




Day	Action Done	Mood	Parent Signature
	<b>&amp; Study and Focus ROUTINE (1–40)</b>		
1	1. Study for 25 minutes without distraction		
2	2. Keep phone away during study		
3	3. Create a study timetable		
4	4. Revise yesterday's lesson		
5	5. Write one page neatly		
6	6. Solve 10 practice questions		
7	7. Read aloud for 10 minutes		
8	8. Ask 1 doubt daily		
9	9. Organize school bag		
10	10. Sit in one place while studying		
11	11. Complete homework on time		
12	12. Use timer for focus		
13	13. Highlight key points		
14	14. Practice handwriting		
15	15. Avoid multitasking		
16	16. Study same time daily		
17	17. Learn 5 new words		
18	18. Teach what you learned		
19	19. Avoid TV before study		
20	20. Set daily study goal		
	<b>&amp; DISCIPLINE &amp; ROUTINE (21–40)</b>		
21	21. Wake up early		
22	22. Make your bed		
23	23. Brush on time		
24	24. Follow daily routine		
25	25. Sleep before 10 PM		
26	26. Keep room clean		
27	27. Finish tasks before play		

28	28. Limit screen time		
29	29. Eat on time		
30	30. Pack school bag at night		
31	31. Follow schedule strictly		
32	32. Avoid procrastination		
33	33. Complete one task fully		
34	34. Take responsibility		
35	35. Be punctual		
36	36. Plan next day		
37	37. Keep things in place		
38	38. Do chores daily		
39	39. Maintain hygiene		
40	40. Respect time		
	 <b>CONFIDENCE BUILDING (41–60)</b>		
41	41. Speak in front of mirror		
42	42. Say “I can do it”		
43	43. Answer in class		
44	44. Try new activity		
45	45. Talk to new friend		
46	46. Share ideas openly		
47	47. Avoid fear of mistakes		
48	48. Appreciate yourself		
49	49. Maintain eye contact		
50	50. Practice public speaking		
51	51. Smile more		
52	52. Help someone		
53	53. Participate in activities		
54	54. Express feelings		
55	55. Stand straight		
56	56. Avoid negative talk		
57	57. Try leadership role		

58	58. Celebrate small wins		
59	59. Accept challenges		
60	60. Be positive daily		
	 <b>EMOTIONAL &amp; BEHAVIOR (61–80)</b>		
61	61. Say thank you		
62	62. Say sorry when wrong		
63	63. Help parents		
64	64. Listen carefully		
65	65. Control anger		
66	66. Stay calm		
67	67. Be kind		
68	68. Share things		
69	69. Avoid shouting		
70	70. Respect elders		
71	71. Practice patience		
72	72. Avoid arguments		
73	73. Show gratitude		
74	74. Forgive others		
75	75. Stay honest		
76	76. Avoid jealousy		
77	77. Be helpful		
78	78. Speak politely		
79	79. Show empathy		
80	80. Think before acting		
	 <b>SUCCESS &amp; GROWTH HABITS (81–100)</b>		
81	81. Set small goals		
82	82. Visualize success		
83	83. Read 10 mins daily		
84	84. Learn something new		
85	85. Watch educational content		
86	86. Practice skill daily		

87	87. Avoid wasting time		
88	88. Track progress		
89	89. Stay consistent		
90	90. Take feedback		
91	91. Improve daily		
92	92. Try again after failure		
93	93. Stay curious		
94	94. Ask questions		
95	95. Learn from mistakes		
96	96. Be disciplined		
97	97. Stay focused		
98	98. Keep learning		
99	99. Believe in yourself		
100	100. Never give up		