



Wellness & Time Management





Break up your
assignments, short
stretches, and head
You can set timers
pace yours

Establish morning and rituals.

These can include things like journaling, setting intentions, focused breathing.



Meditate / 1

Take breaks to recharge

You can utilize me

spend some time i

a walk, create



Plan We

Make a plan at the beginning

Keep an agenda, physically

If you keep a physical agenda, you have an idea to write in pencil so you can change and remain flexible

3 Weekly Projects

1. Career / Education

2. Relationships

3. Self