

## **Plan Your Day in 18 Minutes**

**Modality: Self-Paced Learning**

**Duration: 15 Min**

### **About this course:**

We as whole need structures and rituals to focus, calm down, and be progressively profitable. Leaving sufficient time to appropriately schedule and plan every day can appear to be an overwhelming undertaking. Dealing with your day is a lot simpler when it just takes 18 minutes. With the help of this course, we will figure out how to set your expectations, accomplish goals, and check-in with yourself all in the most time-efficient way that could be available.

### **Course Objective:**

Set Plan for Day

Refocus

Review

### **Audience:**

This course is intended for:

Any individual who is eager to get familiar with this course.

### **Prerequisites:**

No prerequisites to take this course.

### **Suggested prerequisites courses:**

None

### **Course Outline:**