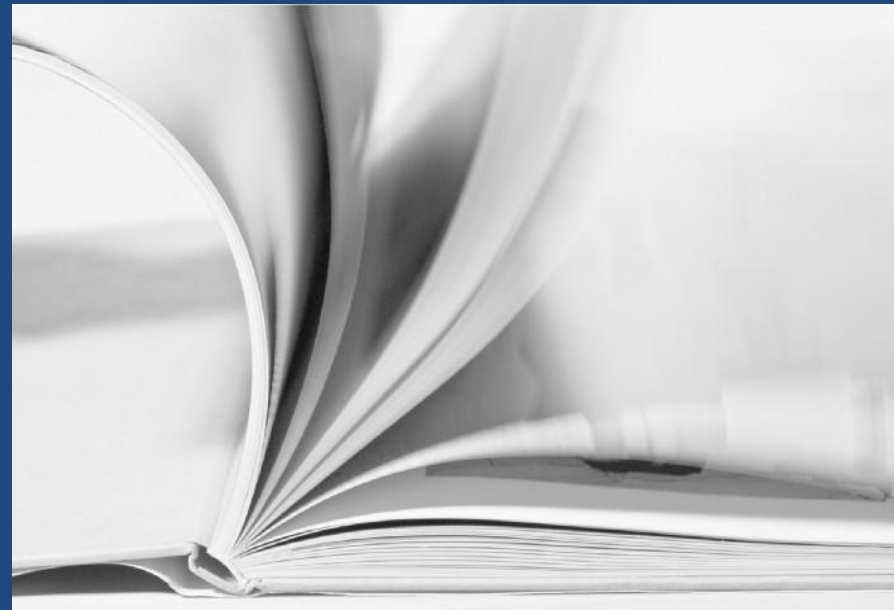
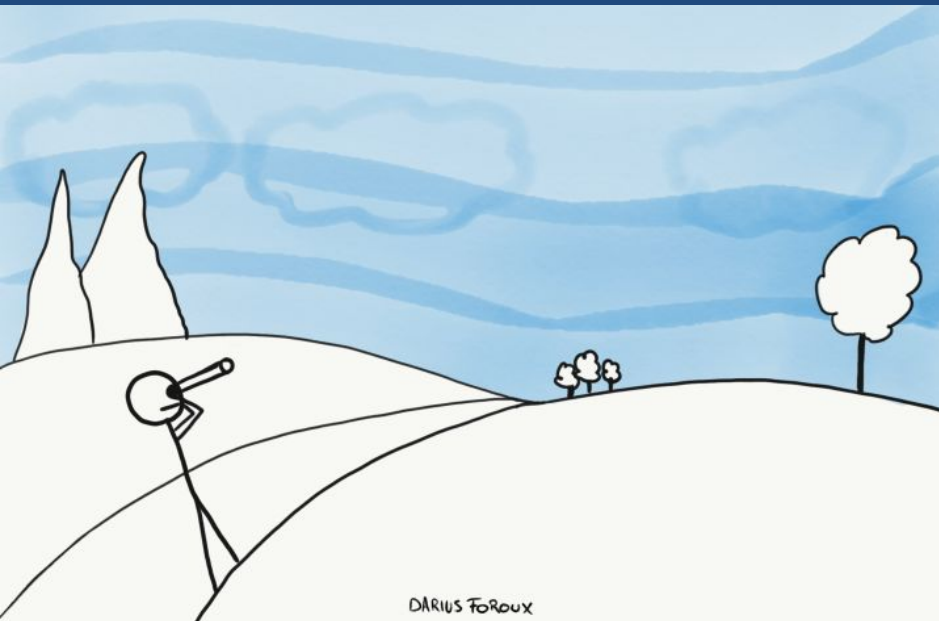


