



THE WORKBOOK

Your Personalized UPSC Study Plan

A plan built for nobody in particular works for nobody in particular. This workbook walks you through the exact five-step framework — audit, budget, phase, source, schedule — and you fill it in as your own. One honest afternoon now saves months of drift later.

Name _____

Target year _____ Attempt no. _____

Start date _____



START HERE – FOUR HONEST INPUTS

The 4-Variable Framework

Every personalized plan starts from these four answers. Be brutally honest — the whole plan inherits any lie you tell here.

VARIABLE 1

Available hours per day

Not the aspirational number. The real one, after commute, meals, rest and the phone-scrolling you won't admit to.

VARIABLE 2

Subject background

Degrees, work experience, exams cleared. This decides which subjects need heavy investment and which you can move through fast.

VARIABLE 3

Attempt number

First attempt = build from scratch. Second/third = diagnose specific failure points. The architecture is fundamentally different.

VARIABLE 4

Target year & months remaining

18 months allows a relaxed foundation. 10 months demands aggressive prioritisation. 6 months is a triage operation.

Track before you trust. Log your actual study hours for one week before finalising. The gap between "I study 8 hours" and the time log is usually 3–4 hours. Build around reality, not ambition.



STEP 2 – COUNT WEEKLY, NOT DAILY

Your Time Budget

Daily fluctuates; weekly is what you plan against. Fill your realistic hours. Benchmarks: working professional ≈ 28–35 hrs/wk · full-time ≈ 49–56 hrs/wk · student ≈ 21–28 hrs/wk. Nobody sustains 16-hour days — don't plan for a fiction.

DAY	SLOT 1 (HRS)	SLOT 2 (HRS)	SLOT 3 (HRS)	DAY TOTAL
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				
Weekly total	→ this is the number your whole plan is built on			

Consistency beats heroics. A 7–8 hour plan you actually follow for 10 months beats a 14-hour plan that collapses in three weeks. Every single time.

STEP 3 – PUT DATES ON THE PHASES

Your Phase Plan

Anchor the four phases to your own calendar. Use the Phase Roadmap sheet for the time-split inside each. Work backwards from your exam date.

PHASE	GOAL	STARTS	ENDS	MY FOCUS SUBJECTS
Foundation	Static across all GS · start optional · begin writing			
Prelims Intensive	MCQ skill · speed · Prelims-only topics			
Mains Intensive	Answer-writing output · essay · timed practice			
Interview	DAF · mocks · opinion-building			

Step 4 — Lock your sources (3 max per subject)

One standard text + one supplement + your notes. Full canonical list on the Booklist sheet.

SUBJECT	SOURCE 1	SOURCE 2	MY NOTES ✓
Polity			<input type="checkbox"/>
History & Culture			<input type="checkbox"/>
Geography			<input type="checkbox"/>
Economy			<input type="checkbox"/>
Environment + S&T			<input type="checkbox"/>
Ethics			<input type="checkbox"/>
Optional _____			<input type="checkbox"/>



STEP 5 — WHERE THE PLAN BECOMES REAL

Weekly Structure Builder

Fill your own week. The rule: every week must include all five — reading, revision, answer writing, current affairs, and a test. Keep single-subject sessions to 1.5–2 hours, then rotate.

SLOT	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING							
MIDDAY							
AFTERNOON							
EVENING							
NIGHT							

 Read  Revise  Write  Current affairs  Test

One full rest day a week is non-negotiable. Your brain consolidates learning during rest. Seven-day weeks decline after Month 3–4. Pick a day, protect it, come back sharper.



THE PLAN IS A COMPASS, NOT A LAW

Building the Plan Was the Easy Part

It took one afternoon. Following it for 10 months is the real challenge. The plan will break — you'll get sick, lose a weekend, hit a slump. When you deviate (and you will), the plan tells you how to get back. That is its value: not rigid adherence, but consistent direction.

My weekly review cadence

- ☐ Sunday — log hours, plan next week
- ☐ Monthly — re-run subject audit + PYQ test
- ☐ Behind 2–3 weeks → recalibrate, don't cram

My non-negotiables

- ☐ Protected daily anchor slot: _____
- ☐ Answer writing from Month 2
- ☐ One rest day every week

Commitment: I will follow a reasonable plan consistently, measure progress honestly, and adjust when the data says so. Signed _____ Date _____

Pair this workbook with the four wall timetables, the tracker, the revision planner and the crisis-recovery sheet — all free at [anantamias.com / personalized-upsc-study-plan](https://anantamias.com/personalized-upsc-study-plan).