

1%

LABS

Deep Work + Active Recall Planner

ACTIVE RECALL PROGRAM

✓ PHASE 1: PREVIEW

Skim the content to get a sense of it. Highlight in your brain or with a highlighter key headings or ideas

✓ PHASE 1: PRACTISE

Cover the content and try to recall from memory. Use flashcards or brain dumps.

✓ PHASE 3: POLISH

Review what you missed. Add diagrams, rewrite from memory, answer in your own words.

✓ PHASE 4: PROVE

Self-test under exam conditions. Use past paper questions or teach it out loud.

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.