

Write your plan:

Amount of time I will spend thinking/worrying about my unshared/personal reality (max. one hour):

When will I do this? (Avoid first thing in the morning or in the hours before bed.)

What will I spend the rest of my time doing in the shared reality?

Things I can do to connect with people, animals and nature:

Things I can do to enjoy myself:

Things I can do to look after my health:

Things I can do to look after where I live:

Things I can do to look after other parts of my life: