











JANUARY

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“Our potential is one thing. What we do with it is quite another”

— Angela Duckworth

Mon	Tue	Wed	Thurs	Fri	End of Week
		1		2	4-5
6  CLICK TO GO	7 Use your journal to track homework	8  CLICK TO GO	9 CHALLENGE: Ask a question in class today	11-12 What's one thing you enjoyed learning this week?	
13 Record your learning goals in your journal	14  CLICK TO GO	15 How long can you focus? Time it	16  CLICK TO GO	18-19 Did you find it easy to focus and hold your attention?	
20  CLICK TO GO	21 Boost memory: Add color & images	22  CLICK TO GO	23 Organise your locker, organise your mind!	25-26 What's one positive habit you can improve on for next week?	
27 What's your go to study method?	28  CLICK TO GO	29 Challenge: Learn all lyrics to a song— would this be easy or hard?	30  CLICK TO GO	What strategies help you remember your lessons?	