

YOUR ORIGIN STORY STARTS HERE



One week. Small wins.

A flexible seven-day plan to get moving. Choose a repeatable study slot; adjust the pace to your schedule. No cape required.

MY STUDY SLOT: _____ **MY FIRST FOCUS:** _____

- 01 Find your starting point** ☐

Try the mini practice set. Circle one topic to work on first.

- 02 Read with a purpose** ☐

Read a short passage. State its main idea in one sentence.

- 03 Make math manageable** ☐

Practice ratios or conversions. Show units at every step.

- 04 Draw the science** ☐

Sketch a cell and label key structures from your notes.

- 05 Give your words a workout** ☐

Review one grammar or punctuation rule. Write two examples.

- 06 Recall, then check** ☐

Close your notes. Explain a topic aloud, then fill the gaps.

- 07 Review and reset** ☐

Revisit mistakes. Pick one clear goal for your next week.

A missed day is a plot twist, not the end.

Restart with one small task. Progress is allowed to be imperfect.

TRY A TINY PRACTICE ROUND



Meet your first mission.

Four original practice questions to warm up your study brain. Choose one answer for each, then check your reasoning on page 3.

01 / MATHEMATICS

A study group completes 18 practice questions in 30 minutes. At the same pace, how many questions can it complete in 50 minutes?

- A. 24 B. 30 C. 36 D. 45
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02 / READING

Lena first tried to learn everything in one long study session. The next week, she split the same material into shorter sessions on several days. Each session began with a quick recall of earlier ideas. She found the new routine easier to maintain.

Which statement best expresses the main idea of this passage?

- A. Longer study sessions always lead to better recall.
B. Lena stopped reviewing ideas she had already learned.
C. A shorter, spaced routine was more manageable for Lena.
D. All learners should use exactly the same study schedule.
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03 / ENGLISH AND LANGUAGE USAGE

Which sentence correctly joins two independent clauses?

- A. I made a study plan, I took a short break.
B. I made a study plan, and I took a short break.
C. I made a study plan I took a short break.
D. I made a study plan and, I took a short break.
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04 / SCIENCE

Which cell structure is the site of protein synthesis?

- A. Ribosome B. Mitochondrion C. Lysosome D. Cell membrane
-

MAKE MISTAKES WORK FOR YOU



The answer is a beginning.

Review why an answer works. Then record one thing to try differently next time. Your notebook can be a sidekick, too.

01 / MATHEMATICS

B. 30 questions

18 / 30 = 0.6 questions per minute. At the same rate, 0.6 x 50 = 30 questions. Quick check: more time should allow more questions.

02 / READING

C. A more manageable routine

The passage compares Lena's old and new routines and ends with the new one being easier to maintain. It does not claim one routine works for everyone.

03 / ENGLISH

B. A comma + a joining word

Each side can stand alone as a sentence. A comma before the coordinating conjunction "and" correctly joins the two independent clauses.

04 / SCIENCE

A. Ribosome

Ribosomes assemble proteins. Mitochondria help produce ATP; lysosomes break down materials; the cell membrane regulates movement into and out of the cell.

MY "NOW I KNOW" LOG

Topic	What confused me	What I learned	Try again on

Small steps count. Keep going, future nurse.