

My 1-Year Success Plan

#1YearSuccessPlan

By the Mindset Mission

themindsetmission.com

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My 1-Year Success Plan:

Accomplish Any Life-Changing Goal in 1 Year by Applying the Growth Mindset and 6 Laws of Becoming

Introduction

Welcome to your *1-Year Success Plan*! If you're reading this workbook, you've already taken a bold step toward a life-changing decision by completing *The 30-Day Mindset Challenge*. Now, it's time to turn those lessons into a year-long journey that could change your life forever. Over the next 52 weeks, this workbook will guide you to achieve a major, life-changing goal, whatever you dream it to be.

What big goals have you always wanted to accomplish? Have you always wanted to travel the world? You can do it! You just need to plan. Want to write a book? You've got this! Want to start a business? Go to college? Become a master tradesman (or woman)? Create a non-profit? Easy! Well, it may not be easy, but if you work hard, develop a growth mindset, and follow the six laws of becoming (laws of success), the sky is the frickin' limit!

Here's how you will do it:

- Revisit the core principles of the growth mindset, internal locus of control, and the 6 Laws of Becoming. These are the key principles that will guide your life and ability to stretch you further than you ever thought possible. A growth mindset, and the 6 Laws of Becoming are critical for you to stick with your 1-Year Success Plan.
- Design a clear, actionable plan using SMART goals. You will utilize this time-tested goal setting strategy to accomplish your goal. With a growth mindset, and an adherence to the laws of success, reaching your dreams is simply a matter of taking small, daily and weekly manageable steps.
- You'll start the process by outlining the steps needed over 50 weeks to accomplish your goal. In week 3, you'll create a 50-week plan as you think through everything needed to accomplish your goal (establish fundraising or saving plan, learning plan, gathering support, designing a blueprint, establishing the cost, signing up for a class, reading your first book to learn what to do next, etc, etc)
- Every week you'll break your big goal into weekly (specific, measurable, actionable, achievable) steps for steady progress. There will also be room for you to take notes, sketch out your vision, make a to-do list, and jot down any thoughts that can help you accomplish that week's goal in a timely fashion.
- When you reach week 52, you'll reflect on your growth and celebrate your success.

This is *your* mountain, and you have the tools to climb it. Let's do this!

Week 1: Reflecting on the Foundations

Purpose: Summarize the key principles from *The 30-Day Mindset Challenge* and set the stage for your year-long journey.

Welcome back, champion! You've already built a strong foundation by completing *The 30-Day Mindset Challenge*. Before we launch into your 52-week adventure, let's revisit the powerful principles you've learned. These are the tools that will fuel your life-changing accomplishment that you are going to complete.

Key Principles from The 30-Day Mindset Challenge

Here's a recap of the concepts you'll use to unlock your potential:

- **The Growth Mindset:** This is the belief that your abilities, intelligence, and talents can grow with effort, learning, and persistence. Unlike a fixed mindset—which avoids challenges and fears failure—a growth mindset sees obstacles as opportunities to become better. You've already started rewiring your brain for growth—now let's live it out, practically applying what you've learned to accomplish your big dream.
- **The 5 Attributes of the Growth Mindset (Carol Dwek):**
 1. *Embrace Challenges:* Challenges are chances to stretch yourself and get better and gauge your progress.
 2. *Persist Through Obstacles:* Setbacks don't define you—they refine you.
 3. *Learn from Criticism:* Feedback is a gift that helps you improve.
 4. *See Effort as a Path to Mastery: Hard work pays off. Believe in the Power of "Yet":* If you haven't mastered something, it's just "not yet."
 5. *Find Inspiration in Others' Success:* Someone else's win shows what's possible for you. Get inspired and follow a trailblazer's roadmap.

Take a minute and re-write your “Growth Mindset Promise” from The 30-Day Mindset Challenge:

- **Locus of Control:** This is about who you believe controls your results. An *internal* locus of control means you know your choices and actions shape your future. An *external* locus means you think outside forces or others are responsible for your results. Before you begin this adventure, take 100% full responsibility for your results.

- **The 6 Laws of Becoming:** Your blueprint for turning dreams into reality:
 1. *Responsibility:* Take 100% ownership of your life, choices, and results.
 2. *Vision:* Decide what you want. Write it down. Review.
 3. *Purpose:* Find your “why”—the reason behind your vision. Live longer and achieve more with a purpose driven life.
 4. *Focus:* Get laser-focused on your goals. Write them out. Break them into manageable steps.
 5. *Development:* Grow into the person capable of achieving your dreams. Get hungry for growth and development. Nurture yourself with knowledge.
 6. *Action:* Take decisive steps to bring your vision to life. The first step is always the hardest. Take at least 1 small step every day.

