

**CDI**  
CERTIFIED IN  
DISEASE  
INTERVENTION

# CDI Planner

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CENTER FOR PUBLIC HEALTH  
**WORKFORCE  
DEVELOPMENT**  
— ASPPH



*This planner belongs to:* \_\_\_\_\_

*Phone:* \_\_\_\_\_

*Address:* \_\_\_\_\_

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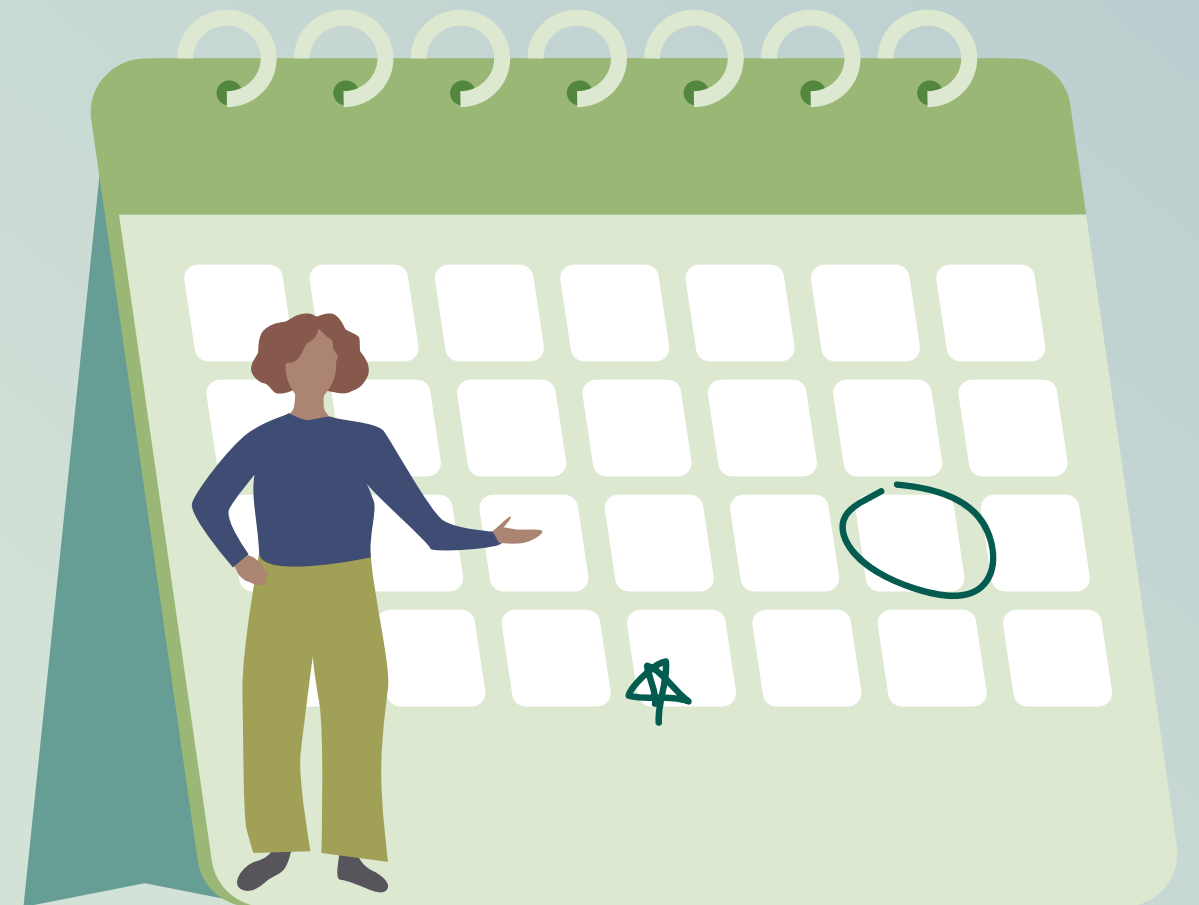
# Welcome to Your CDI Planner

This planner contains weekly tasks, journal prompts, affirmations, and additional resources to support you as you prepare for the Certified in Disease Intervention (CDI) exam.

