

Stay on Track

Answer the following questions to stay on track. Once you are happy with your answers, and your schedule, commit to it!

1. Why do I want to stick to this schedule? What drives me? How do I want to feel?
2. When are distractions likely to occur and how can I work around them, eliminate them or plan for them? What am I going to do once these distractions show up?
3. Do I have any patterns (checking phone or other...) that may be interfering with work and how could I plan for them?
4. Does my daily and weekly schedule as I have designed it, feel good to me right now? If not, what do I need to change? (If it seems overwhelming, do less. You can always add more.)
5. Am I being kind to myself? Or am I using my schedule to be more of a perfectionist? If the latter is the case, how could you make your life easier?