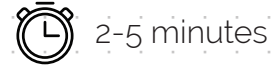


HOW IS IT GOING? **Check-in**



How is it going? Take a few minutes to think about what has gone right since starting this planner and the skills introduced.

Identify a day or week that felt particularly good and consider what you did that week that made a difference. How can you have more days or weeks like that?



Below is a list of skills we've covered so far; add a star next to the skills you are doing well with. Bookmark any skills you want to review.

Focusing on a positive outcome

Making helpful lists

Being accountable

Note-taking tips

Chunking information

Re-charging vs checking-out

Be Still.