



Homework Session Sheet

How to make your work session
more focused and effective

Date:

Time Started:

My phone is off and out of sight and reach and I promise not to touch it until I am done with my goals.

I am studying a low-distraction environment:
(where): _____

I know my goal(s) for this session:

1.

2.

3.

My reward for completing my goals is:

(be specific): _____

I completed my Goals!

Things I did well:

- 1.
- 2.
- 3.

Things I can improve for next time:

- 1.
- 2.
- 3.