

Create your To-Do List

- You can either do it on a paper or your notes app on the phone or use the TickTick app. Here's the link - <https://ticktick.com/>
- Use the Rule of the One: Prioritise the most important and the most urgent task of the day. Then think about three other tasks you can do in the day



Note Your Environments

	1	2	3	4
Name	Bedroom			
Activity	Sleeping			
What sounds do you hear?				
What Objects of Distraction do you see?				
Rate the Suitability (0-10)				
How will you modify it?				