These principles are your toolkit for success. When you apply them consistently after developing a growth mindset, you'll not only achieve your goal but also find deeper joy, peace, and prosperity because you're building a life with meaning and purpose. When you pair a life like that with strong relationships, integrity, and a spiritual foundation, you live out your greater purpose. These principles will be weaved throughout this workbook, and serve as your internal (mental and spiritual) toolkit to accomplish anything.

Your 52-Week Journey

Each chapter in this workbook represents one week of your journey. In week 3, you'll design a plan broken into weekly steps using SMART goals. This structure ensures steady and actionable progress toward your ultimate goal.

Do you know what your goal is? Do you know why you want to accomplish it? Answering those two questions are critical before moving forward, so before you begin Chapter 2, you'll want to start the process of reflecting on what you want from life. And if you have not completed *The 30-Day Mindset Challenge*, or read *Becoming Your Greater Purpose: Mindset training to get what you want and reach your full potential*, you really need to do that before you embark on this 1-Year Challenge.

Moment of Clarity: What does this challenge mean to you? How can accomplishing this goal change your life? Why is it so important to you? Brainstorm your ideas, thoughts, fears, concerns, or why you are motivated to accomplish this dream of yours.

Week 2: Reaffirming Your Commitment

Purpose: Reinforce your understanding of a growth mindset, internal locus of control, and the 6 Laws of Becoming while preparing for the 50 weeks ahead.

Before you dive into the next 50 weeks, let's solidify your foundation. This week, you'll reaffirm your commitment to the principles you've learned and clarify your path forward.

Exercise 1: Growth Mindset Check-In

Reflect on how your mindset has shifted:

- How has your thinking changed since starting this “Mindset training” journey?

- Describe a recent challenge. How did you embrace it?

- What have you learned from your recent failures?

- How are you learning from criticism or setbacks?

It's important for you to learn from these critical principles, and begin applying them to your life, because it's absolutely necessary if you plan to accomplish your 1-Year Success Plan. A growth mindset is essential to reaching this goal. This is a big goal. It's big enough that you believe it will take a year to accomplish it. And over the course of this coming year you will face setbacks, failures, mistakes, and encounter complications that are out of your control. Therefore, you will need a growth mindset to work through the obstacles and still keep your focus and drive.

Exercise 2: Internal Locus of Control

Taking full responsibility is key:

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- Where have you recently taken 100% ownership of your actions and outcomes?

- How will you take control of your life and choices this year?

Exercise 3: The 6 Laws of Becoming

For each law, write how you'll apply it to your 1-year goal. Hopefully, by now you can see how these principles can build any future you can design, and that you understand how important they are in accomplishing goals big and small. Work through the following questions to begin establishing the what, and the why, and the how needed to accomplish your goal in one year.

1. **Responsibility:** How will you take full ownership of your journey?

2. **Vision:** What is your Goal?

3. **Purpose:** Why is this goal meaningful to you?

4. **Focus:** Think big picture for now—What milestones are needed to accomplish this goal?

5. **Development:** What skills or traits do you need to develop to become capable of accomplishing this monumental challenge?

6. **Action:** What action steps will you take to ensure you stay on track over the next 50 weeks?

Moment of Clarity: Use the following space to jot down your thoughts, ideas, vision, etc.

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Week 3: Your Weekly Action Plan

Purpose: Outline a draft of actionable steps over the next 48 weeks.

From Week 4 to Week 50, each chapter that follows is about accomplishing the goals you lay out here in chapter 3. This is a draft. You can edit each week's goals as you move along. You might fall behind. Or, you might get a superhuman burst of energy and work ahead, accomplishing more than you originally thought possible. Weather can impact your progress. Relationships may need your attention. Work can require more from you. What I'm saying is, life happens. Be open to change as it occurs. Remember, a growth mindset "*persists in the face of setbacks*", and there is no doubt that setbacks will occur over the course of a year. There will be setbacks, but you'll also experience little wins that you can celebrate along the way!

So be open. Be flexible. But plan to succeed. As Benjamin Franklin once said, *"If You Fail to Plan, You Are Planning to Fail"*

In the lines below, write the objective for each week. And may I suggest you do this on scrap paper first because this could get really messy, as you will likely start with too few weekly goals, and then have to break those down into more manageable steps. You may find yourself writing weekly goals that require you to spend time learning something first, or getting certified in something, or something you didn't anticipate. This is the art of breaking down goals that were once overwhelming, into specific, weekly, manageable, and accomplishable steps. Once you have your big goal broken down into a list of 48 weekly goals, it's time to get rocking!

