

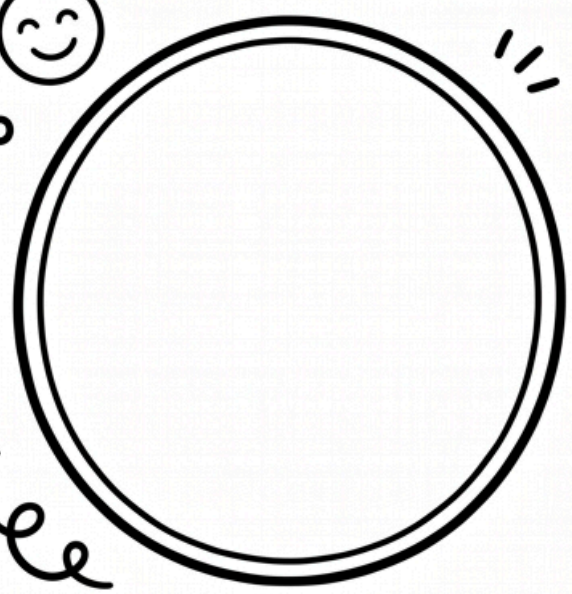
# HOME LEARNING HABITS

 **COZY STUDY & PERSONAL REFLECTIONS** 

## PERSONAL HABITS

### MY SLEEP & MOOD

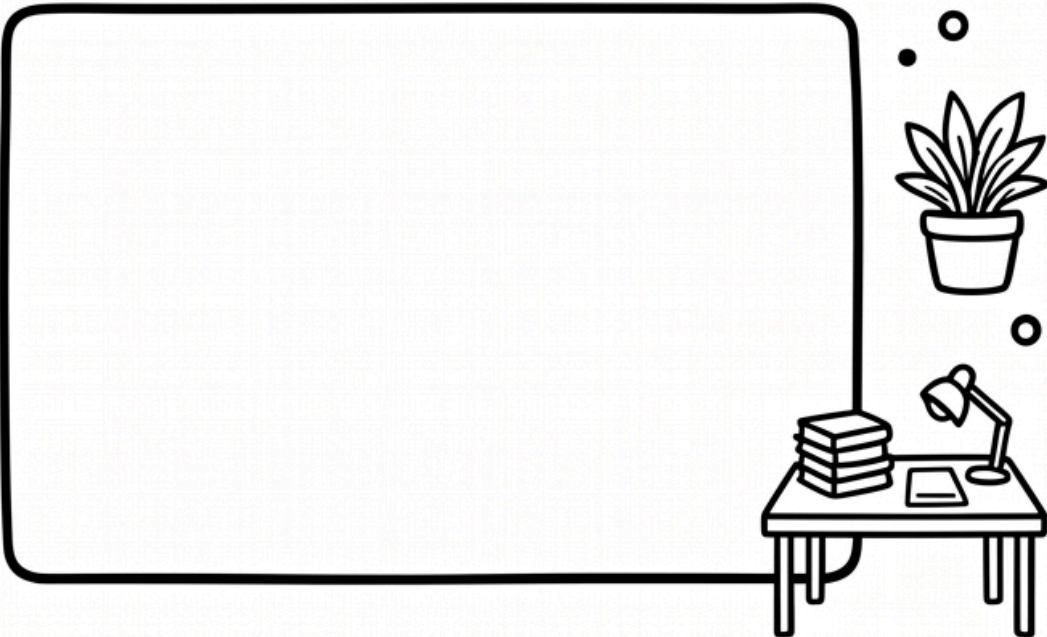
Draw my typical mood today:



- Slept well?
- Had breakfast?
- How many hours of sleep?  
\_\_\_\_\_

### MY FAVOURITE LEARNING CORNER

Draw my desk setup and the view!



My comfy space

### WHAT AM I THANKFUL FOR TODAY?

List 3 things I appreciate:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## LEARNING HABITS

### MY LEARNING GOALS TODAY

What will I achieve today?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### STUDY ROUTINE CHECK


Track my study time:

- Focus time
- Took breaks
- Started on time

Comments \_\_\_\_\_

### AFTER LEARNING - DISCOVERIES

What's the most interesting thing I learned?



Did I have questions?  Yes  No