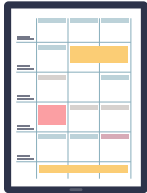


Different Ways To Plan Your Days

Do a brain dump and decide what day you start your week



Block schedule so you block time of what to do in the morning, Afternoon and Evening



Use a online platform such as Google Calendar, Asana or Notion or template on Excel or Word



A physical planner, so you write down your plan for the days, week and month and wall or fridge planner



Use a notes app on your phone and you can set reminders but can clog up your inbox if connected to your email



Have a white board up on the all or a pinboard with a schedule

