



Curriculum, training program and open educational resources

Module 5 Creative Life Management

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*my thoughts,
ideas*

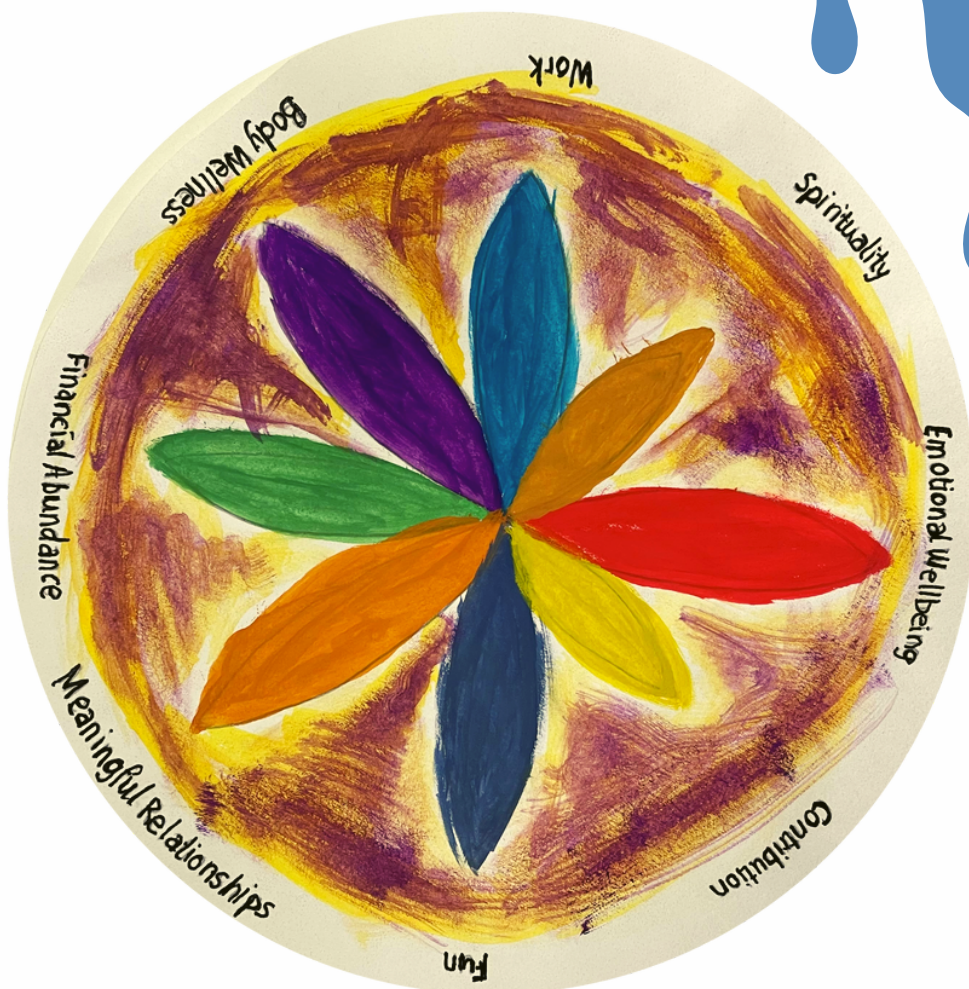
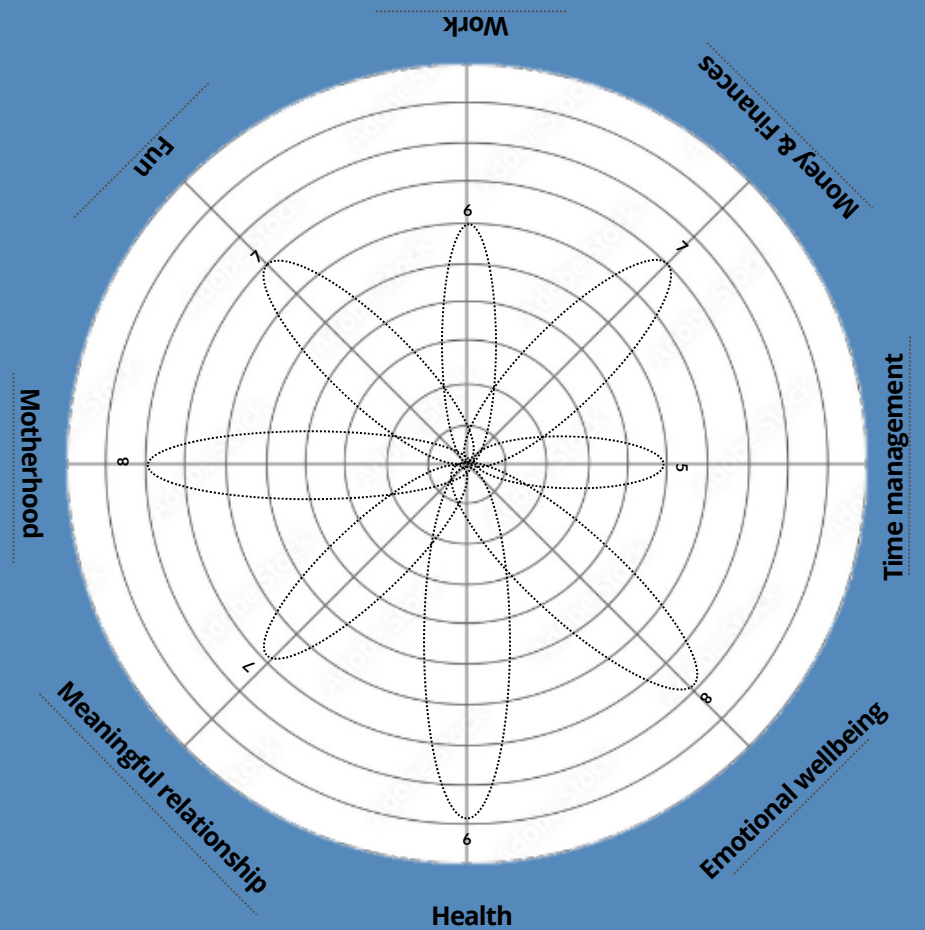
*life
management*

