

Checklist✓

Date📅: _____

Highlight for today☆☆☆ _____

Eg: Study for X hours and complete X units

1. Got up right 🌄

2. Optimised morning time for studying 😎

3. Made studying the highlight of the day 100

4. Built/maintained momentum 💪

5. Had a good environment for studying 🌳

6. Did I avoid distractions? 👁️👁️

7. Were my breaks "real breaks"? 🤔

8. Did I give myself a super-nice treat? 😊

9. Did I complete my highlight today? 🙌

10. How focused was I today? 🎯 ☆☆☆☆☆

Things that worked.



Why it worked.

Things that didn't workout well.



Why it didn't workout and how can I do it better tomorrow?

