

FINAL YEAR STUDY & LIFE BALANCE PLANNER

INTRODUCTION

FINAL YEAR OF UNI? IT'S A LOT, RIGHT? BETWEEN DEADLINES, JOB APPS, AND TRYING TO HAVE A LIFE, THINGS CAN GET PRETTY OVERWHELMING. THAT'S WHERE THIS PLANNER COMES IN. IT'S DESIGNED TO HELP YOU STAY ON TOP OF YOUR STUDIES, MANAGE STRESS, AND STILL FIND TIME FOR YOURSELF.

INSIDE, YOU'LL FIND TOOLS TO BREAK DOWN YOUR STUDY GOALS, TRACK DAILY HABITS, REFLECT ON LIFE BALANCE, AND EVEN PLAN YOUR STUDY BREAKS. WHETHER YOU FILL OUT EVERY SECTION OR JUST THE ONES THAT WORK FOR YOU, IT'S ALL ABOUT HELPING YOU STAY ORGANISED AND SANE.

YOU'VE GOT THIS – LET'S CRUSH FINAL YEAR TOGETHER!

WEEKLY OVERVIEW

(TASKS & GOALS)

PLAN YOUR WEEK LIKE A PRO

ALRIGHT, TIME TO GET YOUR WEEK IN ORDER! THIS SECTION IS WHERE YOU LAY OUT EVERYTHING THAT'S COMING UP – FROM COURSEWORK DEADLINES AND JOB APPS TO ANY SOCIAL PLANS YOU WANT TO SQUEEZE IN (BECAUSE YES, YOU DO DESERVE SOME FUN).

THINK OF THIS AS YOUR BIRD'S-EYE VIEW FOR THE WEEK. JOT DOWN YOUR BIG TASKS HERE AND THE THINGS YOU ABSOLUTELY CAN'T FORGET. PRIORITISE LIKE A BOSS – WHAT'S COMING UP SOON? WHAT CAN YOU CHILL ON FOR A BIT?

A LITTLE STRUCTURE CAN GO A LONG WAY TOWARD KEEPING YOUR STRESS IN CHECK.

REMEMBER: NO ONE LIKES A LAST-MINUTE CRAM SESH!

WEEKLY OVERVIEW

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

DAILY BREAKDOWN

TAKE IT ONE DAY AT A TIME

HERE'S WHERE YOU BREAK DOWN YOUR DAYS INTO BITE-SIZED CHUNKS. UNI WORK CAN FEEL NEVER-ENDING, BUT TRUST ME, WHEN YOU SPLIT IT INTO MANAGEABLE TASKS, IT'S SO MUCH LESS OVERWHELMING.

WRITE DOWN WHAT YOU NEED TO GET DONE EACH DAY AND LEAVE SPACE FOR BREAKS (DON'T SKIP THOSE, THEY'RE ESSENTIAL). TRY TO INCLUDE AT LEAST ONE FUN THING TO LOOK FORWARD TO EACH DAY – WHETHER THAT'S A NETFLIX BINGE OR A CHEEKY GAME WITH YOUR MATES.

AND DON'T FORGET TO TICK OFF EACH TASK ONCE IT'S DONE – THERE'S NOTHING MORE SATISFYING THAN A SOLID TICK-OFF, RIGHT?

DATE:

DAILY BREAKDOWN

MAIN GOAL

OTHER TASKS

SCHEDULE



NOTES

MONTHLY GOALS

WHAT'S COMING UP?

IT'S EASY TO GET CAUGHT UP IN THE DAY-TO-DAY GRIND, BUT DON'T FORGET TO LOOK AT THE BIGGER PICTURE! THIS IS YOUR SPACE TO NOTE DOWN YOUR MONTHLY GOALS – THINGS YOU REALLY WANT TO ACHIEVE BY THE END OF THE MONTH.

MAYBE IT'S FINISHING A CHAPTER OF YOUR DISSERTATION, FINALLY POLISHING UP YOUR CV, OR SCHEDULING TIME FOR A BIG NIGHT OUT TO BLOW OFF STEAM.

WHATEVER IT IS, KEEPING AN EYE ON THE MONTH AS A WHOLE HELPS YOU STAY FOCUSED AND KEEPS YOU FROM FEELING LIKE YOU'RE CONSTANTLY PLAYING CATCH-UP.

