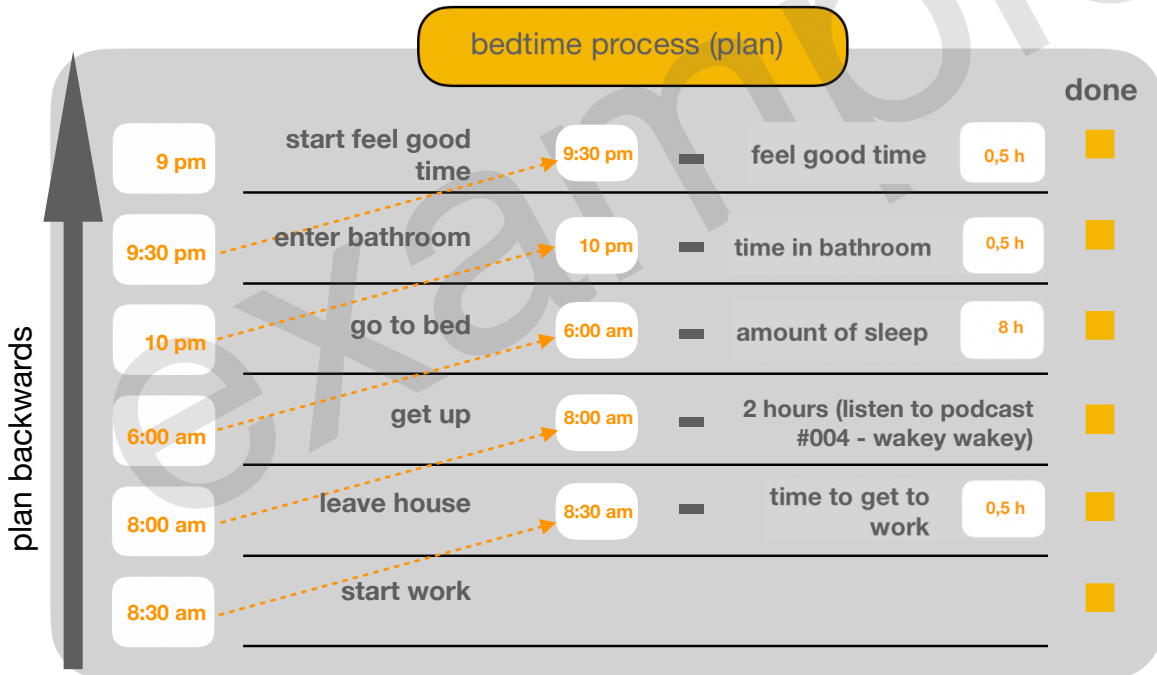




bedtime process

start here ... with filling in the time you begin to work and the white fields with the values that are true for your personal situation

fixed times	duration
start work <input type="text" value="8:30 am"/>	amount of sleep <input type="text" value="8 h"/>
go to bed <input type="text"/>	time to get to work <input type="text" value="0,5 h"/>
get up <input type="text"/>	time in bathroom <input type="text" value="0,5 h"/>
leave for work <input type="text"/>	feel good time <input type="text" value="0,5 h"/>



continue to ... start planning backwards - do the math and use the numbers that you filled in in the upper part

this is the „Martha“ example from podcast #005 - Bedtime

bedtime process

fixed times

start work

go to bed

get up

leave for work

duration

amount of sleep

time to get to work

time in bathroom

feel good time

bedtime process (plan)

done
