



# Things on my schedule before I leave

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Elíza – meeting Fys – Prague 2019

# Technically:

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- School )exams ✓ finished year ✓ study referent – new semester ✓
- Accomodation )dorms ✓ flats ✓ money issues ✓ finding new flat ✓
- SW prep )notes ✓ sales talk/objections ✓ self talk ✓ list of controllables ✓
- Gadgets )phone ✓ iPad ✓ chargers + adapt. ✓ headphones ✓ watches ✓
- Drugs )alergies, ibalgin, paralen, coldrex, ... ✓
- Vitamins )magnesium ✓ C ✓
- Hygiene )antiperspirant! ✓ Balsam ✓ sun cream 50+ ✓ the basics ✓ band-aid ✓



# clothes

each)

ys – belt)





dne 20.05.2019

Podpis: 



Signature de titulaire

EXCLUSIONS (Pays)

V. ....

VI. ....

VII. ....

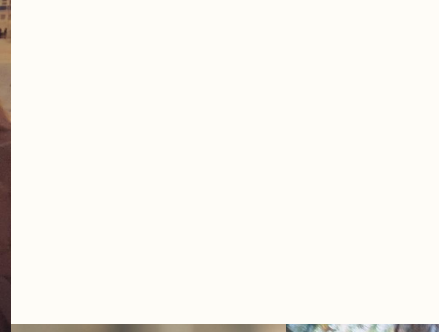
VIII. ....



# Emotionally

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- Leave all the troubles behind – the summer is here!
- Get yourself ready (emotional goals, affirmations, mindset, ...)
- Throw a « goodbye party » with your friends
- Saying goodbye to family
- Boyfriend/Girlfriend goodbye
- Photos – sth that will help you
- Emotional/vision board with quotes
- Playlist!
- Prepare everybody for the summer so they can help and support you properly





# HOW TO PREPARE PEOPLE

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- Explain what you gonna be doing
- Explain why – what would you like to gain from the summer
- Explain that it is gonna be hard and you know about it
- « It's outside the comfort zone where we learn the most! »
- Explain calls – busy schedule
- Explain how to work with you (what to say)

JUST  
*Enjoy*  
WHERE  
YOU  
ARE  
*Now*

*Handwritten signature*