



6/8/12 Week | Mind.Set.Goal. | Student Veteran

Week Five | *Power of Choice & Reaction*

Meeting session : 1 Hour

Takeaways/Recommendations: Prep/Plan/Consistent | Recognize your self worth | Celebrate all Win's/Reward yourself after completing your daily/weekly/monthly/hourly tasks | keep adding to your vision board | Add Quotes/mantras/aspirations | Take Personal time for yourself daily | Journal Weekly | Check off, don't erase goals completed

**Don't forget to have fun!! & Complete the yellow highlighted forms before our next meeting.

- Watch** [Mogressive Mindsets - Action VS Reaction](#) | 5-Day [Challenge](#) | [Mental Checklist](#)
- Complete One topic** [Mogressive Online Mindset Journal](#)
- Read** [Facing Fear](#) Mindset & Critical Thinking
- Listen** [Choose your fate, future, and outcomes](#) | [Mogressive Coaching](#) Podcast
- Complete Together** [Weekly Sitrep](#)
- Complete Together** Active vs Reactive | *We wake up one or two ways* | [Positive/Negative Model](#) | [1](#) [2](#)
- Complete Together** Emotional Intelligence Model | [Action vs Reaction](#) | [Model](#) | [Signs](#)
- Affirmations & Quotes** Pick [two](#) together & Why

Notes | Questions | Comments | Concerns

- *Discover what triggers you*
- *View your goals as an obligation, rather than a desire (want vs need)*
- *Work on ONE habit at a time*
- *Stack one habit on top of another*
- *Don't confuse your habit with your goal*
- *Minimize decision-making*
- *Reward yourself no matter how big or small a goal you accomplish*