

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!



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
My priorities today are: 1. 2. 3.				
09	09	09	09	09
10	10 Fill up your water bottle	10	10	10
11	11	11	11 You can do this...	11
12	12	12	12	12
13	13	13 Time to stretch your legs	13	13
14 Have you eaten yet?	14	14	14	14
15	15	15	15	15
16	16	16	16	16
17	17	17	17	17
How was your day? ☺ ☻ ☹				