WORKFLOW DAYTIME BREAKDOWN

THIS FIERCE.LIFE

student edition

Early Morning

ACTIVITIES

Your daily/weekly activities go here. From practices and games to club meetings and rehersals.

Midday

For busy schedules, breakout of early morning, midday and evening so you're able to see what time is truly available for your homework and studying.

After Hours

PROJECTS

15s

Assignments go here. Divide the project into 15 min increments.

TIPS:

Think in 15s to help cut the sense of overwhelm when there's "too much to do" or you "don't know where to start"

Breaking things down into 15-minutes can train your mind to be more focused and productive during your work time. Less wandering! More time for Animal Crossing or Among Us.

Often we get interrupted or your focus starts to drift but if it's ONLY 15 minutes, it's easier for our mind to grasp than thinking it will take an hour or more.

Set your timer for 15 minutes. See and feel how long that is. Push yourself to get things done in that time.

QUICK WINS

Anything you can get done in 15 minutes OR LESS.

TIPS

Toss anything like: check in with your teacher on a missed assignment, get that permission slip signed or check out that book from the library. Anything that is more of a reminder and you could get done while waiting for your ride, on the bus, or quick before a practice.

IDEAS TO SIMMER

Here's where you toss ideas that you want your mind to be working on in the background throughout the day.

TIPS

These can be school-related ideas or things just for YOU.

Examples would be an essay topic you're researching/writing, character drawing idea you had, or a new activity you're wanting to try.

These are often longer-term projects or fun things YOU want to do outside of school.

THIS FIERCE .LIFE

WORKFLOW DAYTIME BREAKDOWN

THISFIERCE.LIFE

student edition

Early Morning

ACTIVITIES

Midday

After Hours

15s

PROJECTS

QUICK WINS

IDEAS TO SIMMER

THIS FIERCE .LIFE

15s

PROJECTS