

Weekly review

Take a quiet moment to look back. Keep the next steps small enough to fit the week you actually have.

What I completed

Include the small steps as well as the finished work.

What helped

Which conditions, choices or people made studying easier?

What remains unclear

What do I need to ask, check or practise?

Realistic next steps

Choose a few actions that fit my available time.

Date to revisit

When will I check how these next steps went?
