My weekly learning plan

Week of: Jan 16 - 22 , 2021

Saturday
- [ ] List tasks to be completed,
- [ ] single task per line.
- [ ]
- [ ]
- [ ]
- [ ]

Sunday
- [ ] The planner starts on Saturday
- [ ] to help you prepare for the
- [ ] coming week.
- [ ]
- [ ]
- [ ]

Monday
- [ ] Break your larger assignments
- [ ] and tasks down into
- [ ] smaller chunks.
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Tuesday
- [ ] Consider adding live or
- [ ] scheduled course lectures to
- [ ] task list as well.
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Wednesday
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Thursday
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Friday
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What are my goals this week?

The best goals are SMART: specific, measurable, actionable, realistic and time defined.

Specific: What do you want to accomplish?

Measurable: How will you know if you have made progress?

Actionable: What steps need to be taken to reach the goal?

Realistic: How realistic meeting the deadline you've set?

Time Defined: What's the deadline?

How will I take care of my physical health?

Take breaks, go for a walk, explore a new exercise or sport,

set goals for movement.

How will I take care of mental health?

Schedule self-care into your daily schedule.

Stay connected and take time to celebrate all that

has worked okay, even if it wasn't perfect.

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My weekly learning plan

Week of: _____

Saturday
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Sunday
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Monday
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Friday
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What are my goals this week?

How will I take care of my physical health?

How will I take care of mental health?

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