

Weekly ta-da list

Unrealistic to-do lists can leave you feeling like you're being unproductive. Try writing down EVERYTHING you do in a day to help you realise how much you're getting done. As well as work projects I include loading the washing machine and booking after-school club but you do whatever will work best for you!



MONDAY

My priorities today are:

- 1.
- 2.
- 3.

09

10

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Have you eaten yet?

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16

17

How was your day?



TUESDAY

My priorities today are:

- 1.
- 2.
- 3.

09

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Fill up your water bottle

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How was your day?



WEDNESDAY

My priorities today are:

- 1.
- 2.
- 3.

09

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Time to stretch your legs

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How was your day?



THURSDAY

My priorities today are:

- 1.
- 2.
- 3.

09

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You can do this...

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How was your day?



FRIDAY

My priorities today are:

- 1.
- 2.
- 3.

09

Last day - focus on something you don't want to carry into next week!

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How was your day?

