

Checklist✓

Date📅:_____

Highlight for today☆☆_____

Eg: Study for X hours and complete X units

1. Got up right	🌄	<input type="checkbox"/>
2. Optimised morning time for studying	😎	<input type="checkbox"/>
3. Made studying the highlight of the day	💯	<input type="checkbox"/>
4. Built/maintained momentum	💪	<input type="checkbox"/>
5. Had a good environment for studying	🌳	<input type="checkbox"/>
6. Did I avoid distractions?	👁️👁️	<input checked="" type="radio"/> <input type="radio"/>
7. Were my breaks "real breaks"?	🤔	<input checked="" type="radio"/> <input type="radio"/>
8. Did I give myself a super-nice treat?	😋	<input checked="" type="radio"/> <input type="radio"/>
9. Did I complete my highlight today?	👏👏	<input checked="" type="radio"/> <input type="radio"/>
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?

