

7-Day Confidence & Study Planner

A simple week to build skill, notice progress and practise with purpose.

Confidence and proficiency are not the same thing. You can improve both by collecting evidence: practise, notice what changed, and choose one clear next step.

Three rules for the week

1. SMALL	2. SPECIFIC	3. EVIDENCE
One focused task is better than an unfocused hour. <i>Choose a clear target.</i>	Do not write "get better at IELTS". <i>Name the exact skill.</i>	Notice what you can do now that was harder before. <i>Progress needs proof.</i>

Your 7-day plan

1	START	Choose one priority skill and complete a short baseline task.	What do I notice?
2	NOTICE	Study one good model or explanation. Compare it with your own work.	What is different?
3	PRACTISE	Repeat one small target: a question type, paragraph, answer or listening skill.	What improved?
4	RETRIEVE	Try the skill again without notes or a model in front of you.	What can I do alone?
5	STRETCH	Make the task slightly harder: less support, longer response or tighter timing.	Where did I hesitate?
6	RETEST	Repeat a task similar to Day 1 and compare the evidence.	What changed?
7	REFLECT	Review the week and choose one next priority for the coming week.	What is my next step?

Confidence check-in

BEFORE THE WEEK	AFTER THE WEEK	EVIDENCE
How confident do I feel tackling my priority skill? 1 2 3 4 5	How confident do I feel now? 1 2 3 4 5	What happened this week that supports my rating? _____

Important: a confidence score is not a band score. It is a quick reflection on how ready and independent you feel when doing the task.

Plan the week around one priority

Keep the target small enough to practise - and specific enough to measure.

MY PRIORITY THIS WEEK _____

Why this matters to me: _____

Daily tracker

DAY	TODAY'S FOCUS	DONE?	CONFIDENCE 1-5	ONE THING I NOTICED
1	Baseline	☐	—	_____
2	Model / notice	☐	—	_____
3	Target practice	☐	—	_____
4	No-notes attempt	☐	—	_____
5	Stretch	☐	—	_____
6	Retest	☐	—	_____
7	Review	☐	—	_____

End-of-week evidence

Something I can do more easily now	_____
A mistake I understand better	_____
A moment I worked more independently	_____
My next clear step	_____

If the week did not go to plan

MAKE IT SMALLER	REMOVE FRICTION	KEEP THE EVIDENCE
Reduce the task until it is easy to start. <i>10 focused minutes still counts.</i>	Prepare the material before your study session. <i>Know exactly what you will open.</i>	Record what you did - not what you hoped to do. <i>Progress beats perfection.</i>

End the week with one decision: what is the single most useful thing to practise next?