

Creating Structure

Home Practice: Scheduling

Record the changes you will make to your schedule and steps you will take to help you implement your schedule. There is a weekly schedule template on the next page if you wish to record a schedule to follow over the next week.

<u>Change I am going to make:</u> <i>Set a consistent bedtime and wake time</i>	
<ul style="list-style-type: none"> • <i>Pack lunches for the next day after cleaning up dinner</i> 	<ul style="list-style-type: none"> • <i>Set alarm to get ready for bed</i>
<ul style="list-style-type: none"> • <i>Move alarm clock to dresser so I have to get up to snooze it</i> 	

<u>Change I am going to make:</u>	

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Session 5

Use the template provided to record your modified schedule (including things you are already doing that are working well). Follow the schedule for the next week, checking off each item that you are able to accomplish.

	<i>Morning</i>	<i>Afternoon</i>	<i>Evening</i>
Monday			

	<i>Morning</i>	<i>Afternoon</i>	<i>Evening</i>
Tuesday			

	<i>Morning</i>	<i>Afternoon</i>	<i>Evening</i>
Wednesday			

	<i>Morning</i>	<i>Afternoon</i>	<i>Evening</i>
Thursday			

	<i>Morning</i>	<i>Afternoon</i>	<i>Evening</i>
Friday			

	<i>Morning</i>	<i>Afternoon</i>	<i>Evening</i>
Saturday			

	<i>Morning</i>	<i>Afternoon</i>	<i>Evening</i>
Sunday			