

7-DAY STUDY RESET PLAN

“He who began a good work
in you will carry it on
to completion.”

PHILIPPIANS 1:6

By Dr. Iggy

INTRODUCTION

It's time for a fresh start!

If you've been feeling overwhelmed, burnt out, or stuck in a rut with your studying, this is your invitation to reset and build better habits that refresh your mind.

"I can do all things through Christ who strengthens me."

Philippians 4:13

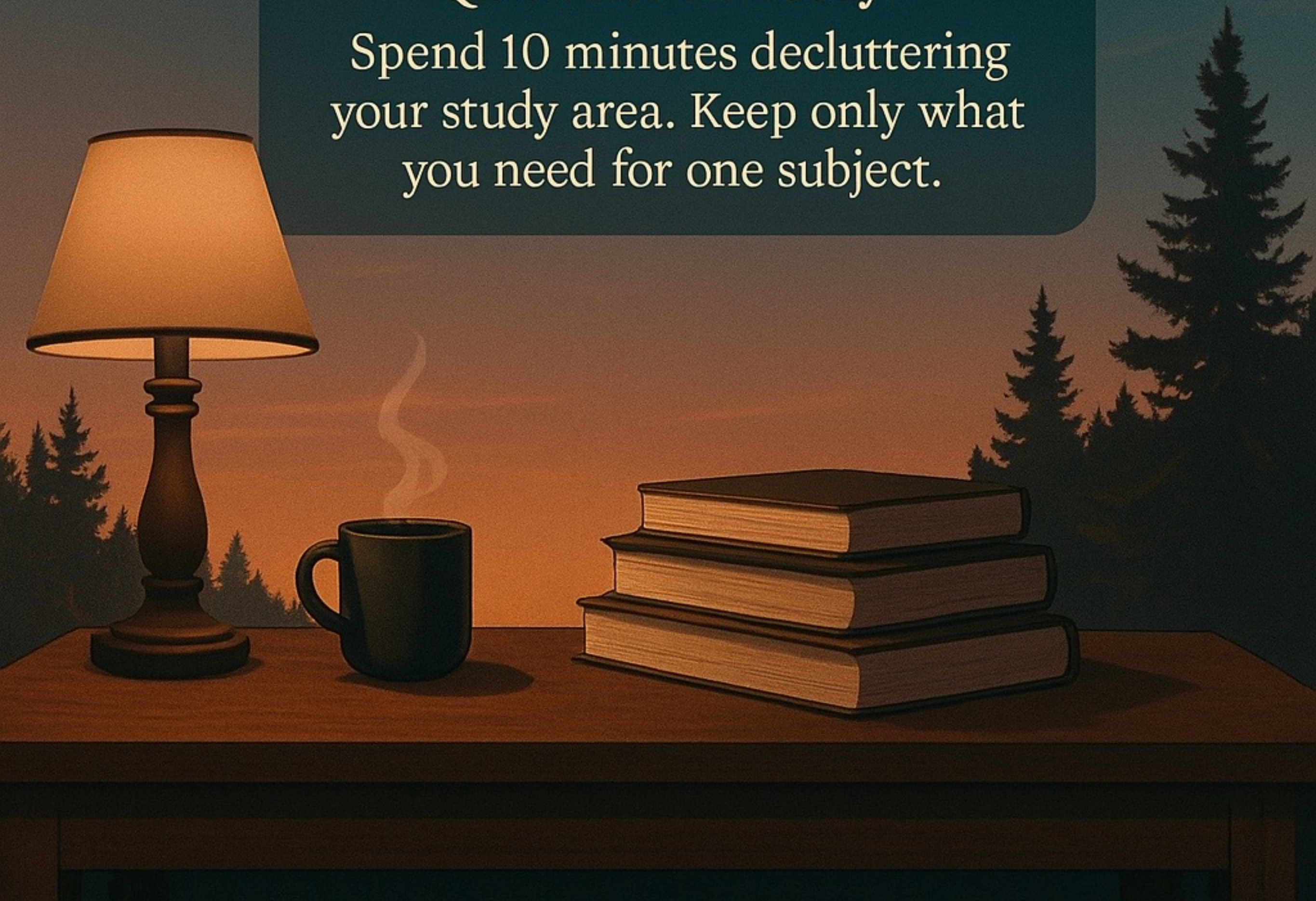
Day 1

Clear Your Desk, Clear Your Head

When your environment is cluttered, your mind is cluttered. Start your reset by clearing your study space. Throw away old papers, organize your desk, and create a calm, focused environment.

Quick Action Today:

Spend 10 minutes decluttering your study area. Keep only what you need for one subject.



DAY 2

ACTIVE RECALL CHALLENGE

Rereading notes doesn't stick. Test yourself instead. Active recall is one of the most powerful memory techniques.



