

I CAN.
I WILL.
I GOT THIS!

MY SUCCESS KIT

FOR MIDDLE SCHOOLERS

Small steps
today,
BIG results
tomorrow!



SET GOALS



STAY FOCUSED



WORK HARD



BE KIND



NEVER GIVE UP



MY GOALS

This Month, I Will...

1. _____
2. _____
3. _____



DAILY HABITS

	M	T	W	T	F	S	S
Wake up on time	☐	☐	☐	☐	☐	☐	☐
Drink water	☐	☐	☐	☐	☐	☐	☐
Eat healthy	☐	☐	☐	☐	☐	☐	☐
Exercise	☐	☐	☐	☐	☐	☐	☐
Do my homework	☐	☐	☐	☐	☐	☐	☐
Read	☐	☐	☐	☐	☐	☐	☐
Limit screen time	☐	☐	☐	☐	☐	☐	☐
Get enough sleep	☐	☐	☐	☐	☐	☐	☐
Be kind	☐	☐	☐	☐	☐	☐	☐



TODAY'S PLAN

Date: _____

TIME	SCHEDULE	TO-DO / PRIORITIES
Before School		☐ _____
3:30 - 4:30 PM		☐ _____
4:30 - 5:30 PM		☐ _____
5:30 - 6:30 PM		☐ _____
6:30 - 7:30 PM		☐ _____
7:30 - 8:30 PM		☐ _____
8:30 - 9:00 PM		☐ _____
After 9:00 PM		☐ _____



ASSIGNMENTS & DEADLINES

SUBJECT	ASSIGNMENT	DUE DATE	DONE
			☐
			☐
			☐
			☐
			☐



DON'T FORGET!

- ☐ Bring my school supplies
- ☐ Check my assignments
- ☐ Study for tests
- ☐ Ask for help if I need it
- ☐ Turn in my work on time
- ☐ Take breaks
- ☐ Believe in myself!



STUDY TOOLS & TIPS

- ✓ Break big tasks into small steps.
- ✓ Use a planner or calendar.
- ✓ Take notes and review daily.
- ✓ Study in a quiet space.
- ✓ Ask questions. It helps!
- ✓ Practice makes progress.



SELF-CARE MATTERS

I will take care of:

- ♥ My body
- ♥ My mind
- ♥ My feelings
- ♥ My time



It's okay to take breaks.
You can't pour from an empty cup!



NOTES



WEEKLY WINS

This Week, I am proud of...

1. _____
2. _____
3. _____



I AM GRATEFUL FOR...



PROGRESS, NOT PERFECTION. KEEP GOING. YOU'RE DOING GREAT!

