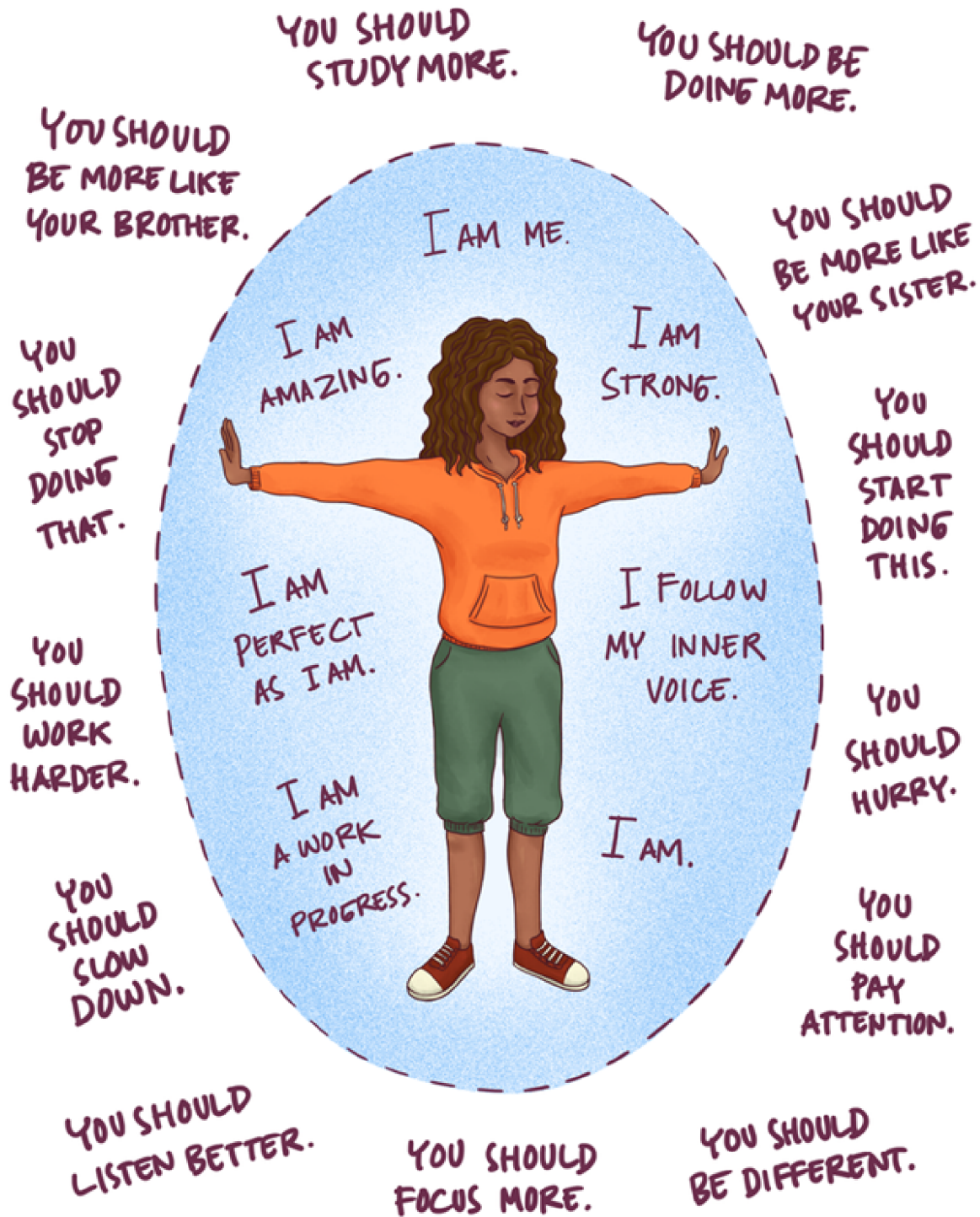


Shield the Shoulds

Circle "Shoulds" you want to shield yourself from. Write in your own:



What are your greatest strengths?

