



PLAN FOR REFRESHERS AND STEPPING BACK

Complete the schedule below with your daily routine, including **at least one time slot that you will be able to refresh** yourself (be specific). Include **one way to step back from people who don't support your goals and dreams**. Try to get one in as early in the day as needed, and at other times during the day, if possible, to keep you focused and feeling well.

Time	Activity / Responsibility
6:00 am	
7:00 am	
8:00 am	
9:00 am	
10:00 am	
11:00 am	
12:00 pm	
1:00 pm	
2:00 pm	
3:00 pm	
4:00 pm	
5:00 pm	
6:00 pm	
7:00 pm	
8:00 pm	
9:00 pm	
10:00 pm	
11:00 pm	