MONTHLY GOALS

JAN



FEB



MAR



APR



MAY



JUN



JUL



AUG



SEP



OCT



NOV



DEC



SELF-CARE CHECKLIST

TAKE CARE OF YOU

FINAL YEAR IS STRESSFUL AF, BUT YOU CAN'T JUST RUN ON COFFEE AND PANIC. YOU NEED TO TAKE CARE OF YOURSELF, AND THIS SECTION IS WHERE YOU KEEP TRACK OF THAT.

JOT DOWN WHAT YOU'RE DOING FOR SELF-CARE EACH DAY— WHETHER IT'S SOMETHING BIG LIKE A YOGA SESSION OR SOMETHING SIMPLE LIKE A HOT BATH OR A WALK. IT'S IMPORTANT TO REMEMBER THAT 'ME-TIME' IS JUST AS IMPORTANT AS YOUR DEADLINES.

USE THIS TRACKER TO REMIND YOURSELF THAT CHILLING OUT ISN'T SLACKING OFF – IT'S NECESSARY FOR KEEPING YOUR BRAIN SHARP AND YOUR ENERGY UP.

SELF-CARE CHECKLST

WEEK

TASK ACTIVITY	S	M	T	W	T	F	S

NOTES

GOALS

DIGITAL STUDY (BREAK IDEAS)

FUN STUDY BREAK IDEAS THAT WON'T EAT UP YOUR WHOLE DAY

TAKING BREAKS ISN'T JUST RECOMMENDED, IT'S SCIENCE. INSTEAD OF GETTING SUCKED INTO A 2-HOURTIKTOK HOLE (WE'VE ALL BEEN THERE), HERE ARE SOMEQUICK STUDY BREAK IDEAS THAT'LL RECHARGE YOUWITHOUT EATING UP ALL YOUR TIME. TRY A FEW OF THESEAND SEE WHAT WORKS BEST FOR YOU! KEEP IT SHORT,KEEP IT FUN, AND THEN DIVE BACK IN REFRESHED.

1) PLAY A QUICK GAME WITH FRIENDS: IF YOU'VE ONLY GOT 10-15 MINUTES, HOP ON A DIGITAL CARD GAME LIKE 'OVEREXPOSED.' IT'S SUPER EASY TO PLAY, FUN, AND PERFECT FOR UNWINDING WITHOUT ZONING OUT. WHETHER IT'S 'MOST LIKELY TO' OR 'NEVER HAVE I EVER,' IT'LL TAKE YOUR MIND OFF YOUR WORK FOR A BIT, AND YOU CAN DO IT WITH FRIENDS – EVEN IF THEY'RE NOT IN THE SAME ROOM!

2) TAKE A POWER WALK: GET SOME FRESH AIR, STRETCH YOUR LEGS, AND GIVE YOUR BRAIN A BREAK. POP IN YOUR FAVORITE PLAYLIST OR PODCAST AND STEP AWAY FROM THE SCREEN FOR 10-20 MINUTES. YOU'LL COME BACK WAY MORE FOCUSED.

3) DO A 10-MINUTE YOGA OR STRETCH ROUTINE: YOUTUBE HAS TONS OF SHORT, CHILL YOGA VIDEOS THAT'LL HELP YOU RELAX AND RESET. IT'S A GREAT WAY TO SHAKE OFF THAT STIFF 'I'VE-BEEN-SITTING-FOR-HOURS' FEELING AND GET YOUR ENERGY FLOWING AGAIN.

4) GRAB A SNACK OR HYDRATE: SOMETIMES YOUR BRAIN FOG IS JUST HUNGER. GET A HEALTHY SNACK (YES, CHIPS COUNT AS A SNACK) OR CHUG SOME WATER – YOU'LL BE SURPRISED HOW MUCH THIS HELPS.

5) BINGE A FUNNY YOUTUBE CLIP: GIVE YOURSELF PERMISSION TO LAUGH! A QUICK YOUTUBE BREAK (TRY SOMETHING LIKE BLOOPER REELS OR FAIL VIDEOS) IS A GREAT WAY TO RELEASE STRESS AND GIVE YOUR BRAIN A MOMENT TO BREATHE.

HABIT TRACKER

TRACK YOUR DAILY HABITS LIKE A BOSS

THIS SECTION IS ALL ABOUT THE LITTLE THINGS YOU DO EVERY DAY THAT CAN MAKE A BIG DIFFERENCE IN HOW YOU FEEL AND HOW PRODUCTIVE YOU ARE.

