

# Timetable

Timetabling gives you the opportunity to plan your day. It helps you feel like you have a purpose, rather than finding yourself lacking direction and becoming bored. Why not plan a couple of days, or a week in advance, and show up for yourself, like you would any important meeting, this will give you a sense of achievement which will in turn boost your mood.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7am							
7-8am							
8-9am							
9-10am							
10-11am							
11-12pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							
10-11pm							
11-12am							

