



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

Week Two | *Vision Board & Setting/Achieving Goals*

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 |

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** Moggresive Mindsets - What's a Vision Board | 5-Day [Challenge](#) | [Mental Checklist](#)
 - a. *Applying Specific Targeted Goals & Goal Setting on Vision Board. Example "I want an A in Math1b and Get 90% or better on Quizzes/Exams"*
- Complete One topic** [Moggresive Online Mindset Journal](#) |
- Watch** Moggresive Mindsets - Goals & Developing your Why
- Read** [Developing my WHY](#) Blog
- Complete Together** [Weekly Sitrep](#)
- Complete Together** Goal Setting | *breaking down goals model* | [Forbes Facts](#) | [Realistic Goals](#)
- Complete Together** [Academic Reflection](#) | [Mental Prep](#) | *building confidence* | [timeline 1 2](#) | [GPA](#)
- Affirmations & Quotes** Pick two together & Why | [examples](#)

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*