

I'M READY TO WORK CHECKLIST

Today is a brand new day!

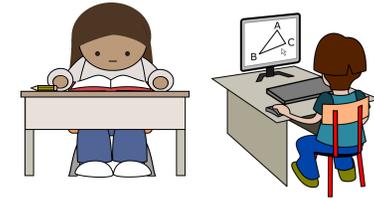
- My materials (favorite pencil/pen, erasers, papers, notebook, journals, headphones, etc.) are ready.



- My laptop/computer is charged or plugged in to the charger. I only have tabs that I need for schoolwork open. Other tabs/windows are closed.



- My workspace is organized and comfortable. I am sitting in a chair and working at a desk/table and not in bed. I only have items that I need in my workspace. Other items are stored away.



- My work area is free of distractions like food, games, or toys.



I have my water bottle so I can stay hydrated.

It is ok for my siblings and pets to be in the room while I'm working but they should NOT show up during my Zoom meetings.

- I am dressed for success - showered, teeth are brushed, hair is neat, clothes are clean.



LOOKING
GOOD

- I've checked all the boxes above. My brain is ready to work.



I take a few deep breaths and start working.



Take a Deep Breath

Smell the flower



Blow the pinwheel

