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
- 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









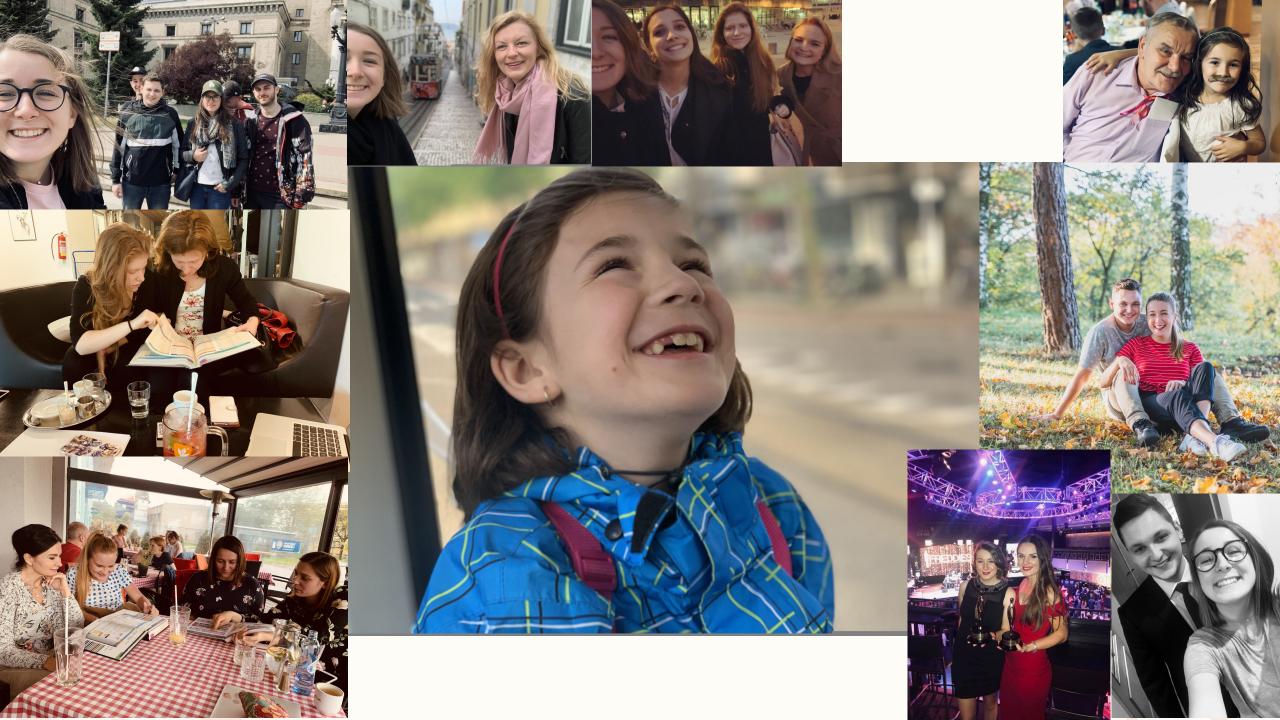




## Emotionally

- 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)