What is the Big Goal:

Goal Week 4:

Goal Week 5:

Goal Week 6:

Goal Week 7:

Goal Week 8:

Goal Week 9:

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Goal Week 10: _____

Goal Week 11: _____

Goal Week 12: _____

Goal Week 13: _____

Goal Week 14: _____

Goal Week 15: _____

Goal Week 16: _____

Goal Week 17: _____

Goal Week 18: _____

Goal Week 19: _____

Goal Week 20: _____

Goal Week 21: _____

Goal Week 22: _____

Goal Week 23: _____

Goal Week 24: _____

Goal Week 25: _____

Goal Week 26: _____

Goal Week 27: _____

Goal Week 28: _____

Goal Week 29: _____

Goal Week 30: _____

Goal Week 31: _____

Goal Week 32: _____

Goal Week 33: _____

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Goal Week 34: _____

Goal Week 35: _____

Goal Week 36: _____

Goal Week 37: _____

Goal Week 38: _____

Goal Week 39: _____

Goal Week 40: _____

Goal Week 41: _____

Goal Week 42: _____

Goal Week 43: _____

Goal Week 44: _____

Goal Week 45: _____

Goal Week 46: _____

Goal Week 47: _____

Goal Week 48: _____

Goal Week 49: _____

Goal Week 50: _____

Goal Week 51: _____

Goal Week 52: _____

Moment of Clarity: How has this exercise helped your big goal feel less overwhelming?

Now that you have broken your 1-Year Success Plan into a 48-week plan, let's begin. But before you start, take a moment and consider all of the good things you're bringing into this immense plan of yours:

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1. You have developed a growth mindset.
2. You know what you want and why you want it.
3. You have the tools to succeed.
4. You have a plan—a 48 week plan. All you have to do now is execute.

I'm excited for you to launch into this year, and land on the other side a changed person who has accomplished that thing you have always dreamed of. And that's my greater purpose! What's yours?

Week 4: *The hardest part is taking the first step. Let's create some momentum!*

Weekly Goal:

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goal?

What are you doing today to develop into the person capable of making the dream happen?

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____

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- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

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Week 5:

Weekly Goal:

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 6:

Weekly	Goal:
_____	_____
_____	_____

Why do you want this (Purpose)? _____

Mindset Motivation: *You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!*

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc)

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Week 7:

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: *You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!*

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc)

My 1-Year Success Plan

Week 8:

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: *You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!*

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

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Week 9:

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: *You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!*

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 10:

Weekly Goal:

— 10 —

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges and opportunities for growth. The sky is the limit.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

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Week 11:

Weekly Goal:

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Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges, and you will find success.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 12:

Weekly Goal:

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Why do you want this (Purpose)?

What do you want this (unfilled)? _____

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenge.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

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Week 13:

Weekly Goal:

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Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges, and you will find success. Whether it's learning a new skill or pushing through a difficult task, the more you practice, the better you will become. So, don't be afraid to take risks and embrace the challenges that come your way.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 14:

Weekly Goal:

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Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

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Week 15:

Weekly Goal:

Digitized by srujanika@gmail.com

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 16: Look at you! You're 3 months in and still going strong. Boom baby!

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 17:

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

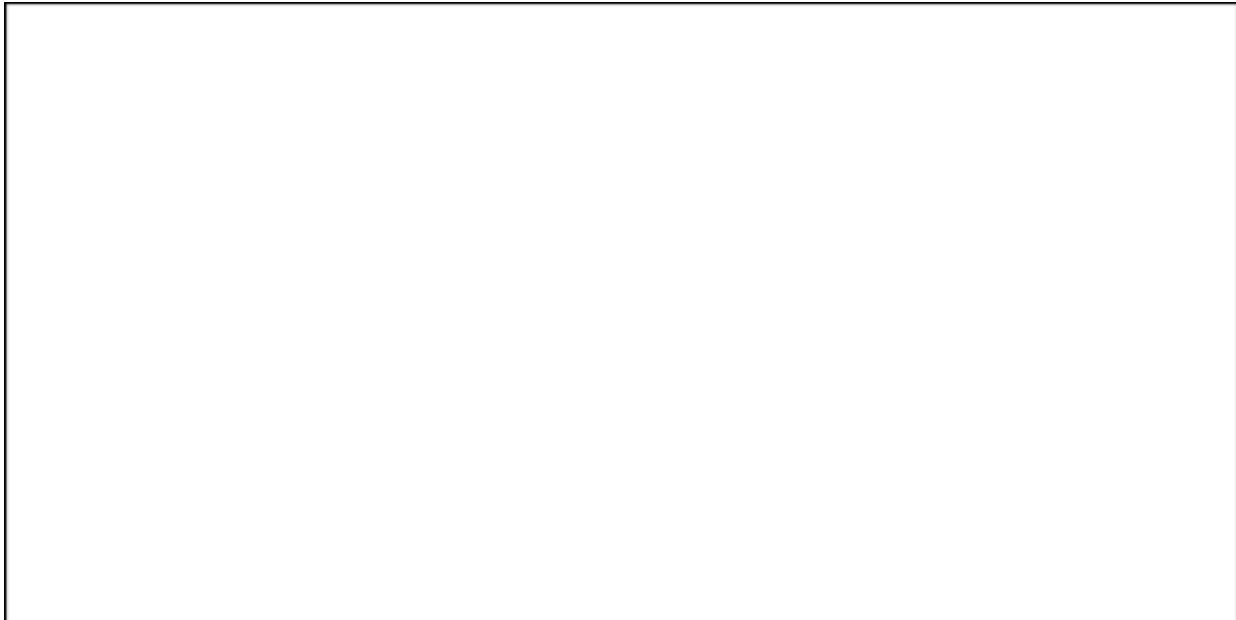
Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):



