

BROOKE SELB

5. Simplify any anything you use or need to be successful in your goals. Things all the way from happy meals to real planning in your school work and home. Basically go through your day and ask if everything you would need to be successful in reaching your goals. It may be from happy meals to real planning in your school work and home.

Now, run through the full set of the following you need to put in place whether you need to buy it, organize it, or prepare it. Then, **highlight** the items that you already have ready to go.

Please do not forget you should make a note for what you will get 8 items. These are things you WILL be have to place in the assessment as possible, so do not miss them (read below)

Reflect on what you know your strengths are and where your weaknesses are in being successful. List them:

Then, determine where you have more opportunities to change and be successful. Additionally, what areas are threatening you in this segment? By evaluating these few items, you can prepare for the future and be more successful in your additional opportunities.

What are your Strengths?	What are your Weaknesses?
Where are there Opportunities to change?	Where are there Threats not to change?

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Overall Goal: What do you want to accomplish in the next 30 days?

<p>Over all Goal - What do you want to accomplish in the next 30 days?</p> <p><u>Example</u> - My goal is to lose 5 pounds.</p> <p>Specific - How are you going to reach this goal?</p> <p><u>Example</u> - I will reach this goal by planning healthy meals for the week ahead, working out 4 days a week, and keeping a training log.</p> <p>Measurable - How will you be able to measure your goal and your progress towards it?</p> <p><u>Example</u> - I will do weekly weigh ins, create a 1200-calorie food plan for meal planning, and schedule my workout times on my calendar.</p> <p>Attainable - Will you be able to achieve this goal with the specifics and measures you set?</p> <p><u>Example</u> - This goal is attainable. Meal planning will be most difficult every weekend and so busy I will schedule at least one hour to devote to it on either Saturday or Sunday.</p> <p>Relevant - Does this goal actually matter to you right now?</p>	
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The old saying, "It takes a village" does not only apply to child rearing, but towards any goal you have. Another person or two to help you on your health and fitness journey, you may not be as successful as could be.

Have this conversation with these 2-3 people you listed. Tell them all the things they do that support you. Then give them 1-2 ways they can support you even further.

Biggest Supporter (person)	What does s/he do to support you? (List all!)	What could s/he support you better

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Define/judging for the 4-construct model by within, and test if false. I
what you want to accomplish. Use the template for you

Define *preparing for the unknown* as: *readily available, and free of cost. I want you want to accomplish. Use the template for you*

I will ~~respond~~ **try** ~~harder~~. I will ~~accomplish~~ **accomplish** this by ~~Q123456~~

AT-O-Nothing Varsity

What I've Learned With A Thoughtful Life

<p> 1. What is the main purpose of the study? </p>	<p> 2. What are the research objectives? </p>
<p> The main purpose of the study is to investigate the effect of the independent variable on the dependent variable. </p>	<p> The research objectives are to: </p> <ul style="list-style-type: none"> 1. Determine the relationship between the independent and dependent variables. 2. Identify the factors that influence the dependent variable. 3. Compare the results of the study with previous research.

Summary:

When I'm 2 years old, I'll be a Seabird, like:

PARTIAL FRACTIONAL DECOMPOSITION OF THE RATIONAL FUNCTION	

Free of failure

When I'm Faced With A Year-Olds:

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