SOCIAL MEDIA READY RESOURCES

FIVE WAYS TO MAKE THE MOST OF YOUR TIME

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**FIVE WAYS TO MAKE THE MOST OF YOUR TIME**

In this time of uncertainty, setting some quick goals to make the most of your time could help you achieve more than you realise! Here are five questions to ask yourself this week that will help you proactively plan how to make the most of life – even in lockdown!

1. **Who do you want to be?**

Every morning we get to **choose our character** and decide who we want to be. When you speak or interact with others you get to choose to frame your attitude with who you want to be.

1. **Who do you want to connect with?**

Every day you can **choose one person** to Facetime, call, post a letter to or send a text and email.

1. **Who can you make a difference for?**

Make a choice to **take care of someone else**. Thinking of others before yourself and supporting others (making sure you do all this without breaking lockdown rules) gives us a genuine feeling of being useful.

1. **Where do you want to invest your resources?**

Now may be a good chance to **take a fresh look** at planning how you make the most out of what resources you have even when things are tough.

1. **What plans do you have beyond the current crisis?**

Don’t forget that this crisis WILL end! Now is the time to make a list of the things you miss doing and are truly important to you. Choosing to plan adventure today gives you a sense of purpose for tomorrow.

Which of these five questions do you think is the biggest priority for you right now?

For more advice, ideas and a fresh perspective on making the most of your time visit the Ethos Blog today <https://www.grace-foundation.org.uk/five-ways-to-make-the-most-of-your-time/>

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A clock hanging on the wall

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