Week 18:

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: *You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!*

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 19:

Weekly Goal:

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— 10 —

Why do you want this (Purpose)? _____

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

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What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 20:

Weekly Goal:

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Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges, and you will find success.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 21:

Weekly Goal:

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Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges, and you will find success.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 22:

Weekly Goal:

Page 10 of 10

Why do you want this (Purpose)?

For more information, contact the Office of the Vice President for Research and the Office of the Vice President for Student Affairs.

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenge.

100% responsibility, and make it happen Captain!

What are the main challenges in the field of quantum computing? How are they being addressed?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 23:

Weekly Goal:

— 10 —

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges, and you will find success.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 24:

Weekly Goal:

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Why do you want this (Purpose)?

For more information, contact the Office of the Vice President for Research and the Office of the Vice President for Student Affairs.

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenge.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 25:

Weekly Goal:

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Why do you want this (Purpose)?

For more information, contact the Office of the Vice President for Research and Economic Development at 319-273-2500 or research@uiowa.edu.

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenge.

100% responsibility, and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 26: You're halfway there, my friend! Stay focused. Think of the payoff!

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 27: Woo hoo! You're on mile 14 of your 26.2 mile marathon. Pace yourself.

Weekly Goal:

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Why do you want this (Purpose)? _____

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

Page 10 of 10

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

Week 28:

Weekly Goal:

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Why do you want this (Purpose)?

For more information, contact the Office of the Vice President for Research and the Office of the Vice President for Student Affairs.

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenge.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dreams happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

Week 29:

Weekly Goal:

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Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges and opportunities for growth. The sky is the limit!

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

Week 30:

Weekly Goal:

— 10 —

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges, and you will find success.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 31:

Weekly Goal:

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Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

Week 32: *Keep plugging. You've got this!*

Weekly Goal:

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Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

Page 10 of 10

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

Week 33:

Weekly Goal:

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Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges, and you will find success.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

Week 34:

Weekly Goal:

Digitized by srujanika@gmail.com

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges, and you will find success.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 35:

Weekly Goal:

Digitized by srujanika@gmail.com

Why do you want this (Purpose)?

For more information, contact the Office of the Vice President for Research and the Office of the Vice President for Student Affairs.

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenge.

100% responsibility, and make it happen Captain!

What are the main challenges in the field of AI and how can they be addressed? 8

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 36: You're two-thirds of the way there. Look what you've accomplished!

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 37:

Weekly Goal:

— 10 —

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges, and you will find success.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

Week 38:

Weekly Goal:

Digitized by srujanika@gmail.com

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges, and you will find success.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

Week 39:

Weekly Goal:

Page 10 of 10

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges, and you will find success.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

Week 40:

Weekly Goal:

— 10 —

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges, and you will find success.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 41:

Weekly Goal:

— 10 —

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 42: You're in the final stretch... It's starting to come together.

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 43:

Weekly Goal:

Page 10 of 10

Why do you want this (Purpose)?

For more information, contact the Office of the Vice President for Research and the Office of the Vice President for Student Affairs.

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenge.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dreams happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