Time management is a part of what makes exam preparation successful. Here are couple of things to keep in mind as you develop a study plan that will work best for you.

**Study Session Time:** It's not about how long you study, but how well you use your time! In fact, long study sessions can lead to a lack of concentration and retention. For example, if you have three hours to study during the week, consider breaking that time into 2 or more shorter study sessions.

**Overall Preparation Time:** Spacing out your study time over weeks and months will support learning and retention. This works because having time between study sessions allows you to 'forget' the information. This may sound strange, but forgetting is beneficial to remembering long-term. Every time you forget something, your brain must work harder to remember or relearn it. This repetition and practice of forgetting and remembering improves your understanding and retention of information. The CDI Planner is set up to support content review over a 6-month period but some people may need more or less time to feel prepared for the CDI exam.



# Vision Board

A vision board is a fun, creative activity that you can use to help manifest your goals. Vision boards often include a collage of pictures, words, and symbols that represent how you see your life in the future. Use magazines, stickers, and art supplies to create a vision board you can use for encouragement while preparing for the CDI exam.

# Creating Your Study Environment

Creating a study environment that supports your learning needs will help you as you prepare to take the CDI exam. Below are some prompts to help you envision your ideal study environment:

- At what time of day do you feel most focused and able to concentrate?
- Is it easier for you to read/study online or read/study on paper?
- If you are studying online, how will you manage potential distractions with other websites? (e.g. Stay Focused, Leech Block, etc.)
- What do you want to do with your phone during study time to minimize distractions?
- Does listening to music help you? If so, what type?
- Does silence help you? If so, do you have noise cancelling headphones or a space that is quiet for you to study?
- What other distractions do you need to consider? (Think about pets, kids, housemates, etc.)
- What materials do you need to study and how are you going to organize them? (e.g. notecards, pens, notebooks, laptop, etc.)

Describe your ideal study environment. (Include information from your answers above.)

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# CDI Resources

## UniversiDI Resources

Your hub for information and study materials to help you prepare for the Certified in Disease Intervention (CDI) exam. This site includes:

- CDI Study Planning Resources
- CDI Study Guide
- CDI Exam Flashcards
- CDI Practice Tests
- Links to Certification and Recertification Information
- Continuing Education Resources including a free training library mapped to CDI exam domains!

SCAN HERE



[thisisdiseaseintervention.org/universidi](https://thisisdiseaseintervention.org/universidi)

## National Board of Public Health Examiners (NBPHE)

NBPHE is the CDI certification provider. This site includes:

- CDI Exam Information
- CDI Candidate Handbook
- Live CDI Exam Review Sessions (dates vary)
- CDI Exam Registration
- CDI Eligibility Criteria

SCAN HERE



[nbphe.org/certified-in-disease-intervention](https://nbphe.org/certified-in-disease-intervention)



**JOURNAL PROMPT**

Why is obtaining the CDI certification important to me, personally and professionally?

Lined writing area for journaling on page 9.

Lined writing area for journaling on page 10.

**WEEKLY AFFIRMATION** *I trust my expertise and value the unique perspective I bring.*



**JOURNAL PROMPT**

What study methods have worked best for me in the past, and how can I apply them now?

Lined writing area for journaling on page 13.

Lined writing area for journaling on page 14.

**WEEKLY AFFIRMATION** *I don't need to be perfect to be effective.*



**JOURNAL PROMPT**

Who in my life supports me in obtaining the CDI, and how can I involve them in my journey?

Lined writing area for journaling on page 17.

Lined writing area for journaling on page 18.

**WEEKLY AFFIRMATION** *I can do the hard work, and I don't have to do it alone.*



**JOURNAL PROMPT**

How do I typically respond to setbacks or difficult practice questions, and how can I reframe these moments as growth opportunities?

Lined writing area for journaling on page 21.

Lined writing area for journaling on page 22.

