ORGANIZING TIME
to bring more joy

Fill out the schedule provided. Consider:

To reduce stress, I can move these tasks:

To maximize time, I can group these tasks:

I will take _____ breaks:

I will do _____ for exercise:

Today I'm thankful for:

Today's self-care includes:

When I feel stress, I will:

I will be in bed by:

Time	
7:00-8:00	
8:00-9:00	
10:00-11:00	
11:00-12:00	
12:00-1:00	
1:00-2:00	
2:00-3:00	
3:00-4:00	
4:00-5:00	
5:00-6:00	
6:00-7:00	
7:00-8:00	
8:00-9:00	
9:00-10:00	