Checklist✔

Date📅:_____

Highlight for today⭐ _____

Eg: Study for X hours and complete X units

1. Got up right 🌄	☐
2. Optimised morning time for studying 😎	☐
3. Made studying the highlight of the day 💯	☐
4. Built/maintained momentum 💪	☐
5. Had a good environment for studying 🌳	☐
6. Did I avoid distractions? 👀	✓ ✗
7. Were my breaks "real breaks"? 🤔	✓ ✗
8. Did I give myself a super-nice treat? 😋	✓ ✗
9. Did I complete my highlight today? 🙌	✓ ✗
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?

Doubts? Re-watch the video or discuss with me in the comments section
Loved this? Share the video on social media and class groups 😉

📷 doctor.doctor_a
▶️ Doctor A