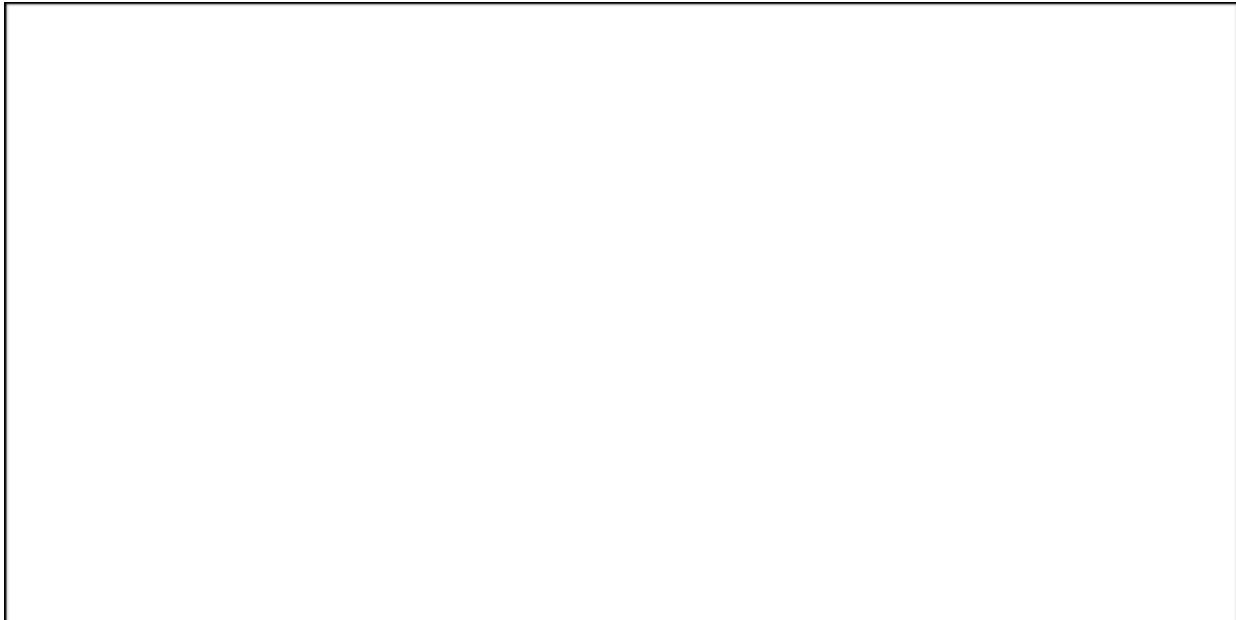
Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):



Week 44: *This is the final inning. Swing away!*

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 45: You're near the crest of the mountain. Keep climbing!

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 46: *Don't quit. Don't give up. Dig deep!!*

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: *You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!*

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

My 1-Year Success Plan

Week 47:

Weekly Goal:

Digitized by srujanika@gmail.com

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your

thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and

repetition, anything is possible. Embrace challenges and opportunities for growth. Embrace the unknown.

100% responsibility, and make it happen Captain!

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):

Week 48: *Keep going! You're a frickin' Rock Star!*

Weekly Goal:

Digitized by srujanika@gmail.com

Why do you want this (Purpose)?

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

Page 10 of 10

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

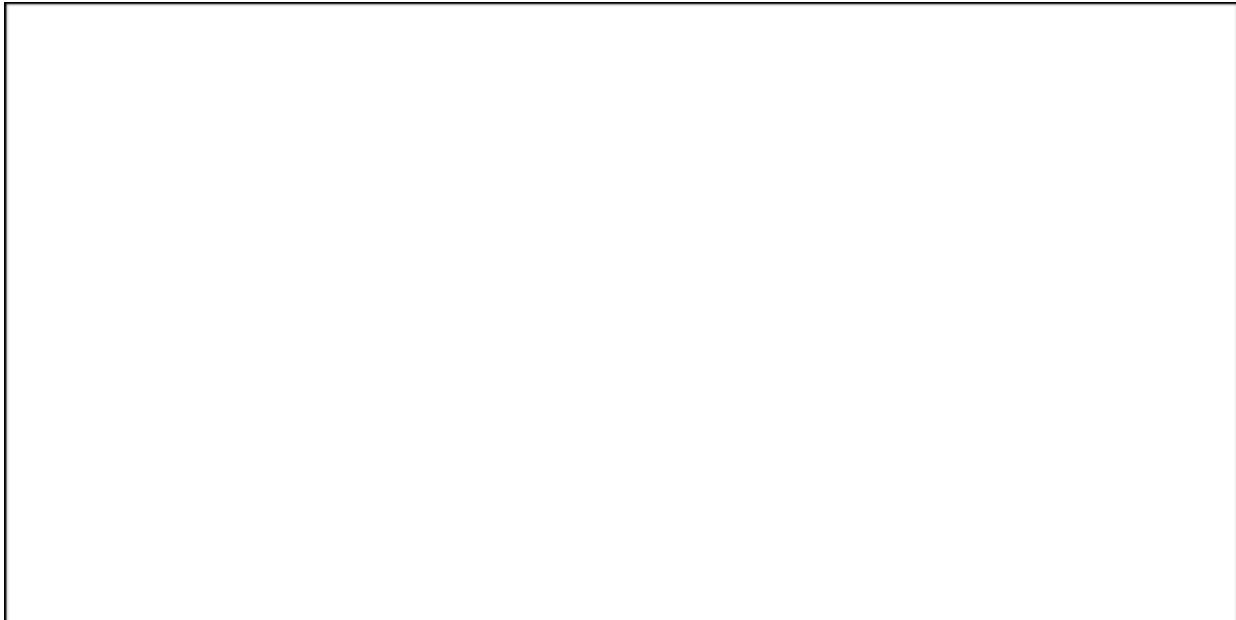
Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):



Week 49: You can see the Finish line!

