



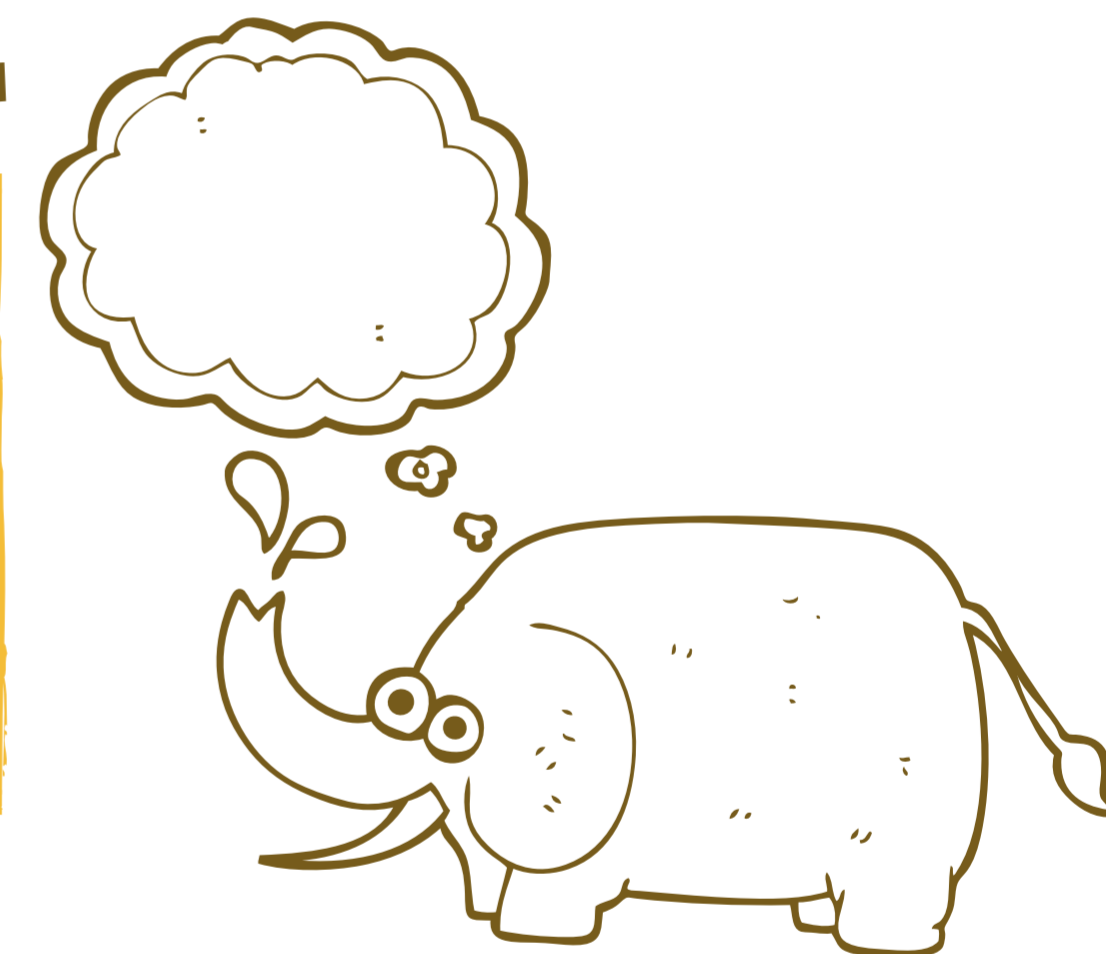
PLAN FOR MY DAY



Where are we going and what will we do there?

What time are we going?

Who will be there?



What could be worrying, and how will we deal with it?

