

1%

LABS

Build Your Study System

Create a brain-optimised study routine you'll actually stick to

Part of the *one percent*.

NeuroStudy
A Science-Backed Study & Growth System
To **Dominate.**

You don't need more motivation.

You need a system.

This free toolkit helps you build your own study routine using proven neuroscience. Whether you're studying for school, uni, or personal growth, these tools will help you focus, stay consistent, and reduce stress.

System Map Template.

By mapping out your mindset, methods, habits, and environment, you'll identify what's working, what's missing, and how to build a system that actually supports your brain.



Mindset

What beliefs help or hurt me when I study?

Example

“Mistakes = growth”



Methods

What techniques do I currently use?

Example

Spaced repetition, Pomodoro, mind maps



Habits & Rituals

What routines help me stay consistent?

Example

Sunday planning, 3 Pomodoros a day



Environment

Where and how do I study best?

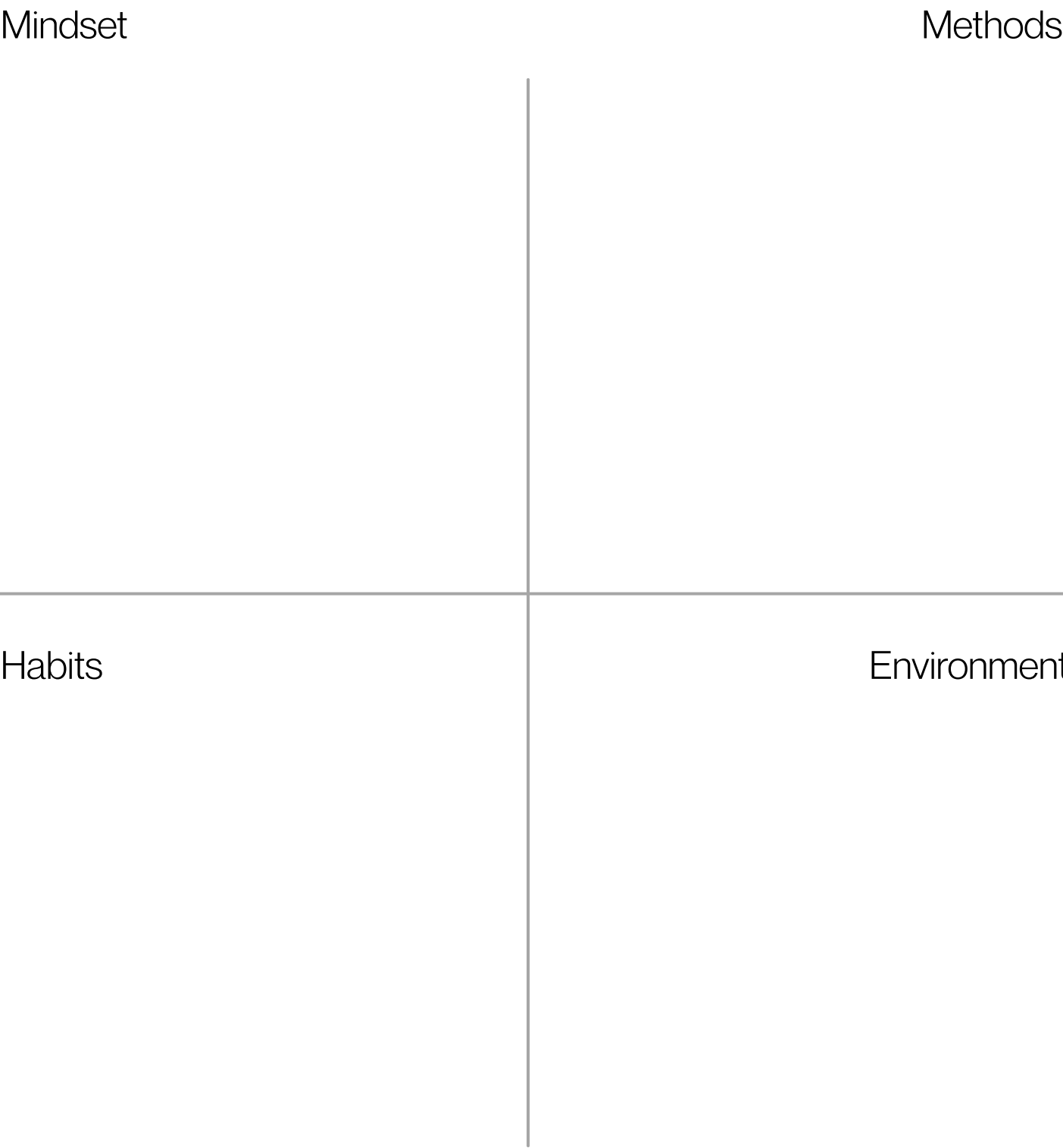
Example

Noise-cancelling headphones, office desk

SYSTEM MAP

Design Your Personal Study Framework

This section helps you see the big picture of your study routine.



STUDY ENVIRONMENT CHECKLIST

Prime your brain for focus, memory, and calm.

Your space shapes your focus.

Visual & Lighting

- ☐ Natural daylight or desk lamp
- ☐ No harsh overhead lights or flickering LEDs
- ☐ Clear, uncluttered visual space (no messy piles)
- ☐ Visual cue for focus (e.g., candle, plant, or study lamp)

Sound & Distraction Control

- ☐ Noise-cancelling headphones or earplugs
- ☐ Focus playlist (instrumental, white noise, or binaural beats)
- ☐ Silence notifications and close unused browser tabs
- ☐ Remove or block your phone (airplane mode or another room)

Cognitive Triggers

- ☐ Pre-study ritual (stretching, breathwork, or mantra)
- ☐ Same time and location daily (context cues = stronger habits)
- ☐ Visual timer or Pomodoro app in view
- ☐ Separate "break zone" — avoid relaxing in the same space

Reset Checklist (Do Before Every Study Block)

- ☐ Clear physical clutter
- ☐ Turn off phone notifications
- ☐ Open only essential materials/tabs
- ☐ Take 3 deep breaths before starting

NEUROSTACK SESSION

SESSION START TIME:
SESSION END TIME:
TOPIC:

AIM: 90 MINUTES OF UNINTERRUPTED, FOCUSED EFFORT
FORMAT: 3 POMODOROS OF 25 MINS/5-MIN BREAKS OR 45MINS/10-MIN BREAKS

Pomodoro	Task Focused On	Focus Level
#1		
#2		
#3		

ACTIVE RECALL ROUND (AFTER LAST POMODORO)

3 Key Points I Remember

#1

#2

#3

Think of 3 questions you could be asked - answer them.

Explain a tricky part in your own words.

YOU’VE DONE THE WORK 99% WON’T - HOW’D YOU FEEL

What helped?

Did i stay focused for most of my session?

☐ Y ☐ N

What got in my way?

Energy Level

☐ High ☐ Moderate ☐ Low

The 1% will go further — because they didn't stop here.

The NeuroStudyLabs Program gives you everything you need to master your brain, stay focused, and crush your goals — using proven neuroscience, motivation science, and cognitive performance strategies that have created over 500+ high-performers and go-getters

The price of staying stuck is way higher.