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: *You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!*

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

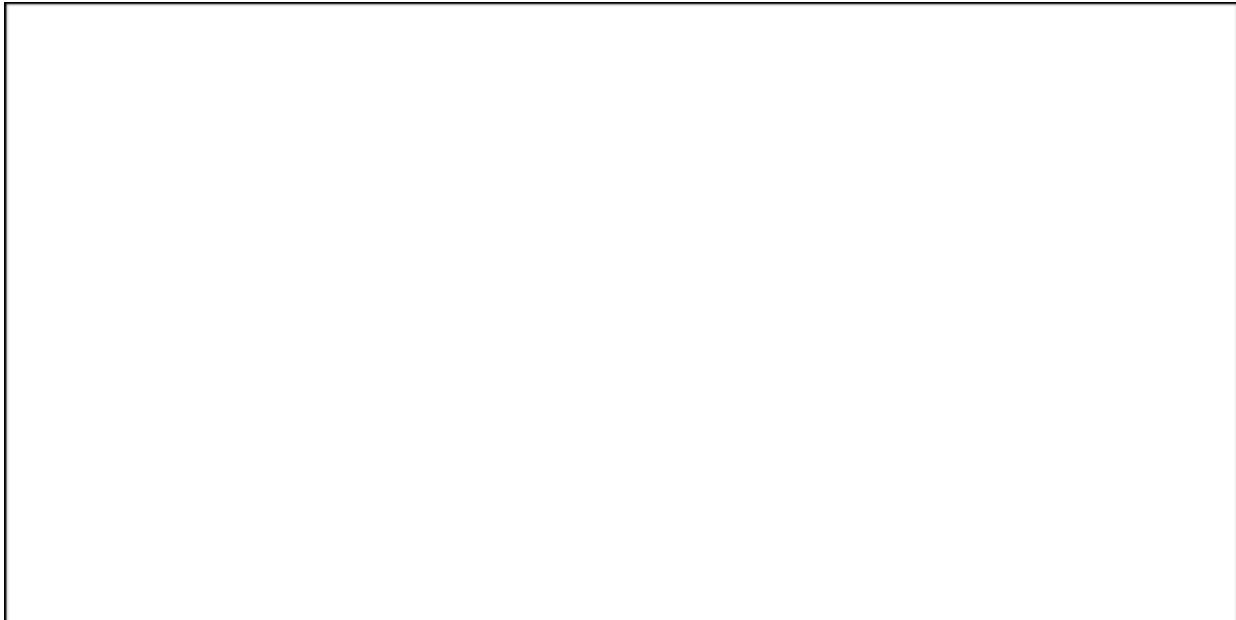
Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):



Week 50: Almost there!

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: *You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!*

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

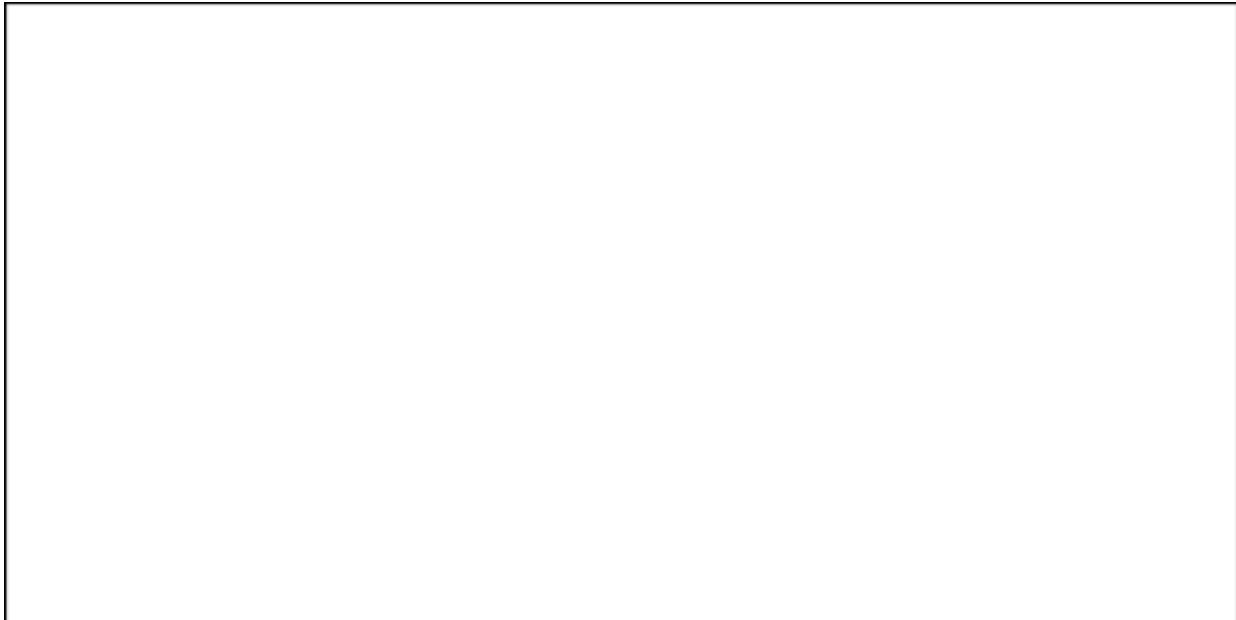
Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):