**WEEKLY AFFIRMATION** *I am deserving of respect and recognition for my contributions.*



**JOURNAL PROMPT**

What fears or anxieties do I have about this exam, and where might they stem from?

Lined writing area for journaling on page 25.

Lined writing area for journaling on page 26.

**WEEKLY AFFIRMATION** *I will lead with curiosity, not control.*



**JOURNAL PROMPT**

I've made it a quarter of the way through the study planner! How will I celebrate my success? Is there anything I need or want to change about my approach to studying?

Handwriting practice area on page 29 consisting of 25 horizontal dashed lines.

Handwriting practice area on page 30 consisting of 25 horizontal dashed lines.

**WEEKLY AFFIRMATION** *I am capable of inspiring others.*



**JOURNAL PROMPT**

What past accomplishment(s) can I reflect on to remind myself that I'm capable of overcoming hard things?

Lined writing area for journaling on page 33.

Lined writing area for journaling on page 34.

**WEEKLY AFFIRMATION** *I model rest, reflection, and boundary-setting for those around me.*



**JOURNAL PROMPT**

What does self-compassion look like for me during exam prep?

Lined writing area for journaling on page 37.

Lined writing area for journaling on page 38.

**WEEKLY AFFIRMATION** *I listen actively, leading with empathy and not ego.*



**JOURNAL PROMPT**

What strengths do I bring into this preparation process that I can rely on?

Lined writing area for journaling on page 41.

Lined writing area for journaling on page 42.

**WEEKLY AFFIRMATION** *I empower those around me to reach their full potential.*

# Domain 3: Field Services and Outreach

## Week 10 Tasks:

Review flash cards for Domain 3

Mark/set aside any that require review

Add additional to-do's here

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### Notes

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# Weekly Agenda

<b>Sunday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Monday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Tuesday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____
<b>Wednesday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Thursday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Friday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____
<b>Saturday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Notes</b> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____	

**JOURNAL PROMPT**

What time of day do I feel most focused, and how can I protect that time for studying?

Lined writing area for journaling on page 45.

Lined writing area for journaling on page 46.

**WEEKLY AFFIRMATION** *I am learning, evolving, and growing at my own pace.*

# CDI Practice Exam #2

## Week 11 Tasks:

- Complete CDI practice exam #2 and make note of any questions or topics that require further review

Add additional to-do's here

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## Notes

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# Weekly Agenda

<p><b>Sunday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Monday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Tuesday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>
<p><b>Wednesday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Thursday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Friday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>
<p><b>Saturday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Notes</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	

**JOURNAL PROMPT**

How can I reach out to a mentor, coworker, or study group to support my CDI preparation?

Lined writing area for journaling on page 49.

Lined writing area for journaling on page 50.

**WEEKLY AFFIRMATION** *I am a magnet for success and prosperity at work.*



**JOURNAL PROMPT**

I've made it halfway through the planner! How will I celebrate my success? Is there anything I need or want to change about my approach to studying?

Lined writing area for journaling on page 53.

Lined writing area for journaling on page 54.

