



Things on my schedule before I leave

Elíza – meeting Fys – Prague 2019

Technically:

- 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: 



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EXCLUSIONS (Pays)

V.

VI.

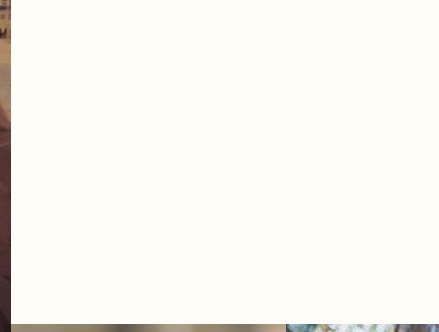
VII.

VIII.



Emotionally

- 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

- 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