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	
Lurate an ideal calendar to halp me plan avery couple of weeks to	
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	
l dised the days before its due diert system	
I scheduled chores	
I used a to do list	
I used my most productive time to study	
Tasea 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	
1 see mysen my own deddines	
I used a system to take notes	
I had digital discipline	
I unplugged most days	
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Lucad tack valage to get many averagined	
I used technology to get more organised	





