



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

### Week Three | *Mindsets & Ownership*

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** [Goals VS Failures](#) | 5-Day [Challenge](#) | [Mindset is Everything](#) | [Mental Checklist](#)
- Read** [Put You First](#) *People without goals, work for people who do!*
- Complete One topic** [Mogressive Online Mindset Journal](#)
- Listen** [Mogressive Mindsets & Motivation Podcast](#) *Future Physicians Assistant | Mark Hinojosa*
- Affirmations & Quotes** *Pick two together & Why*
- Complete Together** [Weekly Sitrep](#)
- Complete Together** *Perception & Analogies | [Inverse Communication](#) | Taking ownership | [mondays](#)*
- Complete Together** [Time Management Tools](#) *Canvas Grade Calculator, Smmrly, [Visualizing Technique](#), All tools, [School Timeline](#) - Breaking Down Semester/Quarter/Month/Week into [Goals Quiz](#)*

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Notes | Questions | Comments | Quotes

- *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*