WHETHER YOU'RE TRYING TO GET BETTER AT DRINKING WATER (BECAUSE LET'S BE REAL, LIVING OFF COFFEE ISN'T SUSTAINABLE), GETTING ENOUGH SLEEP, OR STICKING TO A STUDY ROUTINE, TRACKING YOUR HABITS IS THE WAY TO GO.

YOU CAN USE THIS SPACE TO KEEP YOURSELF ACCOUNTABLE FOR WHATEVER GOALS YOU'VE SET – NO JUDGMENT IF YOU MISS A DAY, JUST TRY AGAIN TOMORROW! THINK OF IT LIKE A DAILY CHECK-IN WITH YOURSELF TO SEE HOW YOU'RE DOING AND WHERE YOU CAN IMPROVE.

HABIT TRACKER

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NOTES

GOALS

JOB APPLICATION TRACKER

KEEP TRACK OF YOUR HUSTLE

JOB HUNTING DURING YOUR FINAL YEAR IS HARD WORK, BUT STAYING ORGANISED IS HALF THE BATTLE. USE THIS SECTION TO TRACK ALL THE JOBS YOU'RE APPLYING FOR – WHAT ROLES, WHERE, WHEN, AND HOW IT'S GOING. THAT WAY, YOU WON'T LOSE TRACK OF WHERE YOU'VE APPLIED, WHEN TO FOLLOW UP, OR WHEN TO PREP FOR AN INTERVIEW.

PRO TIP: IT'LL ALSO HELP YOU FEEL SUPER PRODUCTIVE WHEN YOU CAN SEE HOW MANY APPLICATIONS YOU'VE KNOCKED OUT (EVEN IF IT FEELS LIKE YOU'RE SENDING THEM INTO A BLACK HOLE SOMETIMES).

JOB APPLICATION TRACKER

COMPANY NAME	JOB TITLE	DATE APPLIED	NETWORKING CONTACT	REACHED BACK?	HEARD BACK?	OVERALL STATUS

WHEEL OF LIFE

REFLECT ON YOUR LIFE BALANCE

THE WHEEL OF LIFE IS YOUR TOOL TO CHECK IN WITH YOURSELF AND SEE HOW SATISFIED YOU ARE IN DIFFERENT PARTS OF YOUR LIFE, FROM YOUR FINANCES AND FAMILY TO YOUR SOCIAL LIFE. IT'S A CHANCE TO DO A BIT OF SELF REFLECTION AND FIGURE OUT WHAT'S WORKING, WHAT COULD BE BETTER, AND WHERE YOU MIGHT NEED TO FOCUS SOME EXTRA ATTENTION.

