

April 6th

Energy: ⚡⚡⚡

Mood: 😊

Micro habits for the day



Reminder: make a phone call ...

Easy tasks

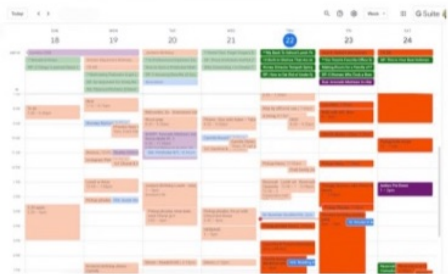
- Make my bed
- Check emails
- Drink water

Medium focus

- Class notes and lectures
- Cooking /meal prep
- Laundry

High focus

- / Prep for exam
- Work on assignment and submit
- Job searching / applying
- Practice English



All the sizes can be adjusted based on the need and the current task. They can even be minimized. Each of the separated rectangles can be it's own page and size can be adjusted