

THINKER PERSONALITY TYPE

10 Day-to-Day Personal Tips

- ☐ Identify and firm up important personal rituals
- ☐ Explain time structure needs to family and friends, and ask for their assistance or cooperation
- ☐ Schedule in some amount of "time to be cheerfully wasted" each day
- ☐ Plan your vacation
- ☐ Tell your family about your successes and accomplishments
- ☐ Create and display your own certificate for doing what is most important for you
- ☐ Keep a journal
- ☐ Learn to play a sport that you can enjoy playing well
- ☐ Paint, write, or engage in some other hobby or task where you can see immediate results
- ☐ Reframe "time wasters" as positive