JUST2TUTORING

# HOMEWORK & STUDY RITUAL

THAT YOU DO IT EVERY DAY, NO MATTER WHAT

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mode, turn off notification put phone out of sound as sight if needed.

## PART #

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

## PART #

Do homework in the same place every time. This should be at a table or desk-80T on your bed.

# PAR

open. Keep off of social media!

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your phone). Take brain breaks and exercise breaks but keep going if you feel productive.

### PART #

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