Exercise 1: Checklist to help you get started

Why?

When moving from one place to another, there is a risk of forgetting important things or items.

In this exercise, you will create a checklist to help make leaving home smoother.

How?

Make yourself a checklist of things that would make your departure easier. Use the examples below as a guide. Think especially about risks in your own life—what have you forgotten before? What has caused problems in the past?

Copy the items into your phone's notes app, or print the list and place it on your front door.

What can I do before leaving situations?

Example: I check my indoor and outdoor clothes in advance, check the weather, pack my bag, check the bus schedule, and put a note on the door about snacks.

What can I do during departure situations?

Example: I stay quiet and ask for silence. I check that I have my keys, wallet, and phone with me. I remind myself where I'm going and where I will go first.

You can make a similar list for everyday evenings. What could you prepare already in the evening to make your morning easier?