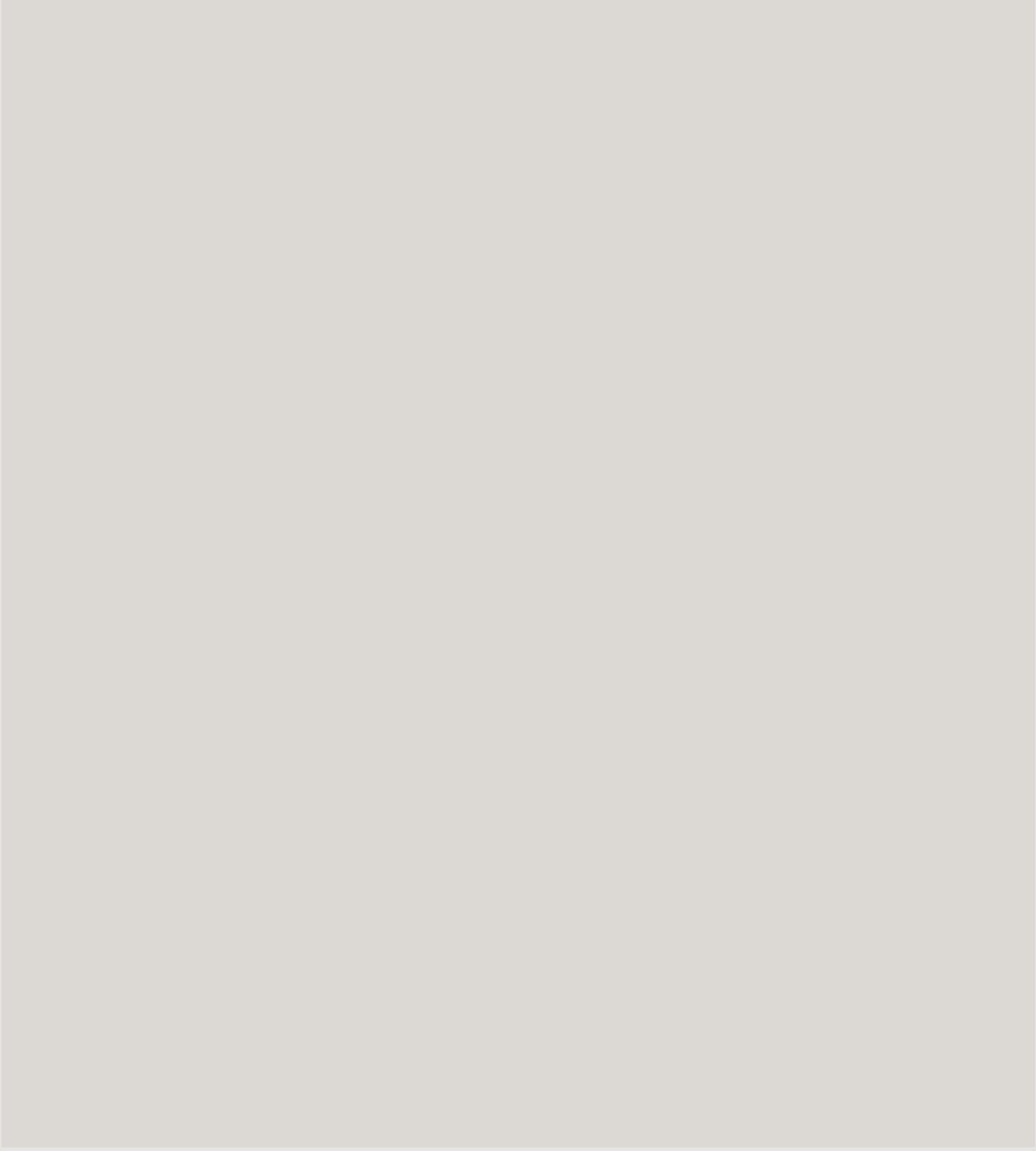
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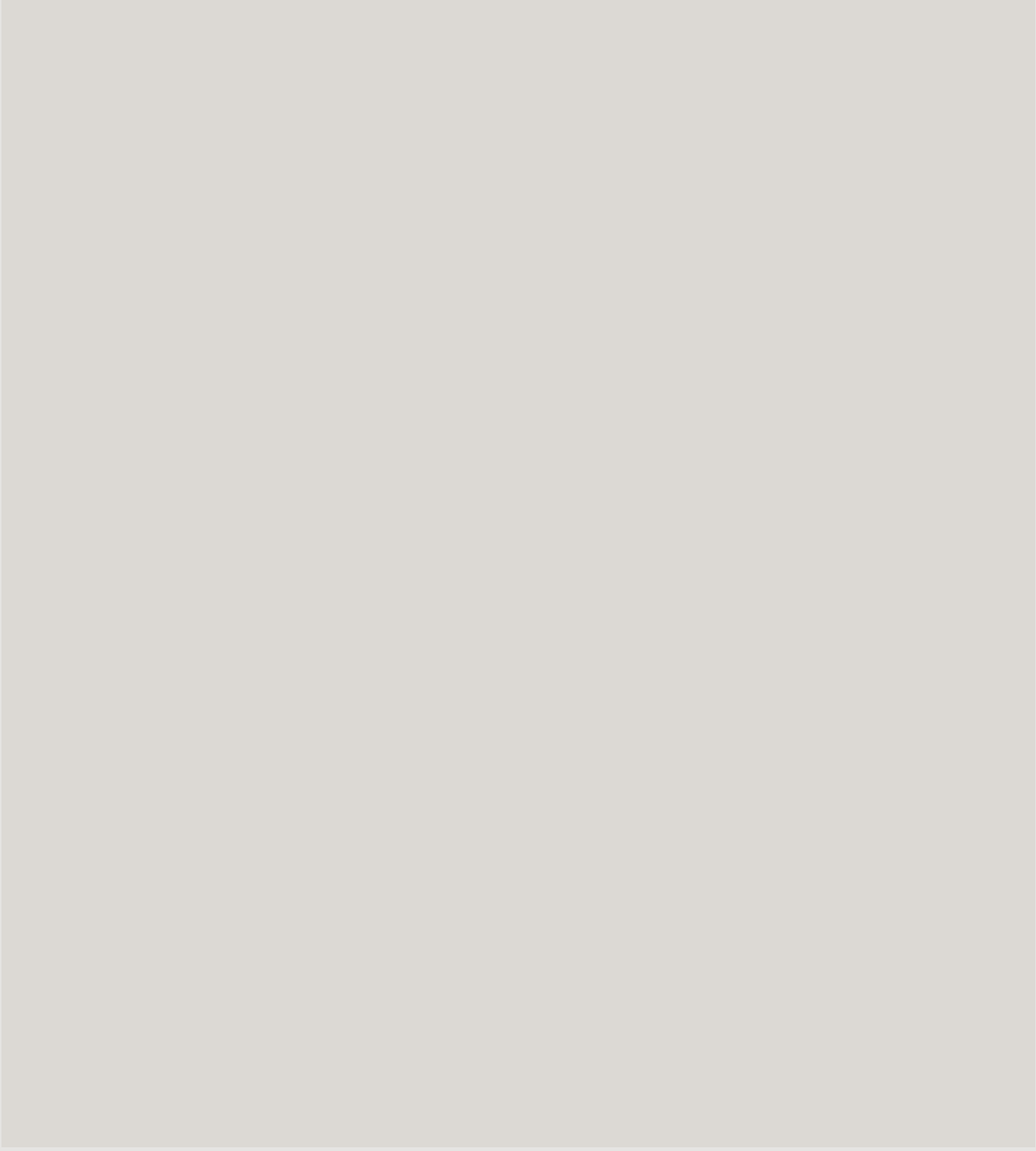
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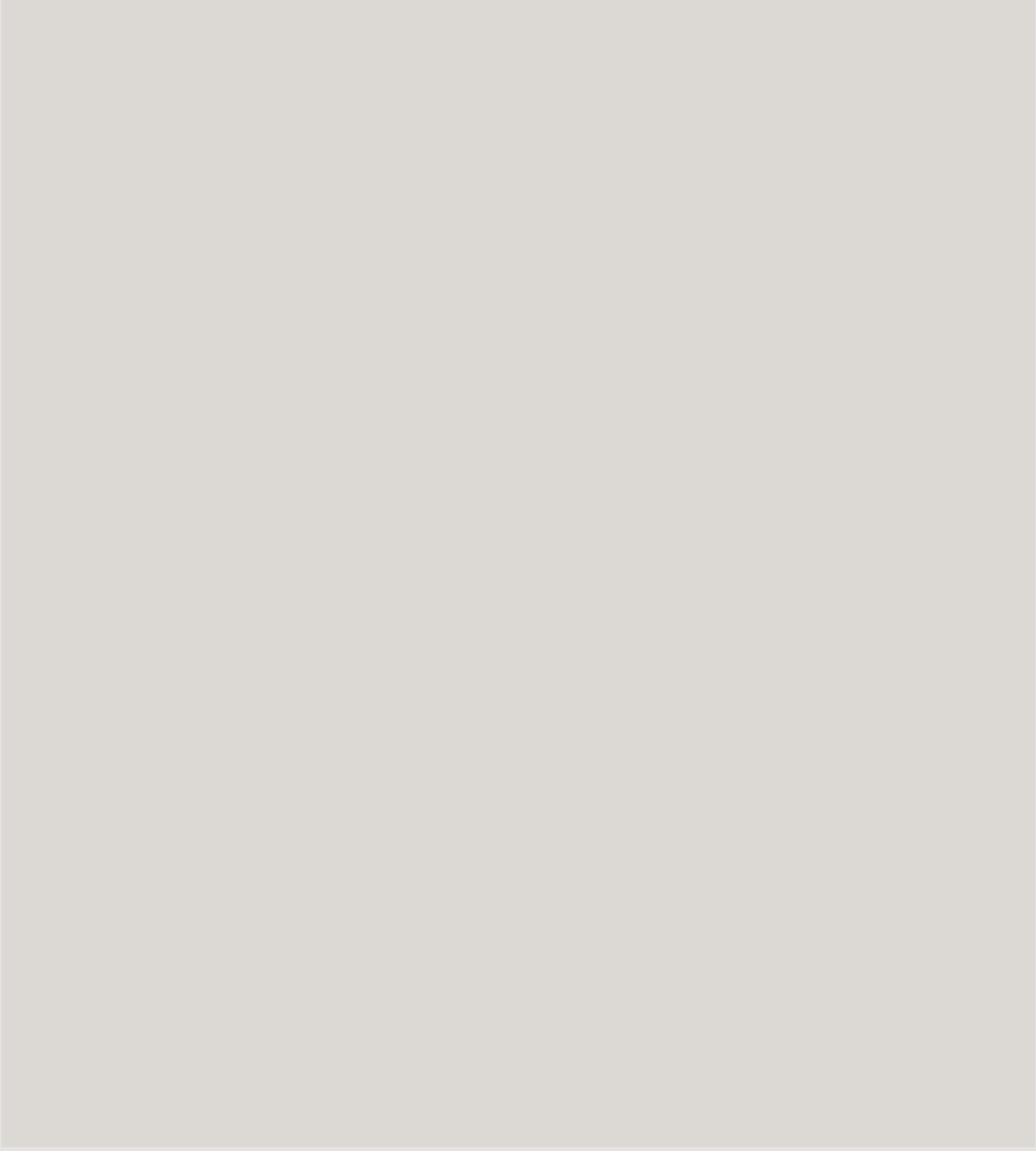
