### One Day at a Time Plan

- Every day has the same 4 boxes.
- Start by filling in 7-8hrs of sleep.
- Add PEARLS, Large Group and other non-negotiables.
- Make sure you schedule breaks and social time.
- Be as detailed as needed.
- Be realistic.
- At the end of the day, reflect on what worked and what didn’t then plan the next day.

<table>
<thead>
<tr>
<th>Morning</th>
<th>Afternoon</th>
<th>Evening</th>
<th>Sleep</th>
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