

ZenAcademic Worksheet

BRAIN POWER ROUTINE

- Exercise
- Meditation
- Sleep
- Relaxation & Fun

WORK IN WAVES

Go offline for the duration of the work sessions if possible. Set a timer too!

Started work at:

Workday ends at:

Focus

Q: What is the most important thing to work on to move my project ahead?

A:

Q: What is the next small step? What can I finish in the next work session/ today?

A:

Sessions

First session

Work time:

Recovery time:

Main focus:

Relaxation:

Second Session

Work time:

Recovery time:

Main focus:

Relaxation:

Third Session

Work time:

Recovery time:

Main focus:

Relaxation:

Fourth Session

Work time:

Recovery time:

Main focus:

Relaxation:

TODAY'S ACCOMPLISHMENTS:

TODAY'S SMALL PLEASURES/ GRATITUDE:

REFLECTION AND NOTES: