

CREATIVE LIFE MANAGEMENT



◆ Me time ◆

OBJECTIVES

To help encourage mothers to start using time management techniques, planning their activities

DESCRIPTION OF IMPLEMENTATION

At the end of the week plan a schedule for the next week (template Weekly planner, multiple options). During the week, mark which activities/task you completed and review which activities you maybe did not complete. Try to make also a monthly plan (template Monthly planner). Plan foreseen activities an add new one as you go. Put it somewhere you can see it every day and mark/cross, colour the days/activities as they pass. Make sure to schedule some time for yourself (and your partner) on a weekly/monthly basis.

Use the template (Weekly check in) to revise how successful you were. Our suggestion: Watch a movie or read a book: “I don’t know how she does it” - book by Allison Pearsons or movie based on this book (movie trailer: https://www.youtube.com/watch?v=MJPKOS9DZeg&ab_channel=eOnefilms) The book/movie is about a mother juggling marriage, kids, and job (and getting some sleep). Sound familiar?

Our suggestion: Take time for yourself and colour a mandala. Meanwhile make a revision of the past week, month. Think about your time management, do you feel you had enough time for all your planned activities? Should you change anything?

CREATIVE LIFE MANAGEMENT



◆ Wheel of life revision ◆

OBJECTIVES

To determine how satisfied you currently are with different dimensions of life.
To compare results with the first evaluation done in class.
To set new goals.

PREPARATION

Do this revision after a month or two has passed from the first wheel of life exercise.

DESCRIPTION OF IMPLEMENTATION

Use the same dimensions of life as in the first activity in order to make a comparison of results.
See Step 2 of Part 1 of the Activity “The wheel of life Mandala” for instructions.
·Did your satisfaction in different dimensions of life improve?
·Did you complete your goals or you now closer to achieving them?
Set up new goals. See Step 4 Part 1 of the Activity “The wheel of life Mandala” for instructions. You can also use different techniques for goal setting provided in the flipped material (available on the NTC web platform).



Module 5

Creative Life Management

Homework

WEEKLY PLANNER

Week of _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

WEEKLY PLANNER

Week :

Weekly Agenda

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Mantra of The Week :

Weekly Planner

Week of :

Month :

Weekly priorities

- _____
- _____
- _____
- _____
- _____

Reminders

Notes

Sunday	
Saturday	
Friday	
Thursday	
Wednesday	
Tuesday	
Monday	

MONTHLY PLANNER

MONTH :

YEAR :

MON	TUE	WED	THU	FRI	SAT	SUN
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

TO DO LIST

NOTES

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Weekly check in

DATE _____

TOP 3 THINGS I DID THIS WEEK

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MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



my wheel of life

Date: _____