Week 51: So close you can taste it!

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: *You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!*

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

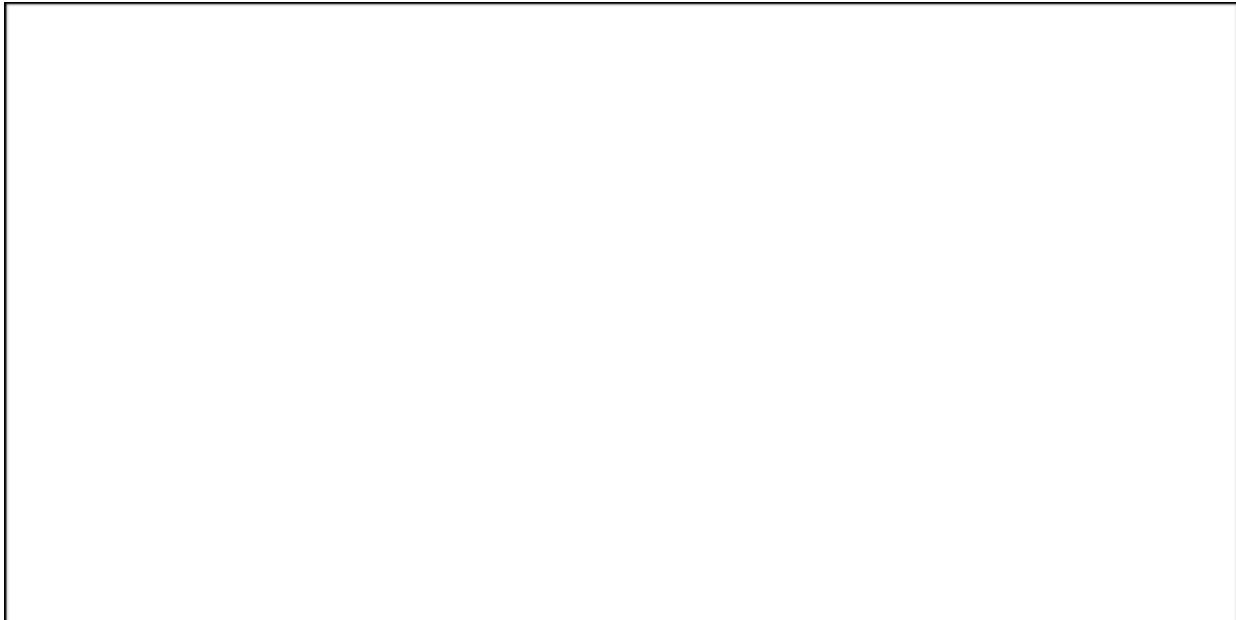
Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):



Week 52: Final week. Deep breath. Wow!.... What a journey. You did it!

Weekly Goal:

Why do you want this (Purpose)? _____

Mindset Motivation: You are capable of accomplishing whatever you set your mind to. Your thoughts will guide you, so focus your thoughts on making this dream a reality! With effort and repetition, anything is possible. Embrace challenges. Persist in setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration and lessons from the success of others. Take 100% responsibility, and make it happen Captain!

Development: What you need (mindset & skills) to accomplish this week's goals?

What are you doing today to develop into the person capable of making the dream happen?

My 1-Year Success Plan

Habits: Habits required to reach goal over the next 7 days (wake up at 5:00, time block, etc):

Steps to Achieve Weekly Goal (Action) You have 7 days—spread out the workload:

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____
- Step 7: _____
- Step 8: _____
- Step 9: _____
- Step 10: _____
- Step 11: _____
- Step 12: _____

Resources Needed: [training, mentors, research? How can you get these resources?]

Time Tracker: Sleep(8), Work(10), Family(4), 4 hours left per day to work on your goal.

