I'm BORED
I feel stressed and depressed
The hours feel ENDLESS!!!
I wish I could make time move faster...

...Right now there's a lot of things that aren't in my control...

...Still! Every day I do get to make some choices.
I can decide
when to get out of bed,
when to exercise
or play... or read a book...
or actually eat breakfast... or take a shower for once!
Writing a SCHEDULE could help me feel in charge of the things I can control and to worry less about what I can't change!
Knowing what I want my day to look like, takes a lot of uncertainty away...

I can make each day an opportunity...
To live with intent and purpose, to take care of my needs and work in small steps towards big GOALS!
I'm BORED
I feel stressed and depressed
The hours feel ENDLESS!!!
I wish I could make time move faster...

...Right now there's a lot of things that aren't in my control...
...Still! Every Day I do get to make some choices.

I can decide
When to get out of bed,
When to exercise,
Or play... or read a book...
Or actually eat breakfast... or take a shower for once?

Writing a SCHEDULE could help me feel in charge of the things I can control and to worry less about what I can't change!

Knowing what I want my day to look like, takes a lot of uncertainty away...

...To live with intent and purpose, to take care of my needs and work in small steps towards big GOALS!

I can make each day an opportunity...
Draw out your day!

Write down a list of things you can control, nice things you can do for yourself, of short and long term goals, make time for rest and play.

Use the next 7 panels to draw out what you want your day to be.

Picture your day from the time you leave your bed, till the time you go to sleep.
Draw out your day!
Write down a list of things you can control, nice things you can do for yourself, of short and long term goals, make time for rest and play.

Use the next 7 panels to draw out what you want your day to be.
Picture your day from the time you leave your bed, till the time you go to sleep.