

# FACING UNSTRUCTURED TIME

## CURRENT FEELINGS

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## GOAL FEELINGS

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How do you feel in this moment? How does the concept of unstructured time make you feel right now?

In what ways have you benefitted from unstructured time in the past?

What are some things that would bring you joy or peace in this moment? What are some things that would bring you joy or peace later in your day or tomorrow?

What are some steps you could take to transition into this period of unstructured time? Could you make a list? Set a timer? Consult with a friend?

