

Name:

Date:

Section:

Score:



briantolentino.com

How Habits Shape Your Success in School



Today we're going to talk about habits and why they matter so much for your success in school. Many people think success just comes from being smart, but that's not true. What makes the biggest difference is what you do every single day—the small choices you repeat over and over. Those choices are your habits.

Think about it: if you get in the habit of writing down your homework every day, you're much less likely to forget assignments. If you study a little each night instead of cramming, your brain has time to actually absorb the information—and you feel less stressed before tests. Habits take the guesswork out of schoolwork. You don't waste energy wondering, "Should I study today?" or "Should I start this project now?"—you just do it because it's part of your routine.

The great thing about habits is that they make life easier in the long run. Once you build positive habits, your brain runs on autopilot. You don't need as much willpower or motivation, because you've trained yourself to do the right thing almost automatically. That's how athletes get better, how musicians improve, and how students succeed—it all comes down to what they practice every single day.

So here's the big idea: your goals set the direction, but your habits are what actually get you there. If you want good grades, less stress, and more confidence, it starts with the daily routines you choose to build.

Your task:



- 1) Write down one academic goal.** Be specific—don't just say "do better in math." Instead, say something like, "I want to raise my math grade from a C to a B."
- 2) Choose one habit** that will help you reach that goal. For example: reviewing math notes for 10 minutes each night, asking one question in class every day, or completing practice problems three times a week.
- 3) Explain why your habit will help.** How will this small, repeated action push you toward your goal?
- 4) Commit to it.** Decide when and how often you'll practice your habit.

