

B	I	N	G	O
put a time limit on tasks	Create a daily plan	Mute your group chats on your phone	do a little bit each day	Use your calendar
Eliminate distractions	make time to prepare before hand	change studying environment if you're feeling unmotivated	Delete all social media apps on your tablet and phone	learn to say no
Don't multitask	be realistic about what you can accomplish each day	FREE SPACE!	Schedule relaxation time	make a to-do list
Schedule rewards	get rid of distractions	Sleep well	create a weekly plan	Prioritize wisely
Plan ahead	Work smarter not harder	Don't stress about the small details	Don't wait for inspiration-now is the time	figure out when you're most efficient

B	I	N	G	O
Schedule breaks between tasks	Don't multitask	Schedule relaxation time	make time to prepare before hand	Delete all social media apps on your tablet and phone
put a time limit on tasks	make a to-do list	be realistic about what you can accomplish each day	do a little bit each day	Work smarter not harder
Schedule rewards	Use your calendar	FREE SPACE!	Eliminate distractions	Mute your group chats on your phone
change studying environment if you're feeling unmotivated	set reminders	figure out when you're most efficient	get rid of distractions	Don't stress about the small details
Don't wait for inspiration-now is the time	create a weekly plan	Create a daily plan	Sleep well	wear a watch

B	I	N	G	O
set reminders	Get organised	Don't multitask	figure out when you're most efficient	Eliminate distractions
be realistic about what you can accomplish each day	Keep a time log for a few days	wear a watch	Delete all social media apps on your tablet and phone	put a time limit on tasks
Sleep well	Don't wait for inspiration-now is the time	FREE SPACE!	do a little bit each day	Schedule relaxation time
Mute your group chats on your phone	Schedule breaks between tasks	Create a daily plan	Plan ahead	Work smarter not harder
create a weekly plan	make time to prepare before hand	get rid of distractions	Schedule rewards	learn to say no