

# One Day at a Time Plan



Morning

Afternoon

Evening

Sleep

- 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.