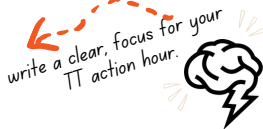


# TT ACTION HOUR \* 45 MINS ACTION FOCUS. 15 MINS BREAK.

\*designed for ultimate concentration & productivity.

**STEP 1: THIS ACTION HOUR, I WILL:**



**STEP 2: PRE TT ACTION HOUR CHECKLIST. I HAVE:**



- A CLEAR & ACTIONABLE TASK
- A GOOD WORKING ENVIRONMENT
- MY PHONE ON AIRPLANE MODE
- REMOVED ANY DISTRACTIONS
- ALL MATERIALS TO HAND

**STEP 3: SET YOUR TIMER FOR 45 MINS.  
LET'S GO!**

(turn over when complete...)



**Tailored  
Tutors**

[www.tailoredtutors.co.uk](http://www.tailoredtutors.co.uk)

# TT ACTION HOUR \* 45 MINS ACTION FOCUS. 15 MINS BREAK.

\*designed for ultimate concentration & productivity.

---

## STEP 4: RATE YOUR TT ACTION HOUR!

1

2

3

4

5

---

## STEP 5: REFLECTION & GOALS FOR NEXT TT ACTION HOUR

---

## STEP 6: 15 MINS BREAK BEFORE YOUR NEXT TT ACTION HOUR!

SET YOUR TIMER.



2  
use this time to set your goals for the next TT  
action hour, take a walk, do some cleaning, tidy  
up, shower, meditate & more!  
Find more study tips on our website!



**Tailored  
Tutors**

[www.tailoredtutors.co.uk](http://www.tailoredtutors.co.uk)