

"WORK FROM HOME" SCHEDULE

1

Wake up and have breakfast.

9:00 a.m.

Rise and Shine! Start off the day by making your bed, showering and fueling up for the day! You got this!!

2

Read and reply to emails.

10:00 a.m.

Respond or catch up on any new emails, fill in your planner, stay organized with tasks.

3

Take a break for lunch.

12:00 noon

Make yourself a healthy and well-balanced meal...maybe sneak in a piece of chocolate for dessert...treat yo self ;)

4

Continue to work on job tasks

2:00 p.m.

Creating lessons, reaching out to students, making phone calls, etc.

5

Go for a walk

4:00 p.m.

Do something active for the day. Take your pup for a walk, run, do an at home workout, etc...get those endorphins firing!

6

End the day with gratitude

6:00 p.m.

Identify something you are grateful for every night before bed . It can really help you keep a positive mindset.

