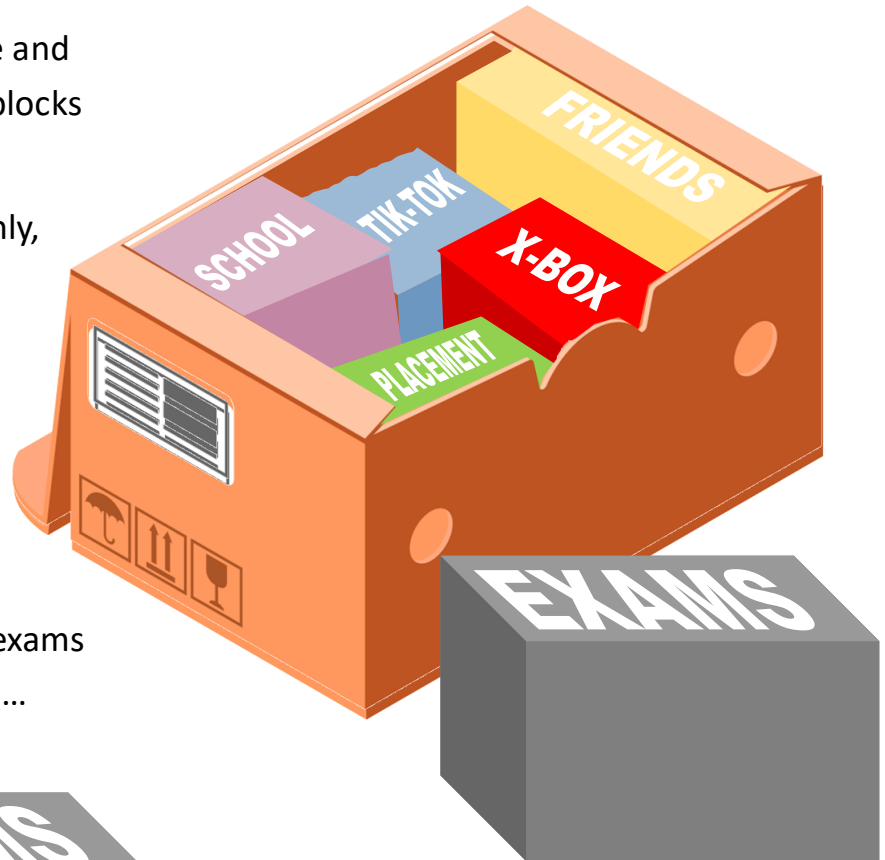


REARRANGE YOUR BOX

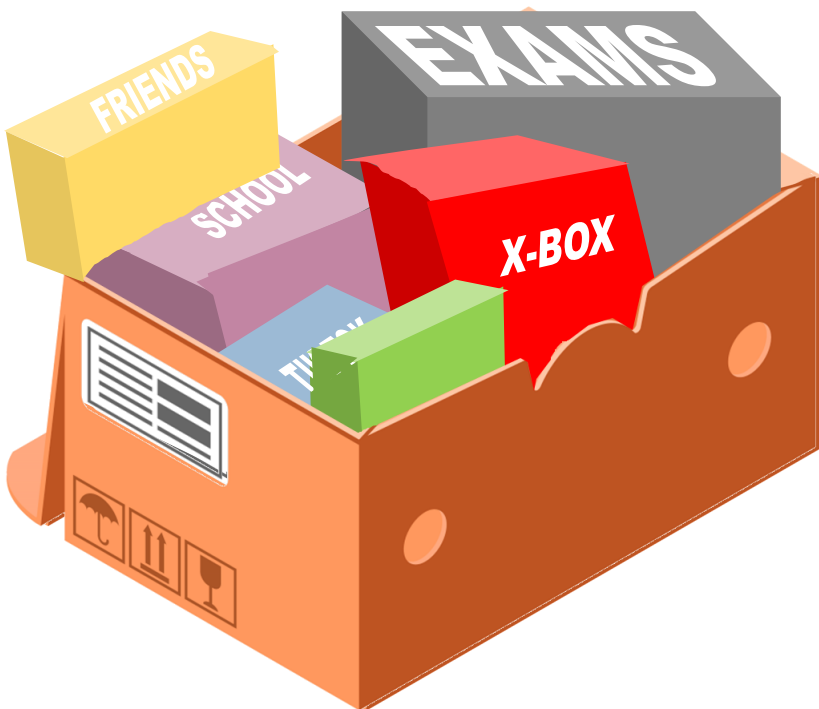
Everyone has a certain amount of time and energy in their lives, think about it as blocks fitting into a box.

In general, when life is running smoothly, your box looks something like this ... fairly full, but with a little room for small unexpected things to slip in.

Your box of time and energy feels fine when the box lid is able to close.



Add in a great big chunk of study and exams and your box looks a bit more like this ...



Study and exams fill a big space in your box and make it impossible to be able to fit the other blocks in the same way and still shut the lid.

This can leave you feeling stressed or overwhelmed trying to fit it all in.

Changing the sizes of the blocks inside your box to stack them differently will help a lot.

Removing the blocks from your box you need to unwind is pointless too, you need them for balance.

Use the resources in this section to help you create a study plan that works for you.