

# Beginning of the week

Have a morning chat sharing of what you will be doing today



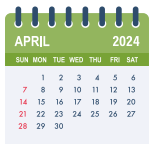
Have schedule of who will be having a shower and when, if you have one bathroom and live with others



Go through your food you have for meals and when they expire



Update your calendar and write down what is important to you



Go through your finances and what is due to come out and go in