*time
management*

Notes:



Wheel of life



Completed
example

Date: _____

My wheel of life

.....

.....

Save this template for future revision



Evaluation



Dimension of life 1:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Dimension of life 2:

[illegible]

Evaluation



Dimension of life 3:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Dimension of life 4:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Evaluation



Dimension of life 5:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Dimension of life 6:

[illegible]

Evaluation



Dimension of life 7:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

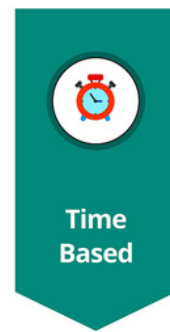
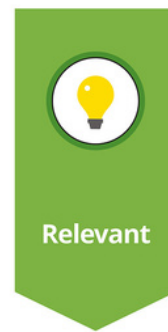
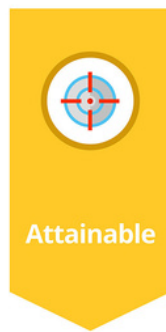
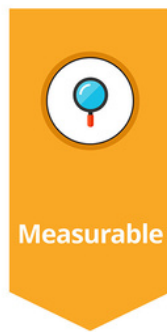
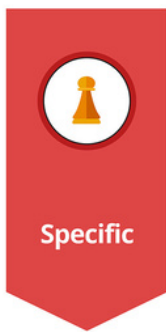
Dimension of life 8:

[illegible]

Setting goals

SMART GOALS

SMART



What is your goal? How will you keep track of your progress? How will you achieve your goal? Make a plan! How will this goal help you? When will you achieve this goal?

SMART goals example



Dimension of life: Health

My goal is:

To drink more water! I will aim for 6 cups per day.

I will track my progress by:

I will track my progress by logging how many glasses I drink each day in my phone or planner

I will achieve this goal by doing the following:

1. Keep a clear bottle with me so I can tell how much I've had
2. Set an alarm to remind myself to drink every 2 hour.

This goal helps me because:

This goal will help me to be healthier, have more energy, and help my skin.

