

YOUR PLAN TO CONQUER THE SUNDAY SCARIES

☆ "A little preparation today can bring a lot of peace tomorrow."

Reflect

HOW DO I CURRENTLY FEEL ON SUNDAY EVENINGS?

WHAT SPECIFIC SITUATIONS OR THOUGHTS TRIGGER THESE FEELINGS?

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Choose your weekly rituals

WHAT'S ONE THING I COULD LOOK FORWARD TO EACH WEEK?
LIST A FEW IDEAS (E.G. A CLASS, HOBBY, OR SOCIAL TIME)

HOW WILL I MAKE TIME FOR THIS?
(E.G. BLOCKING A CALENDAR TIME, SETTING A REMINDER)

COMMIT TO IT THIS WEEK!

Build daily habits

ONE HABIT I WANT TO COMMIT TO EVERY DAY:

WHEN WILL I DO THIS?

HOW WILL I TRACK MY PROGRESS?
(E.G. A HABIT TRACKER, MARKING A CALENDAR)

I WILL START SMALL AND ADJUST IF NEEDED

Set yourself up for a smooth week

WHAT'S ONE TASK I CAN PREPARE IN ADVANCE EACH EVENING TO
EASE MY MORNINGS? (E.G. PACKING MY BAG, PREPARING LUNCH)

WHAT TIME WILL I AIM TO LEAVE WORK EACH DAY?

WHAT'S ONE TASK I CAN DELEGATE OR SIMPLIFY THIS WEEK?
(E.G. LETTING STUDENTS HELP WITH JOBS IN CLASS)

Be kind to yourself

WHAT WILL I DO TO TAKE CARE OF MYSELF IF I SLIP UP ON MY
ROUTINES? (E.G. POSITIVE SELF-TALK, TRYING AGAIN TOMORROW)

ONE THING I'M PROUD OF FROM THIS WEEK:

"Progress, not perfection. You've got this!"