Sunday: _____ (hrs)

Monday: _____ (hrs)

Tuesday: _____ (hrs)

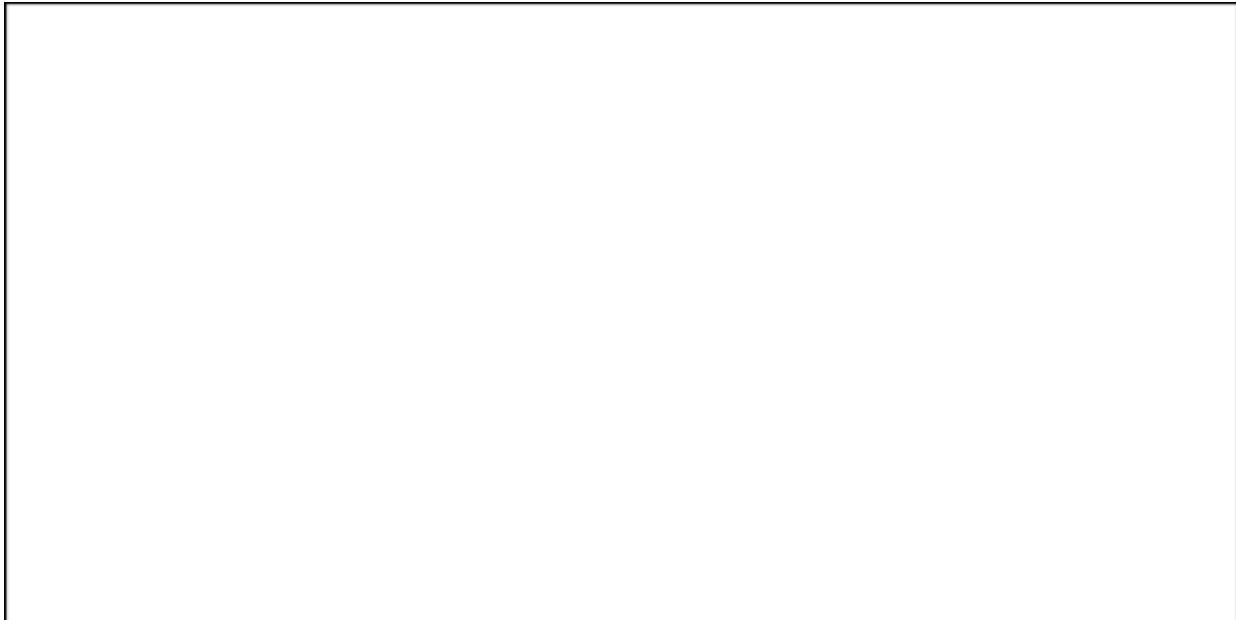
Wednesday: _____ (hrs)

Thursday: _____ (hrs)

Friday: _____ (hrs)

Saturday: _____ (hrs)

Notes (ideas, problems, sketches,inspirations, etc):



Week 52 Continued: Celebrating Your Success

Purpose: Celebrate your achievement and reflect on your year-long journey.

Congratulations, champion! You've reached the end of your 52-week journey. This week is all about celebrating your hard work and reflecting on how far you've come. Celebrate with those who have gone on this journey with you! Throw a party! Go out to dinner. Take a vacation. Do whatever it takes to anchor this moment in history as a day worth remembering.

Final Steps

- Complete any remaining tasks to fully achieve your goal.
- Celebrate your success! (e.g., treat yourself, share with loved ones—do what feels right!)

Reflection

- Summarize your journey. What did you achieve?
- How do you feel about completing your goal?
- What did you learn about yourself?
- How has your mindset grown?

My 1-Year Success Plan

- What will you do next?
- Buy this book series for someone that you inspired along the way.

I truly hope this has been a challenging and rewarding experience for you. But most of all, I hope that the work I have put into *Becoming Your Greater Purpose*, *The 30-Day Mindset Challenge*, and *My 1-Year Success Plan* has changed your life for the better. I know it was a lot of work. But dang! You did it! You accomplished a goal that you put off for far too long.

If you didn't accomplish your goal. Don't give up. Continue working on developing your growth mindset. Failure is not a bad thing. That's how successful people accomplish their goals... They fail. They learn. They try again. And they evaluate and persist in the face of setbacks. This cycle of death and growth is the way of the world. A seed must die before it grows into a tree.

The question is, how big can a tree grow? The answer is, as tall as it can. But like trees, there are seasons where there is no growth (winter) and there are seasons where there is nourishment (spring), and there are seasons of growth (summer), and there are seasons when we are pruned and parts of us die (fall). This is normal and natural. Understanding the seasons in our environment is like understanding life. We fall, we learn, we grow.

In time, you will grow as tall as you can if you nourish your life with relationships and faith as you make the best of the short time you've been given. I hope you find what you're looking for. I hope you accomplished your goals, but more importantly I hope you become your greater purpose. Helping you do that is my greater purpose. God bless.