

## **Systems Activity 1: The Sunday Night Ritual**

In his book *How to Win at College*, writer and professor Cal Newport suggests the following for students studying A levels and degrees at university:

*“Sunday is the most important day of the week. Why? Because Sunday sets the tone for the week that follows.”* He goes on to give this advice: *“If you take control of your Sunday, you take control of your week.”* (Newport, Cal: *How to Win at College*, Crown, 2005)

Now we’re not recommending you do tons of work on Sunday, but inspired by Newport’s advice, we are suggesting you spend thirty minutes on Sunday to complete a sort of pre-working-week ritual.

This might sound strange. Stick with us.

**Set aside thirty minutes every Sunday.** It can be any time of day that suits you, though we like to do our Sunday checklist at around 6pm before we relax for the evening. Your Sunday night ritual should follow a simple A, B, C, D pattern:

**A is for activities.** *What’s coming up this week? Is there a P.E. lesson that needs certain kit? Is there an after-school club? Have you got a Zoom call you need to prepare something for? Did you promise you’d lend someone something? Do you need to reply to an email?*

**B is for bag.** *What needs to go in there this week? A late homework you need to hand in? A book you borrowed from a teacher that you have to return? Are the basics there? Pencil case, pens, books for the right subjects? Bus pass? ID?*

**C is for crisis.** *What’s getting out of control at the moment? (It happens to all of us...) Is there anything you can sort out this week to avert a disaster? A conversation you have to have? A promise you need to keep? A subject you’re behind on, a teacher you need to hassle for help?*

**D is for deadlines.** *When’s your homework due this week? Are there any tests coming up? Anything overdue? Any signed notes you need to hand in, or issues you need to sort out?*

<u>Activities</u>	<u>Bag</u>
<u>Crisis</u>	<u>Deadlines</u>

Using the ABCD structure for your Sunday night ritual will really help you calm your mind. You can kick back and relax on Sunday evening, knowing you're ready for the week to come. You can sleep well, knowing you're on top of things.

And who knows, maybe the whole week will be better because of your Sunday night ritual. Like Cal Newport says, get it right on Sunday and, *"you will start your week with momentum behind you."*