



TO PONDER...

WHEN ARE YOU?

most productive?

feeling energised?

feeling inspired +
motivated?

feeling most
accomplished?

getting the most focussed
work done?

feeling most rested?

most ready to study
and review?

frustrated and too tired
to study?

who do you turn to when
you need support?





WHAT WORKS FOR YOU?

BALANCE

morning walk

Meditation and
morning routine

reading - non school
related

having free time!

eating food

regular breaks (5 or
10mins)

trust yourself with timing
and noticing when you
are focussed

joy + socialising!

getting in nature +
expending energy

meal prep and house
organised

music :)

'to be' list





WHAT WORKS FOR YOU?

PRODUCTIVITY

bullet journal

brain dump and then
prioritise

Spend 10mins mapping out
most important tasks

having an accountability
buddy

co-study sessions

breaking tasks into smaller
ones

progress goals to
celebrate along the way

noticing when I'm not on
track or feeling focussed





WHAT WORKS FOR YOU?

MOTIVATION

reward!

star chart!

to be list - things that
inspire me

music!

exercising!

put the hard tasks at the
start

timelapse

accountability

being out in nature :)





WHAT ARE YOUR

FAVE TOOLS?

timelapse!

bullet journal

Forest app + Tide app

a notebook for
drawing/doodling

background noise (quiet
music or lecture)

fidget toys

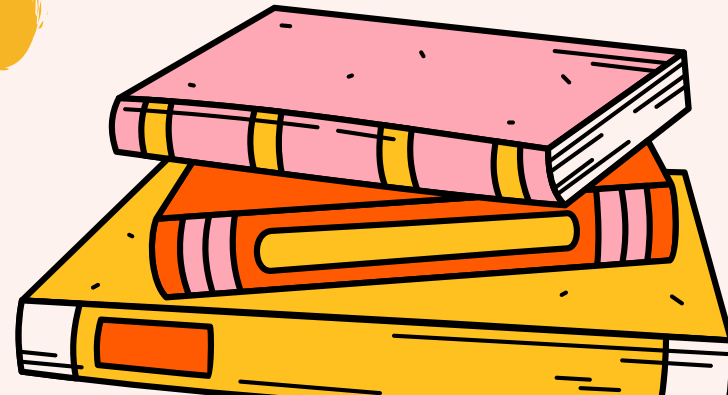
smiling mind

google docs and checklists

diary

toggl

TV on in background





HOW DO YOU GET

BACK ON TRACK?

taking a break to reset

revisit to-do list

remind yourself of the
reward at the end

stare outside for 30secs :)

analysing why I've gone off
track

stretching

some deep breaths