**WEEKLY AFFIRMATION** *I am open to learning and adapting to new situations.*

# Domain 4: Surveillance and Data Collection

## Week 13 Tasks:

Read this chapter in the CDI study guide

Complete additional trainings on this topic, as needed

Take notes on any specific areas that require learning/review

Add additional to-do's here

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## Notes

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# Weekly Agenda

Sunday \_\_\_/\_\_\_

Dotted lines for Sunday agenda

Time(s): \_\_\_\_\_  
Location(s): \_\_\_\_\_

Monday \_\_\_/\_\_\_

Dotted lines for Monday agenda

Time(s): \_\_\_\_\_  
Location(s): \_\_\_\_\_

Tuesday \_\_\_/\_\_\_

Dotted lines for Tuesday agenda

Time(s): \_\_\_\_\_  
Location(s): \_\_\_\_\_

Wednesday \_\_\_/\_\_\_

Dotted lines for Wednesday agenda

Time(s): \_\_\_\_\_  
Location(s): \_\_\_\_\_

Thursday \_\_\_/\_\_\_

Dotted lines for Thursday agenda

Time(s): \_\_\_\_\_  
Location(s): \_\_\_\_\_

Friday \_\_\_/\_\_\_

Dotted lines for Friday agenda

Time(s): \_\_\_\_\_  
Location(s): \_\_\_\_\_

Saturday \_\_\_/\_\_\_

Dotted lines for Saturday agenda

Time(s): \_\_\_\_\_  
Location(s): \_\_\_\_\_

## Notes

Blank space for Saturday notes

**JOURNAL PROMPT**

How am I balancing productivity and rest during this season of preparation?

Lined writing area for journaling on page 57.

Lined writing area for journaling on page 58.

**WEEKLY AFFIRMATION** *I deserve opportunities that align with my values and strengths.*

# Domain 4: Surveillance and Data Collection

## Week 14 Tasks:

- Review flash cards for Domain 4
- Mark/set aside any that require review

Add additional to-do's here

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## Notes

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# Weekly Agenda

<b>Sunday</b> ___/___ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Monday</b> ___/___ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Tuesday</b> ___/___ _____ _____ _____ _____ Time(s): _____ Location(s): _____
<b>Wednesday</b> ___/___ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Thursday</b> ___/___ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Friday</b> ___/___ _____ _____ _____ _____ Time(s): _____ Location(s): _____
<b>Saturday</b> ___/___ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Notes</b>	

**JOURNAL PROMPT**

What specific topic or skill do I find most challenging so far, and how can I break it down into manageable parts?

Lined writing area for journaling on page 61.

Lined writing area for journaling on page 62.

**WEEKLY AFFIRMATION** *I am building a career that supports my wellbeing.*

# Domains 3 & 4

## Week 15 Tasks:

Review flash cards for Domains 3 & 4

Mark/set aside any that require review

Additional to-do's here

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- \_\_\_\_\_
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### Notes

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# Weekly Agenda

<p><b>Sunday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Monday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Tuesday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>
<p><b>Wednesday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Thursday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Friday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>
<p><b>Saturday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Notes</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	



# Domain 5: Collaboration

## Week 16 Tasks:

- Read this chapter in the CDI study guide
- Complete additional trainings on this topic, as needed
- Take notes on any specific areas that require learning/review

Add additional to-do's here

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## Notes

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# Weekly Agenda

<p><b>Sunday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Monday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Tuesday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>
<p><b>Wednesday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Thursday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Friday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>
<p><b>Saturday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Notes</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	

**JOURNAL PROMPT**

What negative self-talk shows up when I feel overwhelmed, and what affirmations can I use to counter it?

Lined writing area for journaling on page 69.

Lined writing area for journaling on page 70.

**WEEKLY AFFIRMATION** *My voice matters, even when it sounds different from the majority.*



**JOURNAL PROMPT**

Who or what inspires me to succeed in obtaining the CDI, and how can I stay connected to that source of motivation?

Lined writing area for journaling on page 73.

Lined writing area for journaling on page 74.

**WEEKLY AFFIRMATION** *I nurture strong and authentic connections with those around me.*



**JOURNAL PROMPT**

I've made it three quarters of the way through the study planner! How will I celebrate my success?  
Is there anything I need or want to change about my approach to studying?

Lined writing area for journaling on page 77.

Lined writing area for journaling on page 78.

**WEEKLY AFFIRMATION** *I build trust by being honest, accountable, and supportive.*



**JOURNAL PROMPT**

What's one small adjustment I can try this week to improve my study routine?

Lined writing area for journaling on page 81.

Lined writing area for journaling on page 82.

**WEEKLY AFFIRMATION** *I approach every interaction with kindness and respect.*

# Domains 5 & 6

## Week 20 Tasks:

Review flash cards for Domains 5 & 6

Mark/set aside any that require review

Add additional to-do's here

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## Notes

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# Weekly Agenda

<b>Sunday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Monday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Tuesday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____
<b>Wednesday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Thursday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Friday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____
<b>Saturday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Notes</b> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____	

**JOURNAL PROMPT**

How do I best recharge, and am I scheduling enough time to recover from mental fatigue?

