Exercise 1

1. My set study space is my office at my desk and computer
2. I feel like my study space is already pretty optimal
3. Healthcare, religious services, time with spouse
4. Healthcare – 1 hour, religious services – 1 hour, time with spouse – 2 hour
5. Ive been surprised by how much time we get to work on homework and projects

Exercise 2

1. I deal with stress by prioritizing self care. Sleep, exercise, diet, meditation, not letting task build up. What doesn’t work is not being proactive
2. All those areas are being fulfilled when I am at my best
3. . Sleep, exercise, diet, meditation, not letting task build up. Ways to notice are doing daily self assessments and seeing how im feeling, how ive been sleeping, ect.