

DAILY PLANNER

Time	Activity	New skills to learn
07:00	<ul style="list-style-type: none"> Get up Get dressed for the day Grab a coffee 	<ul style="list-style-type: none"> A language An instrument Origami Juggling Drawing – cartoons/photo-realism Card making Cooking/baking Dancing – try a viral dance trend
08:00	<ul style="list-style-type: none"> Emmaus morning prayer Zoom call – join by clicking this link (08:00-08:45) 	
09:00	<ul style="list-style-type: none"> Make and have breakfast Read bible/devotional/personal prayer 	
10:00	<ul style="list-style-type: none"> Check in on friends and family Catch up on local/national news 	
11:00	<ul style="list-style-type: none"> Go outside for a walk – listen to a podcast or pray if you like 	
12:00	<ul style="list-style-type: none"> Study/learn a <u>new skill</u> 	
13:00	<ul style="list-style-type: none"> Make and have lunch 	
14:00	<ul style="list-style-type: none"> <u>Read</u> a book 	
15:00	<ul style="list-style-type: none"> Study/learn a <u>new skill</u> 	
16:00	<ul style="list-style-type: none"> Try an indoor workout here or yoga class here Shower 	
17:00	<ul style="list-style-type: none"> Change for the afternoon 	
18:00	<ul style="list-style-type: none"> Make and have dinner 	
19:00	<ul style="list-style-type: none"> Video call a friend, maybe someone from students 	Useful ideas & tips for staying sane <ul style="list-style-type: none"> Connect with at least one person every day Do some form of exercise every day Aim to wake up and go to sleep at the same time each day Maintain a healthy diet List 3 main things you would like to achieve each day Change clothes for different activities Think of ways you can help and encourage others during this time Aim to avoid bingeing anything except Jesus!
20:00	<ul style="list-style-type: none"> <u>Downtime</u> – watch a film or series, play video games, read a book you enjoy, listen to some music 	
21:00	<ul style="list-style-type: none"> Emmaus evening prayer Zoom call - join by clicking this link (21:00-21:15) 	
22:00	<ul style="list-style-type: none"> Change into pyjamas and get ready for bed 	

Useful Resources

- Home workouts** - https://freedomleisure.briefyourmarket.com/Message/View/22071?brandId=65&utm_source=BriefYourMarket&utm_medium=Newsletter%2c+Email&utm_term=&utm_content=Freedom+Leisure+offer+FREE+online+workouts&utm_campaign=Instance%3a+freedomleisure.briefyourmarket.com+-+MessageId%3a+22071
<https://youtu.be/fHfTCd2q-rg>
- Books** - Love does - Bob Goff, Strengthen yourself in the Lord - Bill Johnson, The Bible – God, How to pray - Pete Grieg, Dirty glory - Pete Grief, Even the sparrow - Jill Webber, Scattered servants - Alan Scott, The Ruthless Elimination of Hurry – John Mark Comer
- Podcasts** - Bethel church sermon of the week, Igniting hope ministries, The campus podcast, The Peter Crouch podcast

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