

## **This Week's Assignment**

☀️ **Do you recognize any of the time procrastination patterns?**  
**Reflect on how, when, and where you observe these patterns in your daily life.**

🔧 **Assets (optional/recommended):**

- ✨ **Take time to reflect.**
- 📄 **Review your daily habits and schedule.**
- 📱 **Assess how much time you spend on social media.**
- 📝 **Note: Write a brief reflection in no more than one paragraph.**

🌐 **The Assignment: Submit a written reflective paragraph on the Training Site. The trick is to distill everything and make it communicative.**

**Deadline: Before next week's session.**

**Looking forward to your reflections! 😊**