Good Day Plan Session

Think about what a good day at school or work looks like for you. Do you need coffee? Do you need to listen to music first thing in the morning or do you need quiet to start your day? Does it happen now? If not, what can YOU do to make it happen? Who can help you out along the way?

The Good Day Plan is a simple tool used to help you identify the factors that play a role in whether or not you have a good day.

The Good Day Plan allows you to view your day from beginning to end and helps you identify a structure/routine that enables you to have a good day.

In this session you will learn how good day plans can help any age group and many different ways to create them. At the end you will take a stab at making your own and see how simple and easily it is. It will also allow you to help your child start every day off the right way!