# **Self-Control Schedule——Daily Plan Card**

Instructions: Use this card to plan and reflect on your day. Fill in each section at the designated time. Morning: Plan your priorities. Afternoon: Schedule and complete 'My Time' activity. Evening: Reflect on whether you achieved personal time, your urge to stay up late, and your bedtime.

## **Morning ( 10:00 AM)**

1. Two main tasks for today:

- Task 1: plan moodboards for shooting in london

- Task 2: send invoices

2. Control over my day (1–10，1: Unable to control 10: Completely in control): 8

## **Afternoon (2:00 PM)**

1. 'My Time' activity (15–30 minutes):

- Activity: excercise and meditate, go on a walk

- Expected Feeling (1–10): 9

2. Was the activity completed?yes

3. If interrupted, did you reschedule?

## **Evening (10:00 PM)**

1. Did I have personal time today?Why?

Yes, I spent time walking around my apartment, excercising and meditating when I woke up in the morning to aim to set an intention for my day.

1. Urge to stay up late, why?:

I would like to sleep early, but my mind id still very active at night thinkig about what I need to do tomorrow.

1. Control over my day (1–10): 6

However I got distracted in the afternoon and Iscrolled on my phone for around 40 mins.

4. Actual Bedtime: 23:30

**Participation Record：**

1.As freelancers, participants' daily work schedules will change. He often thinks a lot about work at night and finds it hard to get a real rest.

2.Participants who get up early will have a plan for the day. But after a while, he would start looking at his mobile phone. By nightfall, he found that the whole day had been wasted. This intervention can help participants better focus their thoughts. Recording three times a day can help participants better documenthis schedules and assist him in reflecting on his plans for the day.

