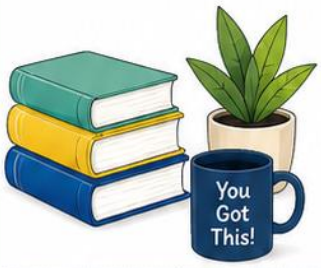

STUDENT SUCCESS KIT

— Plan ★ Focus ★ Achieve ★ Succeed —

SUCCESS IS *the sum of small efforts repeated daily.*

Stay Positive | Stay Focused | Work Smart | Be Consistent | Never Give Up

TODAY'S PLAN

DATE: _____ DAY: _____

TOP 3 PRIORITIES

1. _____ ☐
2. _____ ☐
3. _____ ☐

TODAY I WILL:

-
-
-
-
-
-

DON'T FORGET

- ☐ Attend Classes
- ☐ Check Emails / Announcements
- ☐ Review Notes
- ☐ Read / Study
- ☐ Submit Assignments
- ☐ Take Breaks
- ☐ Drink Water

DAILY SCHEDULE

TIME	PLAN
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	

TASKS & ASSIGNMENTS

	TASK / ASSIGNMENT	SUBJECT	DUE DATE	DONE
☐			__/__/__	☐
☐			__/__/__	☐
☐			__/__/__	☐
☐			__/__/__	☐
☐			__/__/__	☐
☐			__/__/__	☐
☐			__/__/__	☐
☐			__/__/__	☐
☐			__/__/__	☐
☐			__/__/__	☐

UPCOMING DEADLINES

DATE	SUBJECT / COURSE	ASSIGNMENT / EXAM
__/__/__		
__/__/__		
__/__/__		
__/__/__		
__/__/__		
__/__/__		

HABIT TRACKER

HABITS	M	T	W	T	F	S	S
Wake up early	○	○	○	○	○	○	○
Exercise	○	○	○	○	○	○	○
Study (2+ hrs)	○	○	○	○	○	○	○
Read / Learn	○	○	○	○	○	○	○
No Social Media	○	○	○	○	○	○	○
Drink Water	○	○	○	○	○	○	○
Sleep on time	○	○	○	○	○	○	○

STUDY TRACKER

SUBJECT / TOPIC	STUDY TIME (HRS)
TOTAL: _____ HRS	

EXAM PREPARATION

EXAM / SUBJECT	EXAM DATE	TOPICS TO COVER
	__/__/__	
	__/__/__	
	__/__/__	
	__/__/__	
	__/__/__	

NOTES

TODAY'S WIN

One thing I did well today:

I'm proud of:

SELF-CARE REMINDER

I matter too!

- ☐ Take breaks
- ☐ Eat healthy
- ☐ Stay hydrated
- ☐ Get enough sleep
- ☐ Do something you enjoy

Take care of your mind, body and soul.

WEEKLY GOALS

-
-
-

Today is another chance to be better than yesterday.

RATE YOUR DAY ☆ ☆ ☆ ☆ ☆

FOCUS ON PROGRESS, NOT PERFECTION.

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