Monday 2 Nov

07:30 **Example week** — Fictional everyday entries. This document was created with OwnMemo's own PDF export.

08:00 **A gentle start** — Breakfast and a plan for the day.
☑ Breakfast without my phone
☑ Chose one priority for today

12:15 **A lunchtime walk** — A short walk in the park. The fresh air helped me focus.

20:30 The day felt busy, but I made time for breaks. Tomorrow I will leave more space in my schedule.
★ 4

Tuesday 3 Nov

09:00 **A task needing focus**
I broke a larger task into smaller steps. **One step at a time** was a good pace.
• Getting started — 20 minutes of focused work.
• A break — Stretched my shoulders and had some water.

16:30 **Shopping on the way home** — Picked up ingredients for dinner. A short shopping list made the visit easier.

21:00 **Time to read** — Half an hour with a book. *Left my phone in another room.*

Wednesday 4 Nov

08:15 **A rainy morning** — I felt tired. Decided to start more slowly and focus on the essentials.

14:00 **A change of plans** — ~~A long workout~~
Gentle stretches at home. Rest was a good choice too.

19:30 **An evening together** — Cooked together and watched an episode of a series. A pleasant evening without a schedule.
★ 3

Thursday 5 Nov

08:30 **One small goal** — ☑ Finish one postponed task
☐ Sort the desk drawer
The drawer can wait until tomorrow.

17:00 **A walk with a friend** — Caught up on the week. I felt lighter after our conversation.

22:00 **An early night** — Prepared things for the morning and took the last hour before bed slowly.
★ 4

Friday 6 Nov

09:00 **The last workday of the week** — Finished something that had been waiting. **Good enough was finished.**

15:30 **A look back at the week** — Three good things:
• Spent time outdoors
• Took breaks
• Asked for help when needed

20:00 Ordered food and had a quiet evening. I do not have to do everything myself.

Saturday 7 Nov

10:00 **A few things at home**
Chose just two tasks so there would be time to rest as well.
• Laundry — One load was enough.
• Kitchen — Cleared the counter.

14:30 **A walk in the nearby woods** — Walked slowly and stopped for coffee. Took a few photos of the autumn colours.
★ 5

21:00 **Movie night** — A good film and a warm blanket. The day had a comfortable balance of activity and rest.

Sunday 8 Nov

10:30 **A slow Sunday** — Slept in and had a leisurely breakfast. No need to rush.

15:00 **Getting ready for next week** — ☑ Check the week's appointments
☑ Make time to get outdoors
☐ Fill every space in the week
I would rather leave room for changes.

20:30 **At the end of the week** — The days were not all alike. Looking back, small breaks and ordinary moments helped me through the week.
★ 4