

B	I	N	G	O
time limit	Don't multitask	Create a daily plan	Schedule relaxation time	realistic
create a weekly plan	Mute your group chats on your phone	time	learn to say no	Don't stress about the small
prepare	studying	FREE SPACE!	timer	Eliminate distractions
get rid of distractions	achieve	success	beforehand	set reminders
breaks	make a to-do list	Work smarter not harder	Use your calendar	efficient

B	I	N	G	O
beforehand	Sleep well	Eliminate distractions	Get organized	get rid of distractions
do a little bit each day	create a weekly plan	Don't stress about the small	success	realistic
accomplish each day	achieve	FREE SPACE!	time	timer
Don't multitask	efficient	Mute your group chats on your phone	make a to-do list	wear a watch
rewards	prepare	learn to say no	set reminders	Keep a time log for a few days

B	I	N	G	O
make a to-do list	do a little bit each day	Mute your group chats on your phone	prepare	efficient
Don't multitask	accomplish each day	Create a daily plan	create a weekly plan	time limit
Get organized	you're feeling unmotivated	FREE SPACE!	wear a watch	Plan ahead
Don't stress about the small	realistic	get rid of distractions	Prioritize wisely	timer
Keep a time log for a few days	beforehand	Schedule relaxation time	Eliminate distractions	Use your calendar