Lined writing area for journaling on page 85.

Lined writing area for journaling on page 86.

**WEEKLY AFFIRMATION** *I am in control of my work-life balance.*

# Domains 1 - 6

### Week 21 Tasks:

Review flash cards for Domains 1 through 6

Mark/set aside any that require review

Add additional to-do's here

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### Notes

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# Weekly Agenda

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Notes section for Saturday with horizontal dashed lines.

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Location(s): \_\_\_\_\_

### Notes

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**JOURNAL PROMPT**

What does success mean to me in this context—beyond just passing the exam?

Lined writing area for journaling on page 89.

Lined writing area for journaling on page 90.

**WEEKLY AFFIRMATION** *I embrace challenges and opportunities for growth.*

# Review Test-Taking Strategies & Logistics/Catch Up Week

## Week 22 Tasks:

- Review resources on test-taking strategies
- Use this time to review and catch up on work from the past several weeks

Add additional to-do's here

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## Notes

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# Weekly Agenda

<b>Sunday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Monday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Tuesday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____
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<b>Saturday</b> ___/___ _____ _____ _____ _____ _____ Time(s): _____ Location(s): _____	<b>Notes</b>	

**JOURNAL PROMPT**

What habits or routines can I implement this week to feel more organized and less stressed?

Lined writing area for journaling on page 93.

Lined writing area for journaling on page 94.

**WEEKLY AFFIRMATION** *I am a problem solver, and I can handle any challenges that come my way.*

# Final Review Week

## Week 23 Tasks:

- Review notes from Domains 1 – 6
- Review flash cards for Domains 1 – 6
- Review notes from additional trainings

Add additional to-do's here

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## Notes

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# Weekly Agenda

<p><b>Sunday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Monday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Tuesday</b> ___/___</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>
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**JOURNAL PROMPT**

It's getting close! What strategies am I using to manage any stress/anxiety I may be feeling? Are the strategies I have been using in previous weeks working or do I need to try some new ones?

Dotted lines for journaling on page 97.

Dotted lines for journaling on page 98.

**WEEKLY AFFIRMATION** *Every day, I am moving closer to achieving my professional goals.*

# Exam Week

## Week 24 Tasks:

- Review flash cards and notes, as needed
- Finalize exam logistics
- Create a sleep, hydration, and nutrition plan for exam day
- Review stress management techniques to use during exam

Add additional to-do's here

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## Notes

Large area with horizontal dashed lines for notes.



# Weekly Agenda

<p><b>Sunday</b>    __/__/</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Monday</b>    __/__/</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Tuesday</b>    __/__/</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>
<p><b>Wednesday</b>    __/__/</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Thursday</b>    __/__/</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Friday</b>    __/__/</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>
<p><b>Saturday</b>    __/__/</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time(s): _____</p> <p>Location(s): _____</p>	<p><b>Notes</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	

**JOURNAL PROMPT**

If I imagine myself after passing the exam, what does my life look like? How do I feel?

Lined writing area for journaling on page 101.

Lined writing area for journaling on page 102.

**WEEKLY AFFIRMATION** *Each task I undertake is a step toward greater success.*

**JOURNAL PROMPT**

**You did it!** You took your CDI exam after months of preparation. Regardless of your exam results, you should feel extremely proud of your accomplishment. Here are some journal prompts to support your reflection and closure.

**How did I do on this exam? Did I get the result I had hoped for?**

**How did I feel going into this exam? Prepared? Unprepared? Nervous? How did these feelings affect the exam?**

**What strategies did I use to prepare for this exam? Are there other strategies I could try on future exams?**

**What are my next steps now that I have these results?**

Journal writing area with horizontal dashed lines.

Journal writing area with horizontal dashed lines.

*“You either walk inside your story and own it, or you stand outside your story and hustle for your worthiness.”*  
Brené Brown, American academic and podcaster

MONTH / YEAR

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