



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

Week One | *Developing Goals & Why's*

Meeting session : 1 Hour

**Takeaways/Recommendations:** One form a day. Keep the College Mindset while completing. Text/Email/Call If you have any questions or concerns (Contact Info pg1) & enroll into the [Mogressive Online Mindset Journal](#) to begin the mind de-clutter process.

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

- Complete Google Form 2-5min. [Law of Gratitude](#) | 5-Day [Challenge](#) | [Mental Checklist](#)
- Complete Google Form 2-5 min. [Focus & Attention](#) |
- Watch [Mogressive Mindsets - Goals & Developing your Why](#)
- Complete Google Form 8 min. [Vision Board & Techniques](#) |
- Complete Together [Weekly Sitrep](#)
- Complete Together [Sorry | 5 Whys](#) | "Your past doesn't define you, but everything up-till now is your fault"
- Complete Together 5 Why's | [Purpose through Passion](#) | [Developing your Why](#) | [Who am I](#)
- Complete Together [Vision Board](#) | [Layout & Placement](#) | [1 2 3](#) | [Cheat Sheet](#)
- Complete Together [Student Veterans of America](#) | [Facts & Data Analysis 1](#)
- [Affirmations & Quotes](#) Pick *two* together

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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*