



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

## Week Four | *Routine & Habits*

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

One Google form a day. Keep the College Mindset while completing. Text/Email/Call If you have any questions or concerns (Contact Info pg1)

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

- Watch** [Mogressive Mindsets - Emotional Intelligence #goals #achieve](#) | 5-Day [Challenge](#)
- Read** [Emotional Intelligence](#) [Advantages of Self control](#) | [Mental Checklist](#) | [Mindful Checklist](#)
- Complete One topic** [Mogressive Online Mindset Journal](#)
- Listen** [Laws of Human Nature](#) | [Mogressive Coaching](#)
- Complete Together** [Weekly Sitrep](#)
- Complete Together** [Emotional Intelligence Model](#) | [Positive or Negative Model](#) | [Signs](#)
- Complete Together** [Habit Loop](#) | [What are my habits?](#) | [Where are my Gaps?](#) | [How am I investing myself? What/Where am I spending my time/energy?](#)
- Affirmations & Quotes** [Pick two together & Why](#)

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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*