
My Weather Forecast

Write the forecast for **an ordinary Tuesday** of yours (Chapter 5).

Morning. What time do I get up, how long did I sleep, what's the weather like?

Midday. Where do I eat, with whom, what's around me?

Afternoon. When am I most stressed during the day?

Evening. What time do I get home, and how much energy is left?

Chance of carrying out my current plan: _____ %

If below 70%: change the time ☐ change the place ☐ shrink it ☐

Revised plan:
