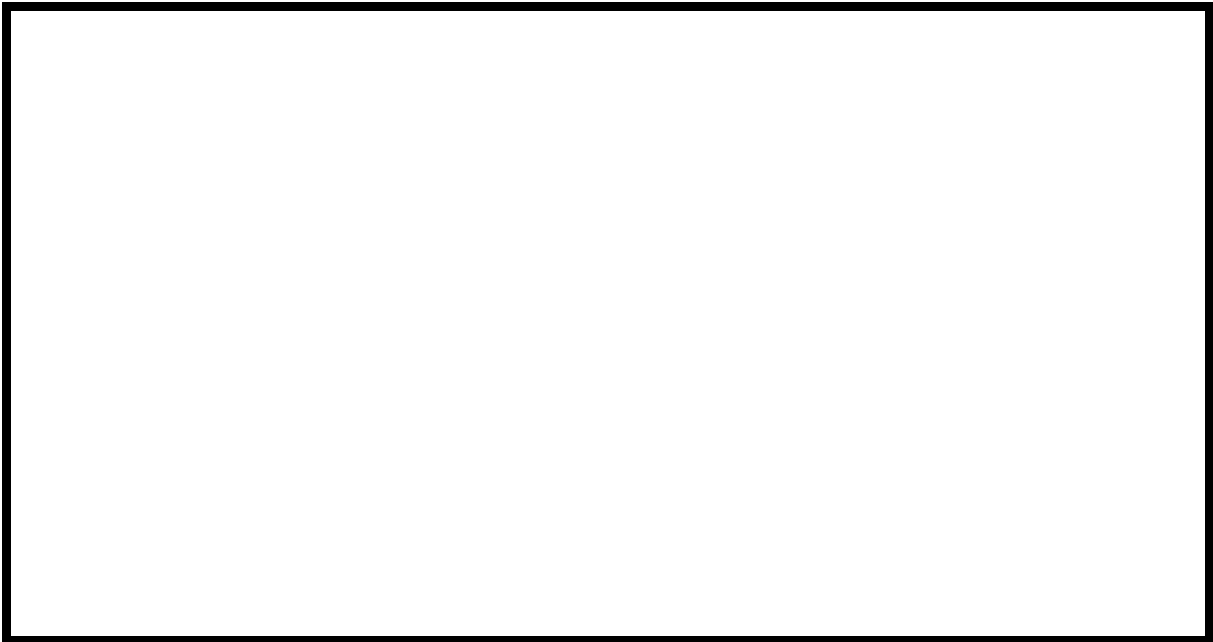


THE **BOSS** HAT  
*Programme*

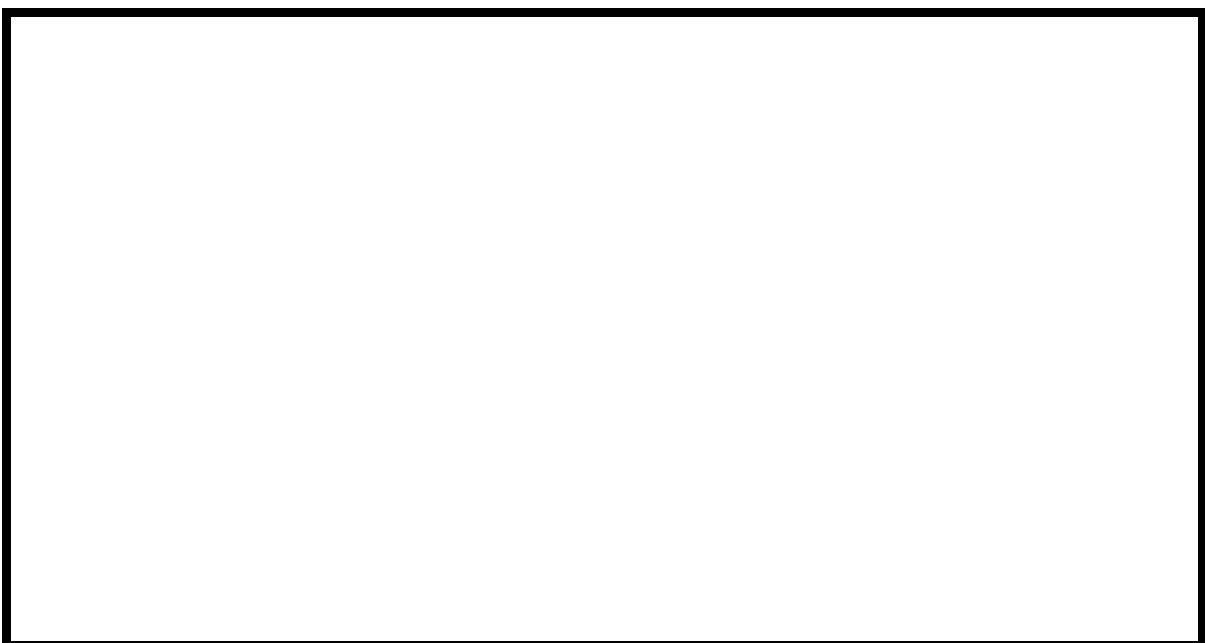
LOOKING AFTER YOUR HAT

Lesson 3 – Rules

What would make a great morning routine for you?



How will it benefit you?



What do you need to do to make sure this happens?

A large, empty rectangular box with a thick black border, intended for the user to write their response to the question above.

Mentally walk yourself through your day and think about what frustrates you, or if you prefer what happens when the day goes perfectly.

A large, empty rectangular box with a thick black border, intended for the user to write their response to the question above.

What rules do you need for yourself to ensure your day runs smoothly?

1.

2.

3.

NOTES: