



My Weekly Accountability Worksheet

Personal Information

Your Name: _____

Number of hours studied so far: _____

Days left to exam: _____

This week I Will Do These 5 Things

If I accomplish these 5 things this week, it will be an awesome week

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

My Weekly Exam Time Commitment

This week I commit to the following hours to work exclusively on my Exam Preparation

Commitment

Time

Today: hours

From: ____ to ____

Day 2: hours

From: ____ to ____

Day 3: hours

From: ____ to ____

Day 4: hours

From: ____ to ____

Day 5: hours

From: ____ to ____

Day 6: hours

From: ____ to ____

Day 7: hours

From: ____ to ____

What went well this week?

What didn't?

What did I learn?

Gratitude / Attitude

This week I am so grateful for:

In the next week, my main attitude will be:

The 1st Law - Order

This week I commit to clean up, complete, improve, settle, delete, finish or get rid of:

The Week In Review

My progress and accomplishments in my Exam Preparation this week.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Obstacles I faced this week:

Corrective measures I used:

Habits

If I do the following:

I will PUNISH / REWARD myself this week with: