



**Know  
yourself & Get  
what you  
want**

STICK TO  
MORNING  
& EVENING  
ROUTINES

CHECK  
SCHOOL  
WEBSITES

STICK WITH  
PACING GUIDES  
AND  
HOMEWORK  
RITUALS

DECREASE YOUR  
DISTRACTORS

LOOK OVER PLANNERS AND TALK WITH MOM  
AND DAD ABOUT WHAT IS HAPPENING THIS WEEK

**HOW TO HAVE A  
FEEL GOOD DAY**

WITH LITTLE SURPRISE