

MY #1 GOAL

What pains you? What is something you really want to improve on?

I want to be a better student and achieve a
.....
90/100 by the end of the school year
.....

WHAT DO I NEED TO BELIEVE TO ACHIEVE THIS?

Who do you need to become in order to achieve this goal?

I am someone who is disciplined enough and
.....
focused enough to work hard and achieve academic
.....
success whilst still maintaining a social life
.....

WHAT ARE THE MINI WINS I CAN TAKE?

What are the small steps you can take right now, each day or week that will help you reach your big goal? Eg, study for 1 hour a day, drink 2 litres of water p/d, wake up 30 minutes earlier etc

1
Study one hour a day minimum

2
Remove my phone while in class and studying

3
Do one hour of homework a day to stay on top of assignments

4
Check in with accountability buddy each week



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