



HOMework & STUDY RITUAL

Ritualize your routine. Make it reliable so you do it every day, no matter what.

PART # 1

Put your phone in airplane mode; turn off notifications; put phone on silent and out of sight if needed.

PART # 2

Make sure your laptop only has school-related tabs open. Avoid social media while working.

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 (don't use your phone). Take brain and exercise breaks, but keep going if you feel productive.

PART # 5

Do homework in the same place everytime. This should be a table or desk - **NOT on your bed.**

PART # 6

Have something to look forward to at the end of your routine each day. Watch Netflix, play video games, plan 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 study ritual fit you even better?