

## Actual vs Ideal day

Jot down what happened over a day and then what you would have liked the same day to be like. Think about what the differences are and then look at this again after reading the 'planning' sheets.

TIME	ACTUAL DAY	IDEAL DAY
7 am		
8 am		
9 am		
10 am		
11 am		
12 pm		
1 pm		
2 pm		
3 pm		
4 pm		
5 pm		
6 pm		
7 pm		
8 pm		
9 pm		
10 pm		