



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

Week Six | *Self Reflect & Pivot*

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** Moggessive Mindsets - Emotional Intelligence #goals #achieve | 5-Day [Challenge](#)
- Watch** Moggessive Coaching - Happiness (Short Clip)
- Read** [12 Habit Building Strategies](#) Mindset & Critical Thinking | [Mental Checklist](#)
- Complete Google Form 2-5 mi** [Change Cycle](#) | [Self Reflection 1](#)
- Listen** [Conquering Life](#) | [Reflecting & Pivoting](#) | [Moggessive Coaching](#) Podcast
- Complete Together** [Weekly Sitrep](#)
- Complete Together** Vision Board Overview | [Courses](#) | [vision board 1 2](#) | [GPA](#) | [Weekly](#) | [Affirmations](#)
- Affirmations & Quotes** Pick [two](#) together | Consolidate all on Vision Board

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*