QUICK ACTION TODAY:

Take 5 flashcards and test yourself on yesterday's topic. No peeking.

James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously."

DAY 3:

TIME-BLOCK YOUR DAY

Structure creates freedom. Time-blocking helps you focus and reduces overwhelm.



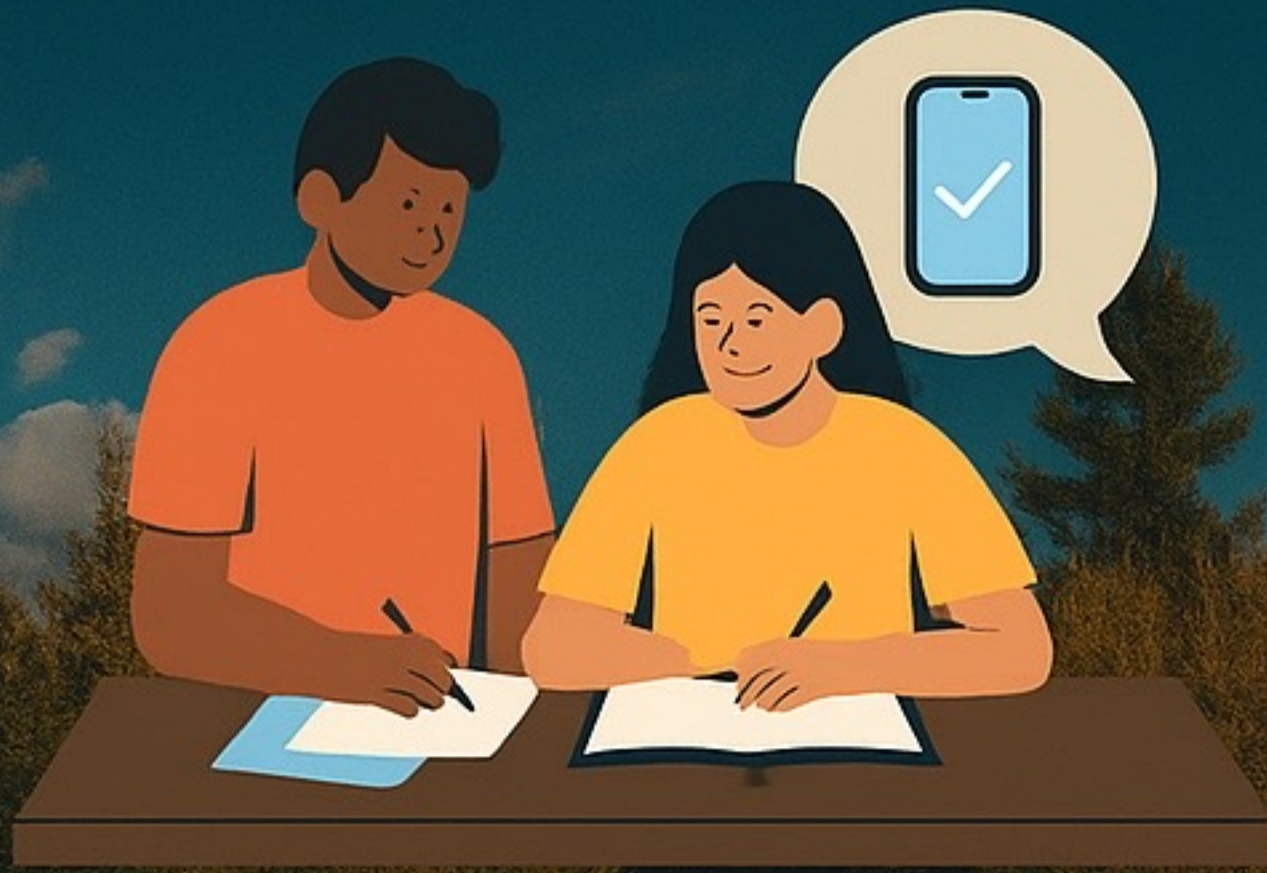
QUICK ACTION TODAY:

Plan tomorrow in 3 chunks: morning, afternoon, evening. Assign 1 subject per block.

Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under the heavens."

DAY 4

FIND ACCOUNTABILITY



We succeed better with community.
Find someone to keep you consistent.

QUICK ACTION TODAY:

Text a friend: "Will you be my study
accountability partner this week?"

