

## Daily life problems

Can't sleep

Do not arrive on time

Not having time for some activities

To be late for certain events

I chose those problems because I think that those situations can happen to anyone.

## What solution do you propose?

Organize your time depending on the activity, so you can have extra time for other activities

If you have activities to do after the event , try to do them as fast as possible and as early as possible, so you can measure your time and be on time for your event.

Try not to do very elaborate things during the night and if you have free time, use it to sleep as early as possible.

## Conclusion:

We are accustomed not to worry much about the things we do every day, but it is important to measure our time to be able to have better results in the activities we do and do not have problems.

Axel Ramos 4ºA