**Scenario:**

**Make Your Life Easier**

Lesson Goal:

* You will learn how to make your life simpler.
* You will perform exercises that will help you with this.

**Always at Hand**

Why should running shoes be by the door? If you want to exercise/study, make sure everything is within reach: exercise mat/study corner, etc. Create CONDITIONS where it will be easy to establish a new habit.

Remember the ergonomics lessons?

**Morning Running**

Tomek is in the 8th grade and has a lot of studying to do for his exams, spending a lot of time at his desk. He decided that he would run in the park near his house every morning.

* On Monday, he got up earlier but couldn't find his running shoes and eventually gave up.
* On Tuesday, he forgot to set the alarm and overslept.
* On Wednesday, he realized he forgot to hang his track suit on the radiator, and everything was wet...

But what if... you made your life easier?

It's very simple:

Want to run in the morning? Prepare your running shoes by the door:

* Put socks/shorts/t-shirt/cap/water bottle next to your bed.
* Charge your phone, prepare headphones and your favorite playlist.
* Check if rain is forecasted; if so, prepare a lightweight waterproof jacket.
* Set the alarm.
* Go to bed earlier than usual.

**Exercise**

You want to start a new habit. Propose 5 things you will prepare the day before or earlier:

* You want to start drawing...
* You want to go to bed earlier...
* You want to wake up early...
* You want to eat healthy breakfasts...

What activities/items/apps/tools will help you establish the new habit?