



STUDY ~~TO~~ UN-DO LIST

How to use this template

Whether they are little or big, everyone does things they know they shouldn't. It can be hard to shake bad study habits, but sometimes, all you need is a little reminder to help you stay focused.

Use this un-do list to identify the things you need to stop doing in order to keep your studies on track.

All you have to do is print page 1 and stick it on a wall in your study space or on your desk. Then, print the list of bad habits and choose eight that best relate to you, and glue them into the boxes on page 1. If the bad habits on our list aren't relevant to you, feel free to use your own.

Your study un-do list should look something like this:



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I WILL NOT

For tips on how to beat procrastination, check out the [free resources](#) available on USQ's Social Hub.

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Use social media	Watch Netflix	Answer text messages
Put off difficult tasks	Leave things to the last minute	Procrasti-snack
Focus on the negatives	Give up	Let anyone distract me
Fall asleep	Listen to my inner critic	Overthink
Feel guilty		

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