I am trying harder to:

_____ be prepared for quizzes and tests.

_____ start with the difficult work first.

_____ start my homework right after dinner instead of putting it off.

What am I doing to make sure my homework gets done every day?

_____ Setting my watch to remind me when it is time to go to sleep

_____ Going to bed earlier

What else?

____________________________________________________________________

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____________________________________________________________________

Feelings Rating ______

Not Good 1 OK 3 Fairly OK 5 Great! 10