

MONTHLY CALENDAR

NEXT ACTIONS LIST

Role: College Success	Role: English 101	Role: Psychology 101	Role: Mathematics 103	Role: Self-Nurturer
Goal: A	Goal: A	Goal: A	Goal: A	Goal: Weigh 158 lbs
Put assignments on calendar	Revise essay 2	Start a study group	Study for Friday's quiz	Exercise 30 minutes
Choose project	Study fragments pp 74-87	Read text pp 58-89	Make appointment w/ tutor	Register for Spring PE class
	Go to writing lab	Review online FAQ forum	Do problems in Ch. 5	Record what I eat
	Write intro for essay 3	Post three forum questions		
	Check discussion board			

Role: Employee	Miscellaneous Actions		Telephone Calls, E-Mails & Texts
Goal: New Job			
Check Craigslist for postings	Buy groceries		Text Patti about ride to campus
Revise resume'	Get virus protection for laptop		Email Prof. Murphy about missed homework
Ask Dr. Chang for rec.	Ask John for ride to pick up car at shop		Call home
	Do laundry		
	Say my affirmation		

[illegible][illegible]

Tracking Form

Superior performers are adept at putting into place systems that track progress.

—Daniel Goleman

Role: Student

Dream: Earn Master's Degree in Mathematics

Long-Term Goal: Earn BA Degree in Math by 6/1/2020

Short-Term Goals (to be accomplished this semester):

1. Earn "A" in Math 103
2. Earn "A" in English 101
3. Earn "A" in Psychology 101
4. Have Perfect Attendance

OUTER Action Steps Dates 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Attend Math Class	✓		No		✓			No		✓		✓		
Attend English Class	✓		✓		✓			✓		✓		✓		
Attend Psychology Class	✓		✓		✓			✓		✓		✓		
Do 2+ hours of Math		✓	✓									✓		
Do 1+ hours of English	✓		✓			✓				✓				
Do 1+ hours of Psychology	✓	✓			✓	✓	✓		✓	✓		✓	✓	✓
Go to Math Lab 1+ hours														
Meet w/ Math Study Group		✓												
Ask Questions in English			✓											
Check Eng discussion board		✓				✓			✓			✓		

INNER Action Steps Dates 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Say my affirmation	✓	✓	✓			✓					✓			
Read Visualization of my dream morn and night						✓								
Talk + about college														
Relax before studying		✓												
Use Creator Language				✓										
Dispute my Inner Critic														
Use the Wise-Choice Process														
Visualize Asking ? in Eng			✓											

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Role:

Dream:

Long-Term Goal:

Short-Term Goals (to be accomplished this semester):

- 1.
- 2.
- 3.
- 4.

OUTER Action Steps Dates

INNER Action Steps Dates
