Communities, businesses, schools, volunteer organizations, clubs, performing arts groups, sports teams, families, friends, and individuals have made many schedule changes over the last year in order to follow health and safety guidelines regarding COVID-19. As those guidelines change, many people find themselves faced with more opportunities to gather and to participate in activities and events. As you reflect on what you have enjoyed and what you have missed during the last year, you can choose to build your schedule differently than in the past. **When constructing a new schedule, ask yourself these questions to rebuild a schedule that is satisfying:**

- **What are my priorities and goals?** *What do I want to reserve time to do?* Have I scheduled time for myself?
- **What season of life am I in?** Am I in a stage of building a career or enhancing my career network? Building skills through school or other classes? Raising children? Assisting elderly parents? Grieving a loss? Focusing on taking care of my own health needs? Developing friendships? **Does my schedule reflect the priorities associated with my current season of life?**
- **What relationships are most important to me?** *Am I making time for those relationships?*
- **What energizes me?** What do I find important or necessary that drains my energy? **Is there a way to balance energizing and draining tasks throughout my day or my week?** Can I make a task more energizing by working alone or with someone else?
- **Do I want to do this? Why?** **Does this align with my values?** If I don’t do this, how will I be affected and how will others be impacted? If I don’t want to do this, will I do it as a step toward a goal of mine?
- **Can I delegate** or share responsibilities with someone else to accomplish a task? **Periodically review your schedule** and ask yourself these questions to decide what opportunities you say yes to and when you will respectfully decline.

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying “Feel Good” to emotional-wellness-no-reply@tricityfamilyservices.org*