

The Week Before the Exam

Break a big week into days, so the whole thing stops sitting on you at once.

WHEN TO USE THIS

Use this a week or so before a test or a big deadline.

Map the week. What is the one thing you will do each day?

DAY	ONE THING	DONE

What are you most worried you will not get to?

How ready do you feel today?

0	1	2	3	4	5	6	7	8	9	10
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Not at all

As ready as I get

What will you do the night before, instead of studying?

Sleep counts as studying by then.

You do not have to feel ready to be ready enough.