



Daily Schedule

It can be helpful to write up a schedule of activities that you can do today. A daily schedule can be motivating if you are feeling depressed – it can help keep you active. Likewise a daily schedule can assist if you are feeling overwhelmed – it can help you plan and prioritise. Remember to put in at least one self-care activity each day!

8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	

