Bureau Just Happiness

**Werksheet: No more snoozing!**

| ACTIE | Duur | Start |
|---|---|---|
| Your personal wake-up time | | 6:40 |
| Ademhalingsoefening | 2 min | 6:40 |
| Douchen | 10 min | 6:42 |
| Tandenpoetsen | 3 min | 6:52 |
| Aankleden | 10 min | 6:55 |
| Opmaken | 10 min | 7:05 |
| Koffie zetten | 5 min | 7:15 |
| Ontbijtje maken | 10 min | 7:20 |
| Ontbijten | 10 min | 7:30 |
| Hond uitlaten | 20 min | 7:40 |
| Fietsen naar station | 15 min | 8:00 |
| Trein naar werk | 35 min | 8:15 |
| Lopen station naar werk | 10 min | 8:50 |
| Start werk | | 9:00 |

| ACTIE | Duur | Start |
|---|---|---|
| Your personal wake-up time | | |
| Ademhalingsoefening | 2 min | |
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| Start ..... | | |

**Jouw Personal Wake-up time is: .....**