

<b>Wellbeing Builder:</b>	Middle / Senior – Planning and Timelines
<b>Wellbeing Element:</b>	Skills and Achievement
<b>Character Strength:</b>	Perspective
<b>Wellbeing Fitness Challenge:</b>	Gratitude Letter

While students' Personal Timetables serve the purpose of organising their time to do what they have to do, they also need to learn how they are going to organise that time to complete what they have to do. Learning how to plan and set timelines is the growth mindset they need to overcome these challenges.

Students need to set timelines for tasks such as completing unfinished learning from the school day; practising further subject material to reinforce and consolidate the concepts in their minds (if they can do it at home on their own, then they know it); connecting with and applying new knowledge learned to new situations; revising what they have learnt in order to store it in their long term memory banks to retrieve later for exams/tests and other situations; reviewing notes from class in a structured manner – timelines are a must here; going off on tangents which interest them and investigating new possibilities to explore and experiment with and reading, researching, evaluating, reflecting, thinking and imagining.

Being able to plan and set timelines to accomplish what they set out to do, broadens and engages their attention by connecting them with themselves and the moment and reduces anxious feelings.

"If you think you can, you're right. If you think you can't, you're right." Henry Ford