



## The systems check:

Backpack Overhaul	<input type="checkbox"/> Clean backpack <input type="checkbox"/> File papers for later reference
Planner	<input type="checkbox"/> Check Planner <input type="checkbox"/> Rip Out Unused Pages <input type="checkbox"/> X out completed days <input type="checkbox"/> Update long term <input type="checkbox"/> Update short term
Check Grades	<input type="checkbox"/> What is incomplete? <input type="checkbox"/> What is missing? <input type="checkbox"/> Do you need to advocate for anything (write teacher & cc parents)?
Sacred Study Space	<input type="checkbox"/> Check supplies <input type="checkbox"/> Clean the Space <input type="checkbox"/> File papers
Technology Optimized	<input type="checkbox"/> Bookmarks are in place <input type="checkbox"/> Stay Focused or Self Control apps are in place
Workflow	<input type="checkbox"/> Sit down <input type="checkbox"/> Get organized <input type="checkbox"/> Stay focused <input type="checkbox"/> Take breaks <input type="checkbox"/> Routines
Self Care	<input type="checkbox"/> Manage sugar Intake <input type="checkbox"/> Cut out processed foods <input type="checkbox"/> Exercise <input type="checkbox"/> Good posture <input type="checkbox"/> Get good sleep
Relationships	<input type="checkbox"/> How's it going with your family? <input type="checkbox"/> Friends?
Stress Level/Beliefs	<input type="checkbox"/> Reframe your mind <input type="checkbox"/> Name your biggest stressor <input type="checkbox"/> Practice Growth Mindset