

HOW IS IT GOING?

Check-in

 5-10 minutes

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?



Here is a list of some of the skills we've covered so far; add a star next to the skills you are doing well at. Place a checkmark by any skills you want to review and flip to Appendix B (marked with a black bar on the bottom left) to review those skills.



- Focusing on a positive outcome
- Making helpful lists
- Being accountable
- Note-taking tips
- Chunking information
- Re-charging vs. checking-out
- Macro vs. micro project planning

Skills we've covered (continued)



- Reading for recall
- Short term memory tricks
- Taking care of your body: eat, hydrate, sleep
- Starting a new routine
- Self-care as self-awareness