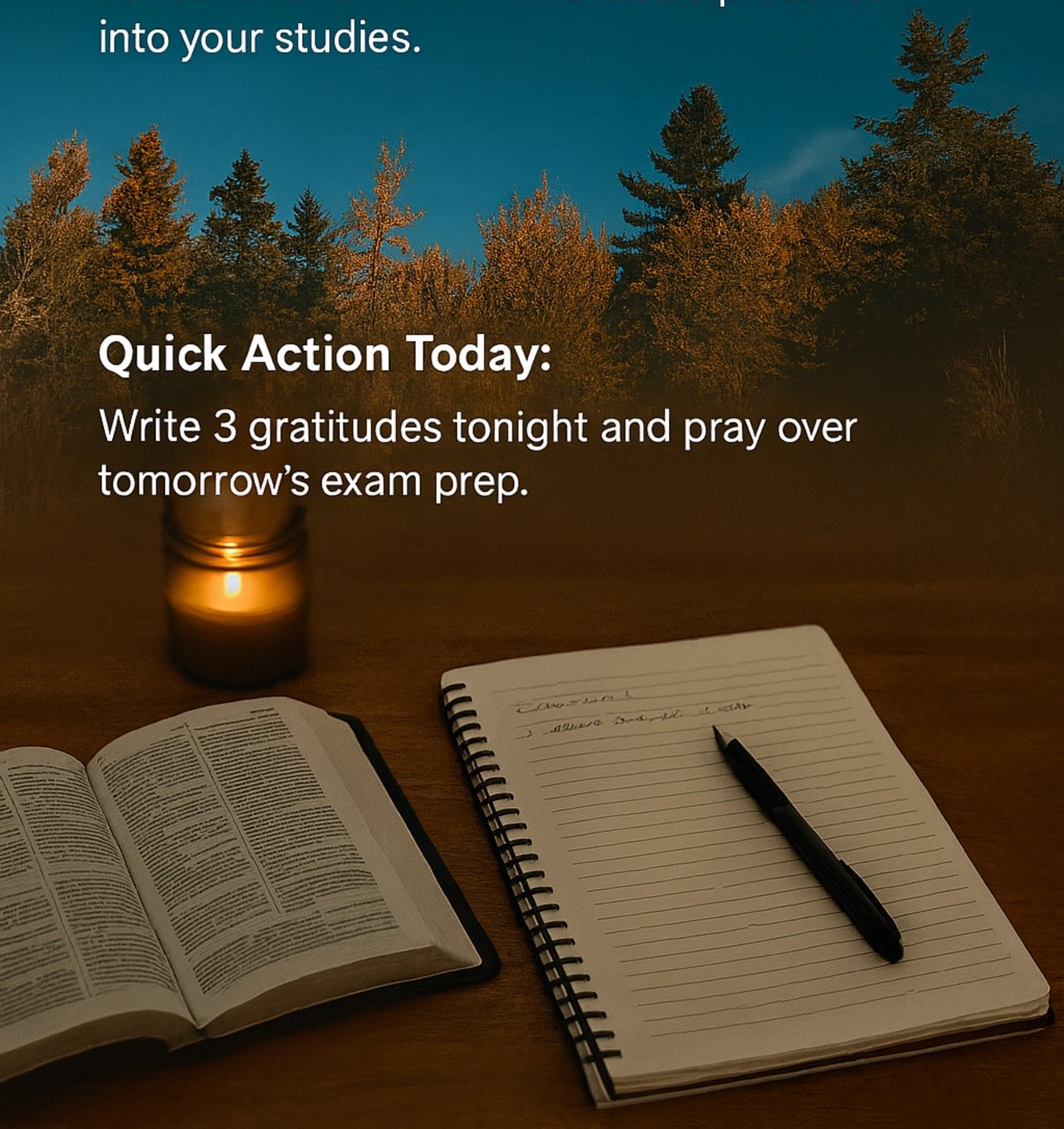
Proverbs 27:17 – "As iron sharpens iron, so one
person sharpens another."

DAY 5: FAITH + REFLECTION

Studying isn't only mental – it's spiritual.
Pause to reflect and invite God's presence
into your studies.

Quick Action Today:

Write 3 gratitudes tonight and pray over
tomorrow's exam prep.



Day 6: Mind + Body Reset

Your body fuels your mind. Sleep, movement, and hydration are essential for learning.



Quick Action Today:
Commit to 7 hours
of sleep tonight and
20 minutes of exercise
today.

1 Corinthians 6:19-“Your
bodies are temples of the
Holy Spirit.”

Day 7

Reflect on Your Progress



Look back at your week, and consider what changes helped you most. Commit to keep progressing with a positive, prayerful attitude.

Let us examine our ways and test them, and let us return to the Lord!'

Lamentations 3:40

NEXT STEPS

Congratulations on completing the
7-Day Study Reset Plan!

You've taken powerful steps to
reset your habits, rebuild your
confidence, and anchor your study
journey in faith and discipline.
But this is just the beginning.

Ready to go deeper? Join the
Future Legends Community for
more guidance into medical
school and beyond.