

# Consider this...

Want to turn it around in school? Then use these questions on a daily basis until they become a part of your thinking. If you ask these, you can rest assured that you have covered all the bases. These are the types of key questions that every successful student **must** get in the habit of asking:

1. **Plan:** Did I make a good and realistic plan for today?
2. **NOP:** What's my NOP (number one priority) for tonight? Do this first.
3. **Planner:** Update it mindfully.
  - a. Do I have any math? Science? Social studies? LA? Other?
  - b. Should I be doing any reading? Writing? Projects? Studying for tests/quizzes?
4. **Grades:** Check my grades thoughtfully.
  - a. Make a list of things that need to be **acted** upon (missing assignments, etc.)
  - b. Be forthcoming & honest with parents about them.
5. **Advocacy:** Do I need to email any teachers or go to office hours?
6. **Backpack:** Reorganize, go through all of it, stray papers managed.
7. **Focus:** How's my focus tonight? What distractions need to be removed?
8. **Temp check:** What's my biggest stress lately? What would help?

Created by Seth Perler. Visit [sethperler.com](http://sethperler.com) and feel free to sign up for my blog.

## Daily habit questions cheat sheet

**Plan:** Realistic plan for today?

**NOP:** Number one priority for today? Do this first.

**Planner:** Update it mindfully.

Math? Science? Social studies? LA?

Other?

Reading? Writing? Projects? Study for tests/quizzes?

**Grades:** Check grades thoughtfully.

List action items.

Honest with parents.

**Advocacy:** Email teachers or go to office hours?

**Backpack:** Reorganize, stray papers managed.

**Focus:** How's my focus? Distraction removal?

**Temp check:** Biggest stress? Solution?

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