

Work in Waves – Weekly Schedule

How could you apply working in waves to your workweek?

1. What is the rhythm of my week? Do I have teaching obligations this semester or other recurring events I need to take into account?
2. When is my non-negotiable time to do focused work?
3. When am I going to exercise and what am I going to do?
4. When am I going to meditate?
5. When am I going to relax/ socialize?