



UpgrAde Your GrAdes
with SethPerler.com

SNO, Sunday Night Overhaul

Your mission

- Key to success for Overhaulers: Every week, take time to “reset” or “overhaul” your foundational systems. Consistency is key.
 - Sunday Night Overhaul is also known as the SNO, the systems check, systems overhaul, systems reset.
 - Generally, Sunday night is the best time for most people to close out their previous week and prep for the next week, but any day will do. What’s important is *consistency*.
-

Directions

1. I recommend that each Sunday you do the overhaul at the same time so you can build a routine.
2. Either watch the Sunday Night Overall Process video each week to walk you through the process, *or...*
3. Use the checklist below to guide you. I made a few versions so you can choose the ones you like.



SNO Checklist

Done?	Task
	<p>SSS Tidy: Tidy up my SSS. 5-10 minutes. Make sure it's free of clutter and distractions and consider how to make it better for focus. Use timer in the SSS.</p>
	<p>Backpack Reset: Empty everything out and “reset” the backpack. Go through everything and reorganize it, carefully considering the best place to put stuff.</p>
	<p>Folder Reset: Go through every single paper carefully and get it in the right place. Make sure my name is on everything. Put important papers in front. Take notes in my planner if I come across anything that needs to be done or turned in. Reorganize folders and get them into the best place in the backpack. Archive papers I want to keep but don't need to keep in my folders. Recycle papers I no longer need.</p>
	<p>Planner Update: Update planner thoroughly. Cross off everything from last week. Carefully plan upcoming items for this week. Consider everything: school work, working on long term assignments, appointments, extracurriculars, social events, etc. Dogear if using a new page.</p>
	<p>Grade Check: Check the detailed view. Look for missings, incompletes, 0's, etc... look for patterns.</p>
	<p>Advocate: After you examine the details of my grades, email teachers in classes where I have missing work. I will definitely resist this at first, but once I do it a few times, it's easy. I will ask them for clear tips & support in reaching my goals.</p>
	<p>Mindset: Do I have a positive mindset about the upcoming week or am I listening to the resistance too much?</p>

SNO Checklist

1. SSS Tidy
2. Backpack Reset
3. Folder Reset
4. Planner Update
5. Grade Check
6. Advocate
7. Mindset

SNO Checklist

<p>SNO Checklist</p> <p><u>Sunday Night Overhaul</u></p> <ol style="list-style-type: none">1. SSS Tidy2. Backpack Reset3. Folder Reset4. Planner Update5. Grade Check6. Advocate7. Mindset	<p>SNO Checklist</p> <p><u>Sunday Night Overhaul</u></p> <ol style="list-style-type: none">1. SSS Tidy2. Backpack Reset3. Folder Reset4. Planner Update5. Grade Check6. Advocate7. Mindset	<p>SNO Checklist</p> <p><u>Sunday Night Overhaul</u></p> <ol style="list-style-type: none">1. SSS Tidy2. Backpack Reset3. Folder Reset4. Planner Update5. Grade Check6. Advocate7. Mindset
<p>SNO Checklist</p> <p><u>Sunday Night Overhaul</u></p> <ol style="list-style-type: none">1. SSS Tidy2. Backpack Reset3. Folder Reset4. Planner Update5. Grade Check6. Advocate7. Mindset	<p>SNO Checklist</p> <p><u>Sunday Night Overhaul</u></p> <ol style="list-style-type: none">1. SSS Tidy2. Backpack Reset3. Folder Reset4. Planner Update5. Grade Check6. Advocate7. Mindset	<p>SNO Checklist</p> <p><u>Sunday Night Overhaul</u></p> <ol style="list-style-type: none">1. SSS Tidy2. Backpack Reset3. Folder Reset4. Planner Update5. Grade Check6. Advocate7. Mindset