I will complete this goal by (date):

I will achieve my goal by Friday 15th.



SMART goals

Dimension of life:

My goal is:

I will track my progress by:

I will achieve this goal by doing the following:

This goal helps me because:

I will complete this goal by (date):

SMART goals



Dimension of life:

My goal is:

I will track my progress by:

I will achieve this goal by doing the following:

This goal helps me because:

I will complete this goal by (date):

SMART goals



Dimension of life:

My goal is:

I will track my progress by:

I will achieve this goal by doing the following:

This goal helps me because:

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SMART goals



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SMART goals



Dimension of life:

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I will achieve this goal by doing the following:

This goal helps me because:

I will complete this goal by (date):

SMART goals



Dimension of life:

My goal is:

I will track my progress by:

I will achieve this goal by doing the following:

This goal helps me because:

I will complete this goal by (date):



DATE: _____

Daily personal schedule

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

23:00



Ideal daily personal schedule

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

23:00



Time management

Chores I can delegate or let it go

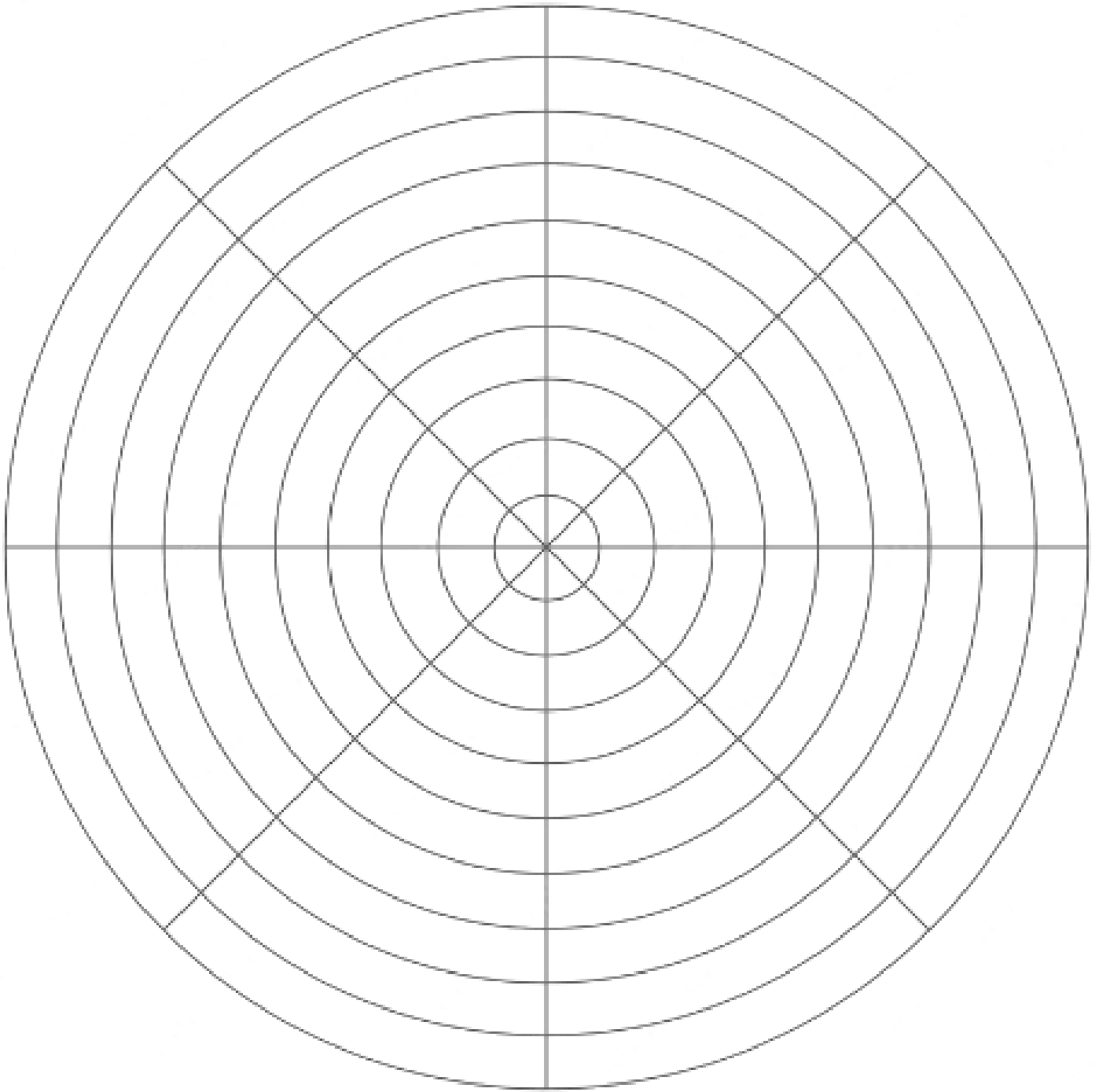
Priorities

Who can help me and in which area?

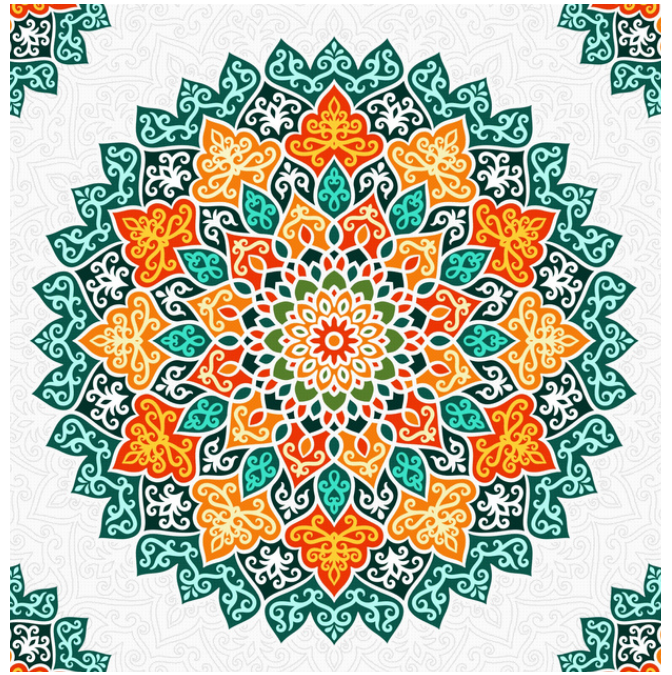
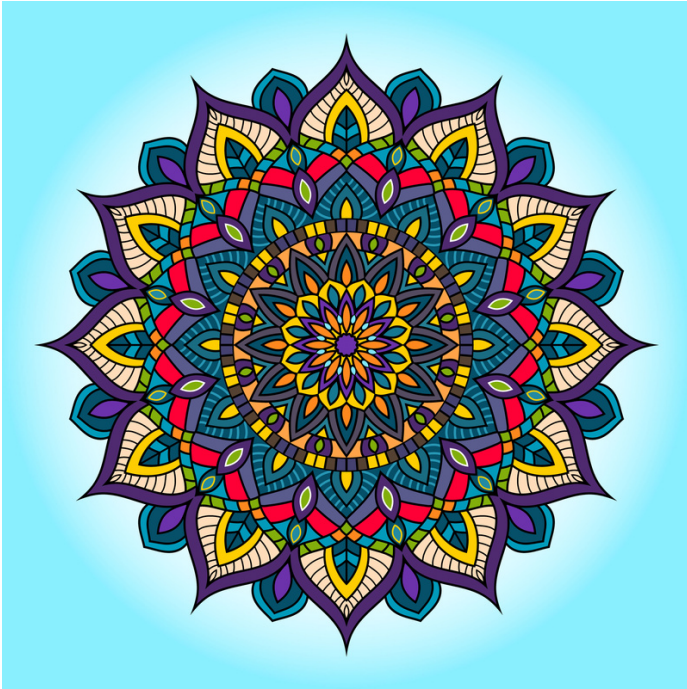
Tips

Get a planner
Stick to your plan
Have a to-do list
Say no!
Reward yourself

My wheel of life Mandala



Ideas



Pattern ideas

