

The Power of Planning

Instructions: We realize that sometimes managing time can be hard. We want to know what YOU do each week. Use these planner pages to show what your week looks like. We have provided a sample so you'll get the idea. Since some days are busier than others, feel free to use a different sheet or colored pen and highlighters to show how your schedule changes. Put some thought in it. We are excited to see how your week looks.

Don't forget to write your name and grade on your sheet!

Please return to your Mentor Leader, Dr. Nicole, or Ms. Christa by next Saturday.

WEEK 37
SEPT 10 - SEPT 16

THIS WEEK'S FOCUS
EXAM THIS THURSDAY!

GOOD THINGS THAT HAPPENED
- AGED MY SPANISH QUIZ
- SPENT TIME W/ CHELSEA
- GRANNY TURNS 92 THIS WEEK!
- STARTED MEDITATING

HE IS A WISE MAN WHO DOES NOT GRIEVE FOR THE THINGS WHICH HE HAS NOT, BUT REJOICES FOR THOSE WHICH HE HAS. - EPICTETUS -
MAKE A LIST OF THINGS YOU APPRECIATE IN YOUR LIFE. POST IT IN A PLACE YOU CAN SEE EVERY DAY.

PERSONAL TO-DO LIST
BUY GRANNY'S GIFT
BUY FOOTBALL GAME TICKETS
WORK OUT ① ② ③
MEAL PREP
LAUNDRY
WORK ON PAINTING
BUY BECKY'S GIFT
CALL IAN
GROCERIES
COUPONS
MEDITATION PILLOW

WORK TO-DO LIST
STUDY FOR BIO EXAM
ENGLISH RESEARCH
SPANISH VOCAB LIST
SPANISH HOMEWORK
SCHOLARSHIP ESSAY
BIO QUIZ
PROJECT PROPOSAL
BUY SPANISH-ENGLISH DIC.

WEDNESDAY 13 STUDY!
THURSDAY 14 BIG EXAM!
FRIDAY 15 PAINT
SATURDAY 16 HBD BECKY!

GROceries
EGGS
BROCCOLI
BREAD
KALE
EDAMAME
ICE CREAM

HOW TO DE-STRESS
FOCUS ON NOW
TAKE 10 DEEP BREATHS
SCHEDULE "ME TIME"
MEDITATE 2X A DAY

SPACE OF INFINITE POSSIBILITY
IAN - 555.252.6707
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Week of _____

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00					
8:30					
9:00					
9:30					
10:00					
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SAMPLE

Saturday

Sunday