



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 Moggressive 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 Google Form 2-5min. [Law of Gratitude](#) | 5-Day Challenge | [Mental Checklist](#)
- Watch Moggressive Mindsets - Goals & Developing your Why
- Complete Google Form 8 min. [Vision Board & Techniques](#) |
- Complete Together [Weekly Sitrep](#)
- Complete Together [Sorry](#) | [1](#) "Your past doesn't define you, but everything up-till now is your fault"
- Complete Together [5 Why's](#) | Ask WHY 5 times | Developing your Why | Who am I | Why Im doing this
- Complete Together [Vision Board](#) | Layout & Placement | [Mental Prep](#) | 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