

## Week 2 Homework

This homework is to prepare you for the priority focus on Pacing that we'll have in Week 2.

The goal of adopting a more structured way of pacing, is to find a way of doing all of your 'must do' and, ideally, some 'nice to do' tasks every day, while ensuring that you keep your energy nicely balanced. You will, of course, have small peaks and troughs, but on the whole your day should feel more stable in this new routine than it does at the moment. In time, you will start to build on this and add more activity to your days. But the pace of that increase will be carefully managed.

### Preparation:

This pre-work is hugely helpful to complete ahead of the Week 2 webinar. But don't worry if you don't have time, you'll have plenty of time to think about this as the week continues.

I'd like you to think about a usual day for you, and the things you would ideally *like* or *have* to do, and list them as follows:

- List 1 - Daily must-do tasks

e.g. showering, washing/drying hair, getting dressed and ready, preparing meals, cooking meals, housework. Include cognitive tasks too - like checking or reading emails

- List 2 - Weekly tasks (such as housework or personal commitments)

e.g. dusting, hoovering, cleaning bathrooms, study groups, medical/therapy appointments)

- List 3 – 'Nice to do' things

Things that are within your current energy remit – on a good day. But that aren't critical, so don't make the 'must do' list, e.g. watching tv with family (quality time), calling a relative or close friend, receiving a visit from relative/close friend, hobbies, exercise/walks outdoors

- List 4 - Work tasks (if relevant)

What are your current work commitments? If they can vary, an example of the types of tasks is helpful. If you aren't working at the moment but hope this will be in your short-medium term future, it's helpful to prepare a list of the sorts of tasks you'd usually have in a working day and that you hope to be back doing soon.

Don't worry if your lists don't feel complete - as long as you have a good idea of the types of things you need to do each day, it will allow you to get the most from the Week 2 webinar.