

Create a daily plan for yourself

Make the most of your day. Creating a plan could help give your day more structure and enjoyment, whatever your plans are.

🧠 Remember you don't have to try it, and you can stop at any time.

Step 1

Think realistically about what you want to do in your day (E.g. a certain wake-up time, reading, finishing a project, or catching up with a friend).

Step 2

Start creating your daily plan. You could write it down, type it up or get creative.

Step 3

Think about the order you want to do things in and how long you want to spend on each. Add them to your plan and don't forget to include breaks!

Step 4

Have a go at following your daily plan and notice if it works for you. Is there anything you would change if you did the plan again?

Step 5

Enjoy being in your space!

Step 6 (Optional)

Tell us if you've tried the activity...

☐ I've tried the activity 🙌