**Breaking Down My Week**

One way to reduce stress and be more productive is to determine what you want to focus on, break down those larger goals into realistic tasks, and know which tasks are most urgent. Many students have also found it helpful to declutter their mind by writing down little things that pop into their minds. This helps them to lay it aside and know they can come back to at a better time.

*Assignments this week*

*This week, I am focusing on…*

1.
2.
3.
4.

*I MUST complete this week…*

1.
2.
3.
4.

*BONUS: if worked on this week*

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*Study this week*

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*Tests this week*

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*Appointments/Meetings*

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