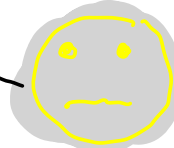
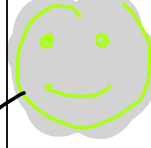


Schedule	Get up 6:10 AM	School 8:00 AM	Work / Gym 4:00 PM	Dinner 5:30 PM	Sports 7:00 PM on work if no work in afternoon	Piano 8:00 PM on other ways to find work	Sleep 9:30 PM		
Emotions			"I want, better sense of focus..."  "Getting tasks done makes me feel accomplished" "I feel addicted to my phone"			"When I watch YT 3:11 8:10 instead of 3:11..."  8:00 it makes me feel bad."			
Actions / Thoughts / Feelings	- Gets up at 6:10 AM ↳ 2h before school starts  - Reads Newspaper  ↳ wants to be informed - Reflects on her day ↳ sets a plan for what needs to get done - Stretches & Drinks Tea ↳ focuses on health  - Lesson Prep  ↳ read / think notes to be well-prepared...	not discussed		- Usually goes to CrossFit Gym on way back from school, or... - Returns home to do work... sometimes also tries to do work in the evenings, but keeps daily work to 1h? ↳ her schedule / she herself sets a constraint in which to do work - Sits down to do work "for 5 mins" ↳ Getting started is the hardest part, so she tricks herself into starting... - Doesn't get distracted while working ↳ which is why she does work, once she's focused she keeps going / on focus! - During breaks, doesn't go onto social media apps (YT, IG) but keeps thinking about tasks ↳ cuts these apps as a reward after work	not discussed		- If she can, squeezes in piano practice after sports in the evening... ↳ scheduled, but serves as a buffer - Thinks it's a good way to concentrate and to calm herself down before bed ↳ ritual that helps with clearing the mind and sleeping well, very hard to better focus the following day? - Tried meditation to train herself "to do nothing, failed... ↳ goal-oriented, doing nothing not desirable for her.	not discussed	
Pain Points	None	not discussed		not discussed		not discussed			
"Lighthouse" / Technique w for Others?	Reflects & plans day, rigid schedule on busy days (e.g. "just 30m of social media use today, after the work is completed")		Tells herself "I'll start with just 5min of this task", puts phone on silent and out of sight, doesn't go on social media during breaks, takes conscious breaks when working on difficult tasks (e.g. Math), keeps work to just 1h w/ breaks top of mind...		Blows of steam / finds balance with sports and piano, but says she's not good at turning off / "not doing anything"				