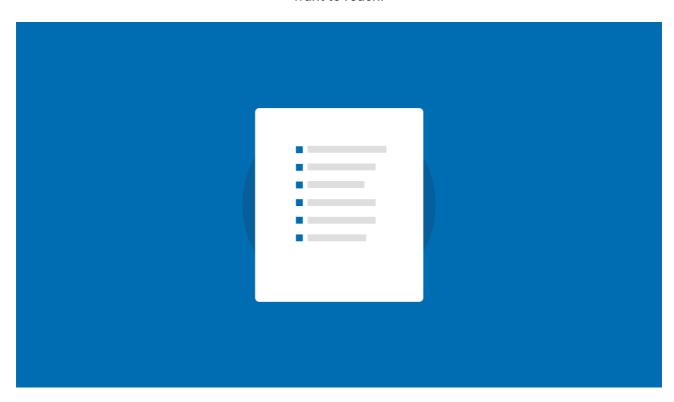
How to Create Effective Study Habit: 5 Fantastic Steps

Good study habits help you reach your academic goals. They are specific to you and the goal you want to reach.



1. Select A Study Habit

List activities you can do regularly to reach an academic goal.	
Think about activities that suit your learning style.	
Choose the time of day you'll do your habit.	
2. Define The Study Habit	
Create 3 parts to your habit:	
Trigger: something that starts the activity	
Action: the activity that you do. It's the main part of your habit	
Reward: a way to treat yourself.	
3. Repeat It Daily	
Do it every day at the same time.	
Some say it takes 28 days to acquire a habit, others 30, 60 or 90 days.	
Try 30 days and see the progress you make. Don't skip any days!	

4. Track Your Study Habit	
Write notes about your habit in a journal or tracker everyday for 30 days	
Include columns for the number of days, the date, trigger, action, reward and comments you have.	
5. Evaluate The Habit	
After 30 days assess whether or not the habit is automatic	
If not continue to do it and track your habit.	
See if it's effective and helps you reach your academic goal.	
If it is automatic and effective, keep up the good study habit!	Make and Share Free Checklists checkli.com