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step 1 set your vision what do you want to achieve in the next three years what is the ideal life for you focus on one to three goals to achieve better results step 2 make a plan determine the actions and strategies you need to make in order to move closer to accomplishing your goals

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coupon from the bonus section for this step 10 pick a bedtime and set an alarm
for that time in order to create a regular sleep schedule

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7 study time now you ve marked off all the things you have to do in your week it s time to add in your study time these are the amounts of time i suggest you set aside for study year 11 1 1 5 hours per week per subject if you re doing 10 gcse s that means you ll be doing 10 15 hours study at home per week year 12 5 hours per week

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