



PLANNING YOUR TIME

EXERCISE THE PRESENT

1. Identify your current strengths and weaknesses.

2. Set realistic goals.

3. Create a schedule that allows for flexibility.

4.

5. Monitor your progress.

6. Adjust your plan as needed.

7. Celebrate your successes.

8.

9. Stay motivated.

10. Seek support.

11. Take breaks and recharge.

12. Stay organized.

13. Stay positive.

14. Stay focused on your goals.

15. Stay consistent.

16. Stay committed to your plan.

16. Stay resilient.

17. Stay disciplined.

17. Stay determined.

18. Stay motivated and focused on your goals.

18. Stay consistent and committed to your plan.

19. Stay organized and take breaks when needed.

19. Stay positive and seek support when needed.

20. Stay disciplined and committed to your plan.

20. Stay resilient and determined to achieve your goals.

21. Stay focused on your goals and stay consistent.

21. Stay organized and take breaks when needed.

22. Stay committed to your plan and stay disciplined.

22. Stay motivated and focused on your goals.

23. Stay motivated and focused on your goals.

23. Stay consistent and committed to your plan.

24. Stay organized and take breaks when needed.

24. Stay positive and seek support when needed.

25. Stay disciplined and committed to your plan.

25. Stay resilient and determined to achieve your goals.

26. Stay focused on your goals and stay consistent.

26. Stay organized and take breaks when needed.

27. Stay committed to your plan and stay disciplined.

27. Stay motivated and focused on your goals.

28. Stay motivated and focused on your goals.

28. Stay consistent and committed to your plan.

REGULATIONS