



RISE OF THE INNER GODDESS

# THE STUDY GUIDE

How to use: This study template has been my ride or die the last semester of uni! I've always used this method but this simple little document helps keep me accountable.

Firstly, decide on what specific task you need to do. It may be something like "write introduction to essay for subject 1"

Once you've narrowed it down, then set a time you will work til eg. "10am - 2pm"

This is when you use the time guide. I like to work for 45 minutes, take a 15 minute break.

This allows you to focus for short bursts of time and then take a breather, ensure this break is in another environment rather than at the same spot you're working in.

# The Self-Love Hub

## THE STUDY GUIDE

I have to complete: \_\_\_\_\_

I will work from \_\_\_\_\_ to \_\_\_\_\_

Study time

Break Time

YOU'VE GOT IT  
TO GO

Tip: Take your break away from screens and change up your environment! This will give you a proper break. Try getting some fresh air and stretch

# The Self-Love Hub

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# KEEP GOING

Study time

Break Time