

# Smart Moves for Resilience

## Organisation Weekly Action Plan

Use this check list to track your progress every week and set new goals based on your progress

	Rate yourself out of 10
I have used my planner to write down all my activities classes, assignments, social plans and appointments	
I wrote an ideal calendar to help me plan every couple of weeks to stay on track	
I stuck to my plans	
I used the days before its due alert system	
I scheduled chores	
I used a to do list	
I used my most productive time to study	
I packed my bag ahead of time	
I get close to 8/8/8 most days	
I set myself my own deadlines	
I used a system to take notes	
I had digital discipline	
I unplugged most days	
I used technology to get more organised	