thusky

FREE · LIVE ON YOUTUBE · GCSE & A-LEVEL

Revise With Me



with Glenn Cosby
Former teacher and Head of Sixth Form

Learn the Open Fist Method in three weeks

Study calmly, confidently, consistently.

Don't know how to revise? Let's learn together. Each session starts with the Open Fist Reset and one short, practical skill, then we put it to work with 50 minutes of focused study, side by side.

WEEK 1 · 1–5 NOV **Calm**	WEEK 2 · 8–12 NOV **Confident**	WEEK 3 · 15–19 NOV **Consistent**
Calming stress	Getting started	Prioritising
Calm body, clear mind	Building momentum	Planning your time
Facing dread	Good enough is enough	Revising smarter
Sleeping well	Changing the story	Phone focus

EVERY SESSION

The Open Fist Reset to clear your head
A 5-minute skill to use straight away
Set a target for the session
25 + 5 + 25 minutes of focused study

SUNDAYS

Plan your week together, so you start every week knowing what to revise and when.
No cameras. No talking. No phones.

Sunday to Thursday, 5pm

1–19 November · Free

Sign up for reminders: **thusky.co.uk/revise**