

Appreciating the moments that shape our students' futures



# Daily Journal Mood: 99989

Date:

"All Cove begins from within."

Schedule				
Time	Task			

Positive Affirmations				



## People! Want To Lelp

Name:	Name:	Name:
Why?	Why?	Why?
Name:	Name:	Name:
Why?	Why?	Why?
Name:	Name:	Name:
Why?	Why?	Why?
Name:	Name:	Name:
Why?	Why?	Why?
Name:	Name:	Name:
Why?	Why?	Why?
Name:	Name:	Name:
Why?	Why?	Why?



I get excited about	My ultima	ite goal is	I'm motivated by
			4 4 4 4 5
Things I enjoy		Th	nings I'm good at
One way to make this expe	rience fun	One st	ep I can make today
*. · . · · · · . ·	8.0		
My cheerleaders are	Э	Wha	t I hope to achieve
Notes			

### Eisenhower Marix

### URGENT **NOT URGENT** DO SCHEDULE Tasks you will do immediately Tasks you will schedule to do later IMPORTANT Tasks you will delegate to someone else Tasks that you will eliminate NOT IMPORTANT

## Were [ See Myselfin 5 Years

Personal	
	Mental
	<u> </u>
	Health
Academic	Health  Health
Academic	Health  Health

### Smart Toals

S

#### **SPECIFIC**

What exactly are you hoping to accomplish?



M

#### **MEASURABLE**

How will you know when you've succeeded?



A

#### ATTAINABLE

Do you have any control over it?



R

#### **RELEVANT**

Is it relevant to where you are at the moment?



Т

#### **TIMELY**

What time frame do you have?





Title	Author	Favorite Part	Read / Yes	Again? No
Favorite Books			100	1,40
Wishlist Books				
Violitiot Books				



Body Mind Spirit

Intentions	М	Т	W	Т	F	S	S

Dream Journal

Date:

Dreams I want to achieve Obstacles I need to overcome to achieve my dreams Notes People who inspires me to keep going