NEXT CHAPTER

LAUNCH

Name: _____

Date: _____

Starting university, college or a first job? A lot of structure disappears at once. Set these up before day one.

1 Time and deadlines

- [ ] All deadlines in one calendar
- [ ] A weekly planning time
- [ ] Alarm, plus a backup
- [ ] I know my travel time
- [ ] A start date for big projects, not just a due date
- [ ] _____

2 Daily life

- [ ] A laundry day
- [ ] Three easy go-to meals
- [ ] Money in, money out: a simple budget
- [ ] A list of bills and subscriptions
- [ ] One place for documents and IDs
- [ ] _____

3 Health and energy

- [ ] A regular sleep window
- [ ] Moving my body most days
- [ ] A plan for prescriptions, if I need them
- [ ] Registered with a doctor or clinic
- [ ] _____

4 My support team

For studies or work:

_____

For everything else:

_____

Accessibility or HR contact:

_____

5 Adjustments I might ask for

Extra time, written instructions, a quiet space, flexible deadlines... You decide what and how much to share.

_____

_____

6 First-month check-in

Going well:	Harder than expected:	One thing to change:
_____	_____	_____
_____	_____	_____

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