

HOMework & STUDY RITUAL

RITUALIZE THE ROUTINE. MAKE IT RELIABLE SO THAT YOU DO IT EVERY DAY, NO MATTER WHAT.

PART # 1

Put your phone in airplane mode, turn off notifications, put phone out of sound and sight if needed.

PART # 2

Make sure your laptop only has school-related tabs open. Keep off of social media!

PART # 3

Get a crunchy snack. This will help you to focus. Get a favorite beverage. Make this daily routine something to look forward to.

PART # 4

Use a timer to study (not on your phone). Take brain breaks and exercise breaks but keep going if you feel productive.

PART # 5

Do homework in the same place every time. This should be at a table or desk - NOT on your bed.

PART # 6

Have something to look forward to at the end of your routine: watching Netflix, playing video games, social time, etc.

- WHAT IS YOUR FAVORITE CRUNCHY SNACK?
- WHAT IS YOUR FAVORITE BEVERAGE?
- WHAT IS YOUR FAVORITE REWARDING ACTIVITY?
- HOW CAN YOU MAKE THIS FIT YOU EVEN BETTER?