8.1

WORKSHEET · CHAPTER 8

Social budget

Decide before you go. The bill comes either way, and booked recovery lets you pay it at home.

EVENT 1

What and when _____

I can come for _____

☐ Said it at the start ☐ Booked something right after

My exit sign (from 7.1) _____

Recovery block: when, and what _____

EVENT 2

What and when _____

I can come for _____

☐ Said it at the start ☐ Booked something right after

My exit sign (from 7.1) _____

Recovery block: when, and what _____

THE DAY'S RULE

One social thing per day, or per weekend. Work counts as one.

On a bad day: just the leaving time. Decide it, and keep it.