Mr. Frita has a problem. He doesn’t feel like working. He walks very slowly when he knows he has to go to work. Because he walks slowly he is then in a hurry. He always has to run. But running has consequences. After running he often has a headache. And he says, “I hate it when I am in a hurry, now I have to work very hard.” At lunch Mr. Frita is very hungry because he had to run. And he is thirsty. “Next time, “he says, “I will have a plan. He feels like making a plan that night but he doesn’t finish before he gets sleepy. He has to go to bed. The next morning, he still doesn’t feel like working, because he had no plan. Now he is late and in a hurry--Mr. Frita has to get organized.