

EXERCISE: MY WEEKLY TIMETABLE

1. MAKE YOURSELF A WEEKLY TIMETABLE THAT SUPPORTS YOUR GOOD EVERYDAY LIFE.

First, write down your compulsory tasks and duties in the timetable. Then plan nice breaks, relaxing moments, and fun things to do. When you write things down, you're more likely to remember and execute them. Remember to have enough time for doing nothing as well. If your timetable is too full, it won't promote your happy everyday life!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-12							
12-16							
16-20							
20-24							

2. AT THE END OF THE WEEK, GET BACK TO YOUR WEEKLY SCHEDULE.

Did my plans realise or where there changes? What kind? Remember that changes are a part of life. You can make plans for your everyday life but there will always be surprises.

A large, empty rectangular box with a thin black border, occupying the lower half of the page. It is intended for the user to write their reflections on their weekly schedule and any changes that occurred.