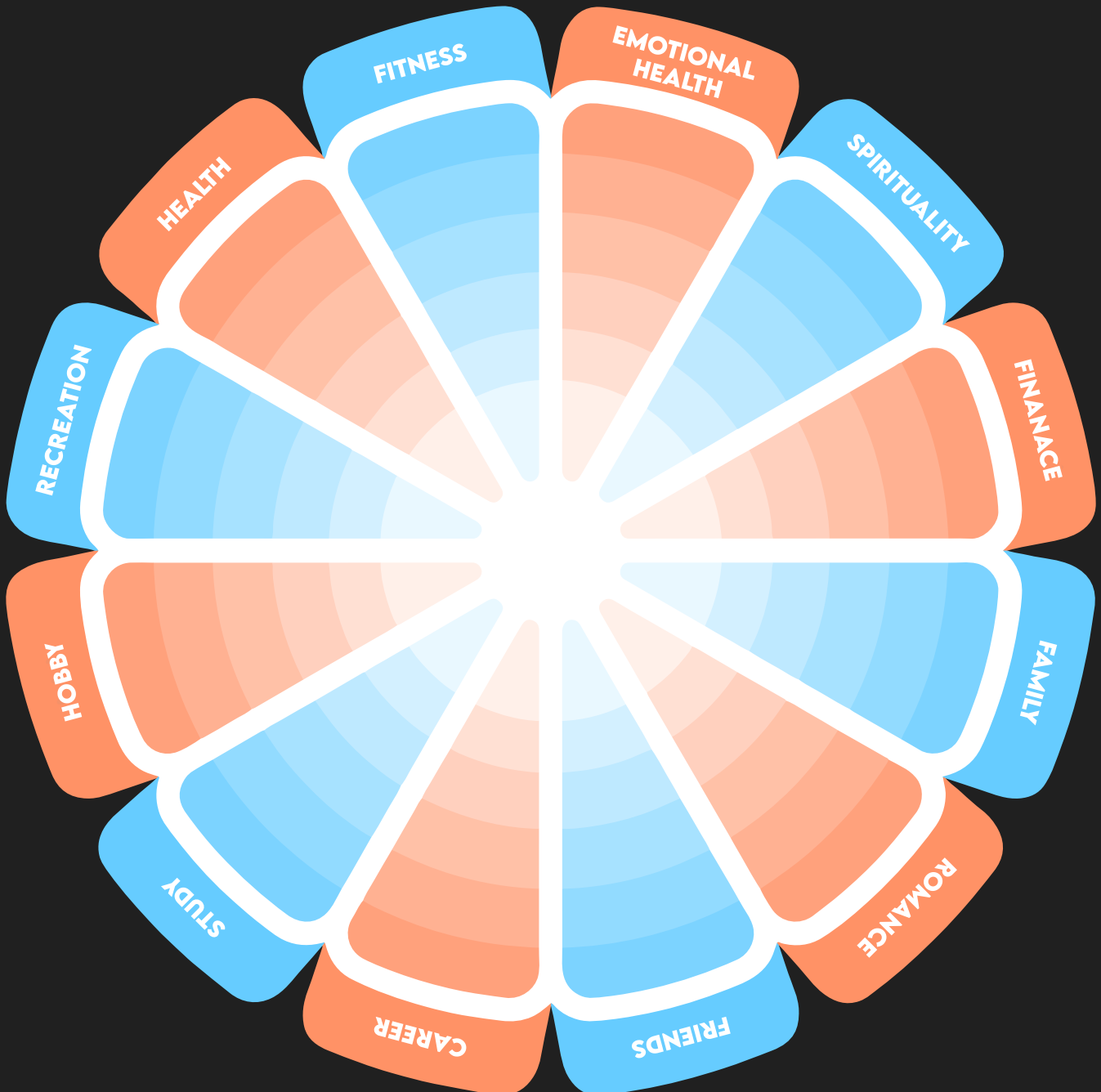
HERE'S HOW IT WORKS: YOU'LL RATE YOUR SATISFACTION IN 12 AREAS OF YOUR LIFE, AND THE RESULTS WILL SHOW YOU WHAT'S IN BALANCE AND WHAT'S OUT OF WHACK.

IT'S LIKE A LIFE AUDIT BUT WITHOUT THE PRESSURE. IF YOU'RE FEELING OFF IN ONE AREA – MAYBE YOU'VE BEEN SO FOCUSED ON UNI THAT YOU'VE LOST TOUCH WITH YOUR FRIENDS OR LET YOUR FITNESS SLIP – NOW'S THE TIME TO TAKE ACTION AND MAKE SOME CHANGES.

THE GOAL ISN'T PERFECTION; IT'S JUST ABOUT GETTING A BETTER SENSE OF WHERE YOU'RE AT AND WHERE YOU WANT TO BE.

DATE:

WHEEL OF LIFE



ASSESS HOW SATISFIED YOU ARE WITH YOUR LIFE IN EACH AREA... THE HAPPIEST BEING THE MIDDLE OF THE WHEEL.

YOU'VE MADE IT!

AND JUST LIKE THAT, YOU'RE ALL SET! WHETHER YOU'VE PLANNED OUT YOUR WEEKS, TRACKED YOUR GOALS, OR FOUND NEW WAYS TO TAKE STUDY BREAKS, THIS PLANNER IS HERE TO HELP YOU NAVIGATE THE CHAOS OF FINAL YEAR. REMEMBER, IT'S NOT ABOUT BEING PERFECT – IT'S ABOUT STAYING BALANCED, HAVING FUN, AND MAKING PROGRESS.

DON'T FORGET TO FOLLOW US ON SOCIAL MEDIA FOR MORE TIPS, STUDY HACKS, AND A BIT OF FUN ALONG THE WAY. WE'RE ROOTING FOR YOU, AND WE'RE JUST A DM AWAY IF YOU NEED A BIT OF EXTRA SUPPORT!