

Name _____

Week _____

Academic/Artistic Checklist	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Learn							
Appreciate							
Review							
Create							

Aim to practice the habits 5-7 seven times each week. Put a check in the box each time you complete one of the habits.

Learn. Use this space to detail WHY you want to learn something new (self-improvement, learn new skill, relaxation, etc). WHERE you will do your learning—online class, in person class, tutorials, etc. WHAT you will learn, and WHEN you will take time to learn

WHY _____

WHERE _____

WHAT _____

WHEN _____

Appreciate. Use this space to detail WHY you want to appreciate something, WHAT you will appreciate, WHERE you will practice appreciation, and WHEN you will practice appreciation.

WHY _____

WHAT _____

WHERE _____

WHEN _____

Review. Use this space to detail WHY you think reviewing is important, WHERE you will do your reviewing, WHAT you will review, and WHEN you will review.

WHY _____

WHERE _____

WHAT _____

WHEN _____

Create. Use this space to detail WHY you want to create something, WHAT you want to create, and WHEN you'll make time to create.

WHY _____

WHAT _____

WHEN _____