How to plan our life



New words

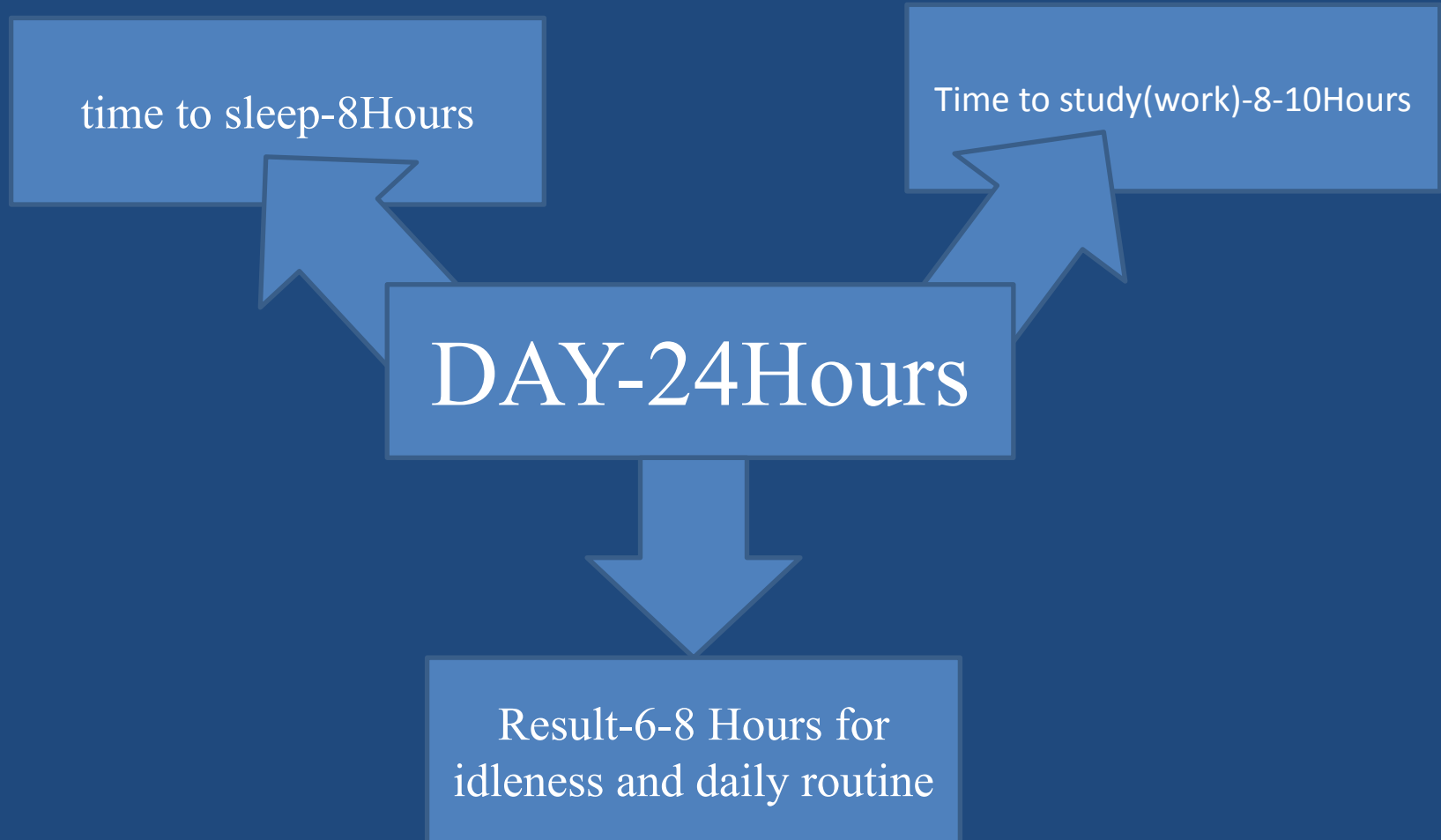
- To distribute= give out
- to determine=to define
- Constant=always
- Chronic fatigue=tired
- time frame=time limits
- Idleness=
- to force=
- Time frame=

How to plan life correctly

1. to determine the main goal of your life.
- 2-3-4. take a shorter period of time.
5. time for rest.
6. plan can be adjusted.



How to learn how to use your time efficiently?



how to force yourself up for a productive day.

- 1.To write down your main goals(diary)
- 2.time frame.
- 3.List of skills.

