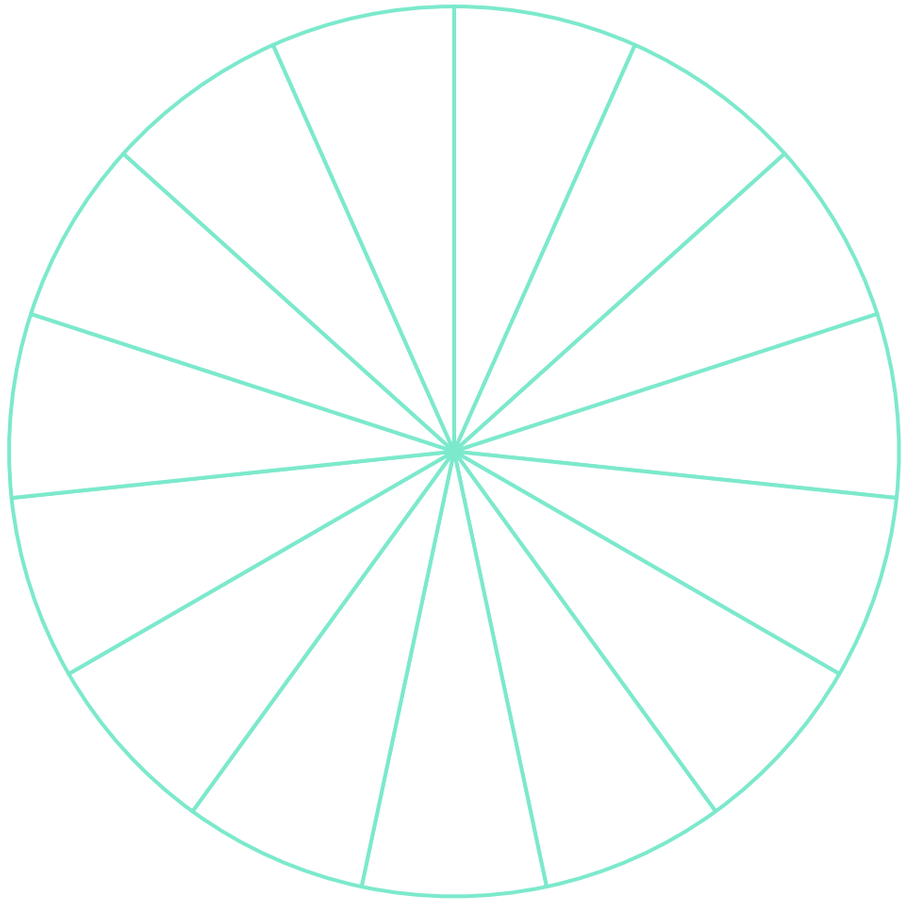
Organize and plan

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Here is a list of to-do's during a typical day. How does it fit to your life?

- Sleep
- Eat
- Care for, feed and spend time with your child
- Play with your child
- Take a nap
- Exercise
- Work
- Housework
- Go to work/school
- Go shopping
- Talk on the phone/use social media/surf the internet
- Watch TV
- Spend time with friends
- Self-care (showering, doing your hair and makeup, etc.)

Imagine the day as a pie diagram, make pieces of the pie that correspond to the amount of time you spend on different things during a day. Feel free to use different colors



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Organize and plan

You have so much to do. How are you going to get it all done?

A to-do list can help you plan your time.

- Enter all the things you have to do in the table on the next page.
- Assess how important each task is: “very important”, “quite important” or “not very important”
- Write the list once again. This time, put the “very important” tasks first, then the “quite important” tasks and finally the tasks you have designated as “not very important”.
- When you set about doing the tasks you have listed, start with those you have put at the top of your list. Whenever you have completed a task, cross it off your list.



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Organize and plan

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Tasks	
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Organize and plan

What do you think about how your days are structured?

- Do you get up and go to bed at regular times?
- Do you eat meals at regular times?
- Do you take things as they come or do you plan your day or whole week?
- Some people like a lot of structure, while others prefer less. What do you like best?
- How do you think the structure of your daily life will affect you when you become a parent?
- What do you think daily life with your baby will be like?
- What kind of daily life do you and your partner plan to create?
- What kind of structure did you have in your daily life when you were growing up?
- How does your own structure compare with your partner's?



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