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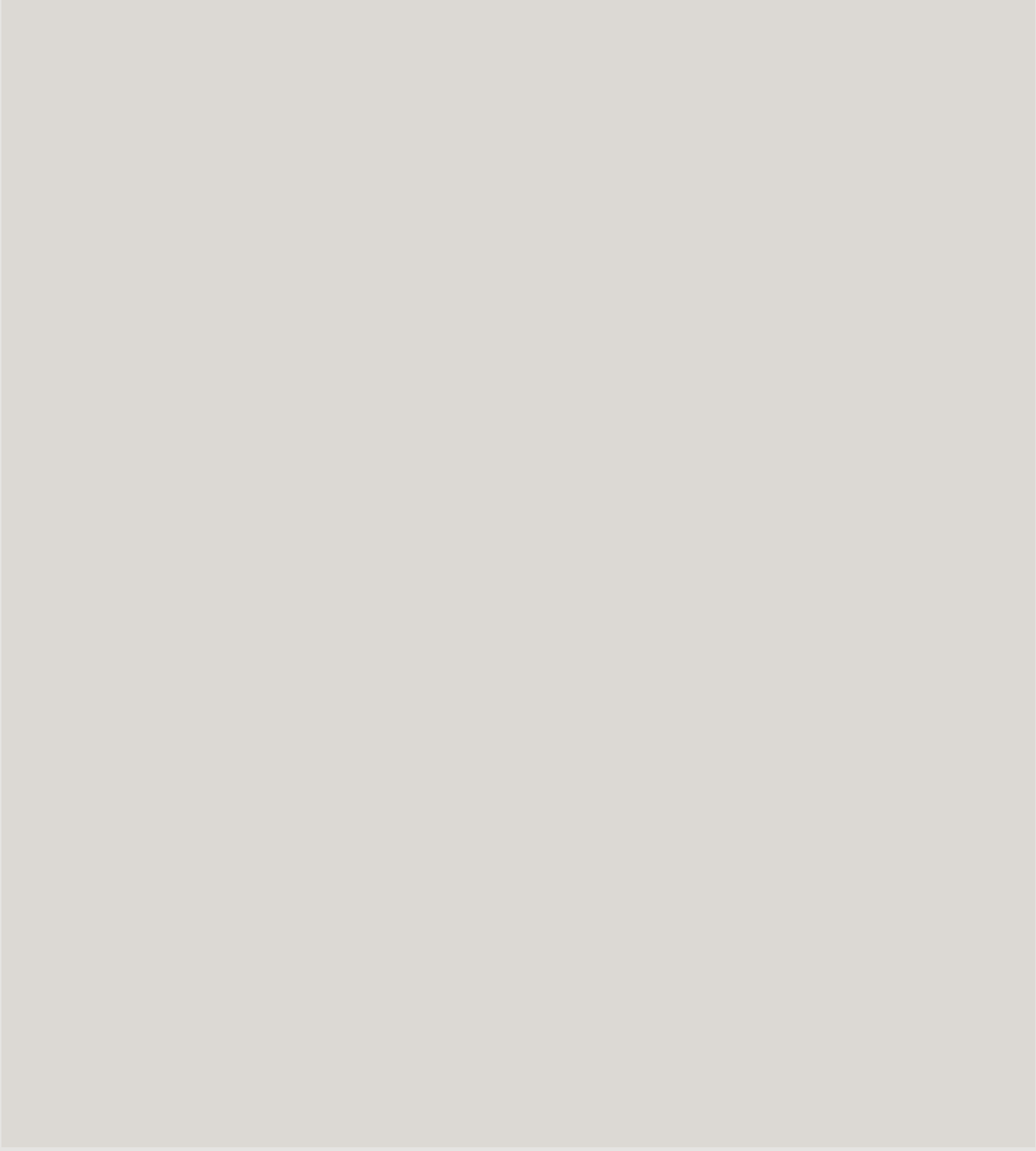
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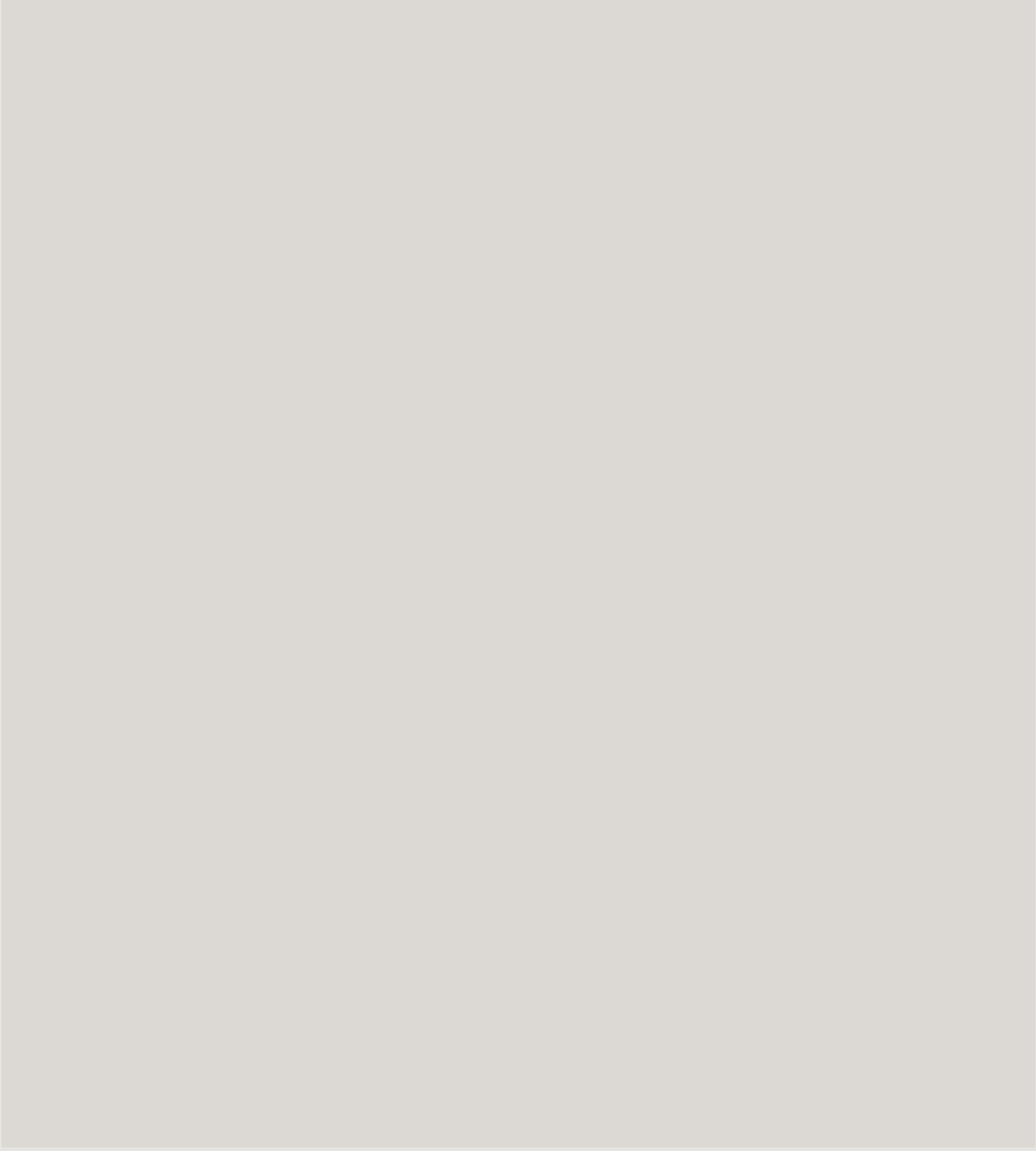
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I hope you find so much value in this planner. Remember, you are not behind, you're just a little burnt out. You're taking the steps to heal and you deserve all the love and support for that.

All the love, doctor mom!

Want to learn more about Medicine,
Motherhood, and Magic?

www.laurentrimelonimd.com

Let's chat!

Email:

laurentrimelonimd@gmail.com

Instagram: @laurentrimelonimd

Thank you for visiting, and I look forward to supporting you on your journey to a more balanced and fulfilling life.

Dr. Lauren Trimeloni, MD