

## Schedules

### 5 days to schedule in your calendar every month

by @thewerklife

1. **Unplug day:** 24 hours with no technology
2. **Solitary day:** alone time to prioritize your goals and personal passions. Spend the day treating yourself by indulging in self-care; you call the shots from morning to night
3. **Get My Sh\*t Together day:** clean, organize, prep taxes; get to tasks that you've been putting off
4. **Learning day:** take a course or a masterclass, dive deep into a book, head to your local library. Learning shouldn't stop after graduation
5. **Play day:** Screw being an adult for a day, and go be a kid again. Play outside, get dirty, ride your bike; go have REAL fun.

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