

PLANNING TOMORROW



What is the one thing I want to make time for tomorrow?



What can I prepare tonight to make tomorrow easier?



What am I looking forward to?



What might distract me tomorrow?



What boundary do I want to keep?



What deserves my attention before my phone does?



What can wait until later in the day?



How do I want to feel when tomorrow evening arrives?



What is one realistic promise I can make to myself?



What would make tomorrow feel like a good day, even if it isn't perfect?

