

28 Day Study Smarter Challenge

Week 1 - Essential Mindsetting and Study Foundations

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
The Success Trifecta Tasks Complete? <input type="checkbox"/>	Forging Your Study Foundations Tasks Complete? <input type="checkbox"/>	The Grades Equation Tasks Complete? <input type="checkbox"/>	Overcoming Failure Mindset Tasks Complete? <input type="checkbox"/>	Beating Procrastination Once and For All Tasks Complete? <input type="checkbox"/>	Unlocking Unlimited Study Motivation (Pt 1) Tasks Complete? <input type="checkbox"/>	Unlocking Unlimited Study Motivation (Pt 2) Tasks Complete? <input type="checkbox"/>

Week 2 - Study Planning and Maximum Study Efficiency

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Study Inefficiency Diagnosis Tasks Complete? <input type="checkbox"/>	Maximum Study Efficiency Tasks Complete? <input type="checkbox"/>	Study Planning Masterclass (Pt 1) Tasks Complete? <input type="checkbox"/>	Study Planning Masterclass (Pt 2) Tasks Complete? <input type="checkbox"/>	Study Planning Applications Tasks Complete? <input type="checkbox"/>	Efficient Daily Routine Tasks Complete? <input type="checkbox"/>	Productivity Masterclass Tasks Complete? <input type="checkbox"/>

Week 3 - Advanced Memorisation Techniques

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Bulletproof Memory Formula Tasks Complete? <input type="checkbox"/>	HILE Memory Method Level 1 & 2 Tasks Complete? <input type="checkbox"/>	HILE Memory Method Level 3 Tasks Complete? <input type="checkbox"/>	HILE Memory Method Level 4 Tasks Complete? <input type="checkbox"/>	Constructing Your Memory Palace Tasks Complete? <input type="checkbox"/>	HILE Method Applications Tasks Complete? <input type="checkbox"/>	Testing Your New Super Memory Tasks Complete? <input type="checkbox"/>

Week 4 - Success Examination Techniques

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Essential Exam Mindset Tasks Complete? <input type="checkbox"/>	Exam Battle Mode Tasks Complete? <input type="checkbox"/>	Overcoming Exam Fear, Stress and Anxiety Tasks Complete? <input type="checkbox"/>	1 Week Before Exams - Performance Tapering Tasks Complete? <input type="checkbox"/>	1 Day Before Exams - Success Exam Ritual Tasks Complete? <input type="checkbox"/>	Maximum Exam Efficiency Tasks Complete? <input type="checkbox"/>	The End is The Beginning Tasks Complete? <input type="checkbox"/>

I commit to self improvement for the next 28 days:

I will commit 1 hour each day to simply just open up the email sent to me and follow the instructions inside.

To keep yourself accountable - Tag us on social media [@studysmarteracademy](#) as you complete each week's tasks

[#studysmarterchallenge](#)
[#1%rule](#)
[#personaldevelopment](#)
[#studysmarteracademy](#)

Name: _____

Date: _____ Signed: _____

COMPOUND INTEREST FOR SELF-IMPROVEMENT



The 1% Rule:

Improving just 1% per day will make you 37x better than when you started

Doing nothing and worsen 1% per day and you will end up with only 3% of what you started

If you decide to choose the better path, I will be here with you to make this happen.

Simply open up the email and follow the instructions.

It is this simple.

