

🔑 Keys to Success - Getting to Class

Here are some tips for getting to class (prepared and on time):

- Pack a bag the night before with all necessary materials for class and set it by the door** 🎒
- Set more than one alarm** ⌚
- Go to bed at a reasonable time** (plan for 6-8 hours if possible) 🛏️
- Visualize yourself being successful in class**
- Give yourself an incentive for going** (i.e. grab a coffee/treat after) ☕
- Make sure to plan 15 minutes of “leaving time”** (time to grab keys and wallet, go to the bathroom, shut off lights etc.) ⌚
- Put a post-it reminder on your door of ‘things not to forget’** (i.e. keys, wallet, phone, backpack, binder etc.) 📝
- Ask someone to hold you accountable for going to class** (i.e. text your EF coach after going) ➡️ 📱
- Make sure to eat something to nourish your brain**
- Have a plan of action for class** (i.e. plan where you will sit)
- Plan something fun for right after class so you look forward to it** 🎉