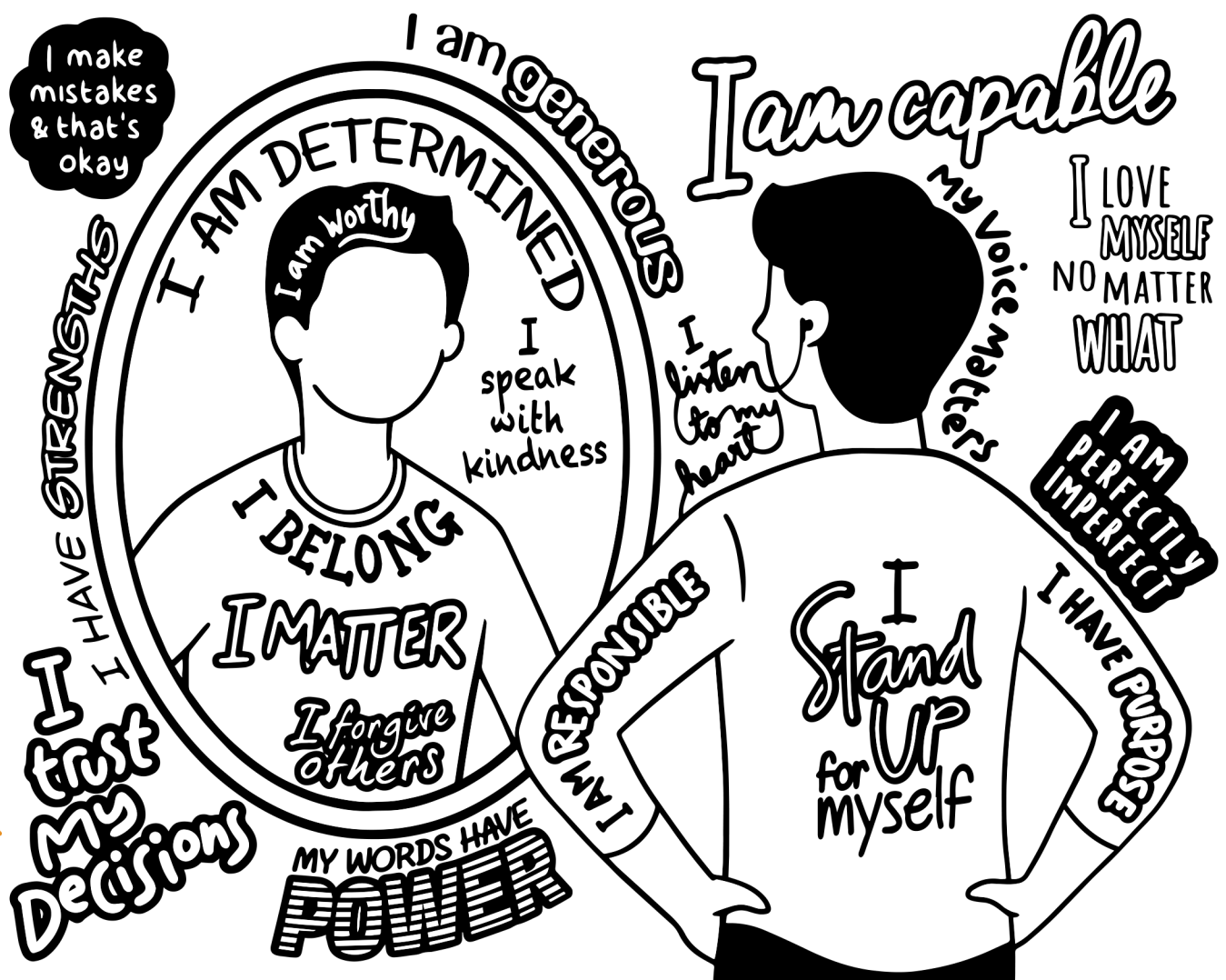
Below are the 24 strengths from the VIA classification. Circle your top 3 strengths.



Take the survey here:
<https://www.viacharacter.org/>

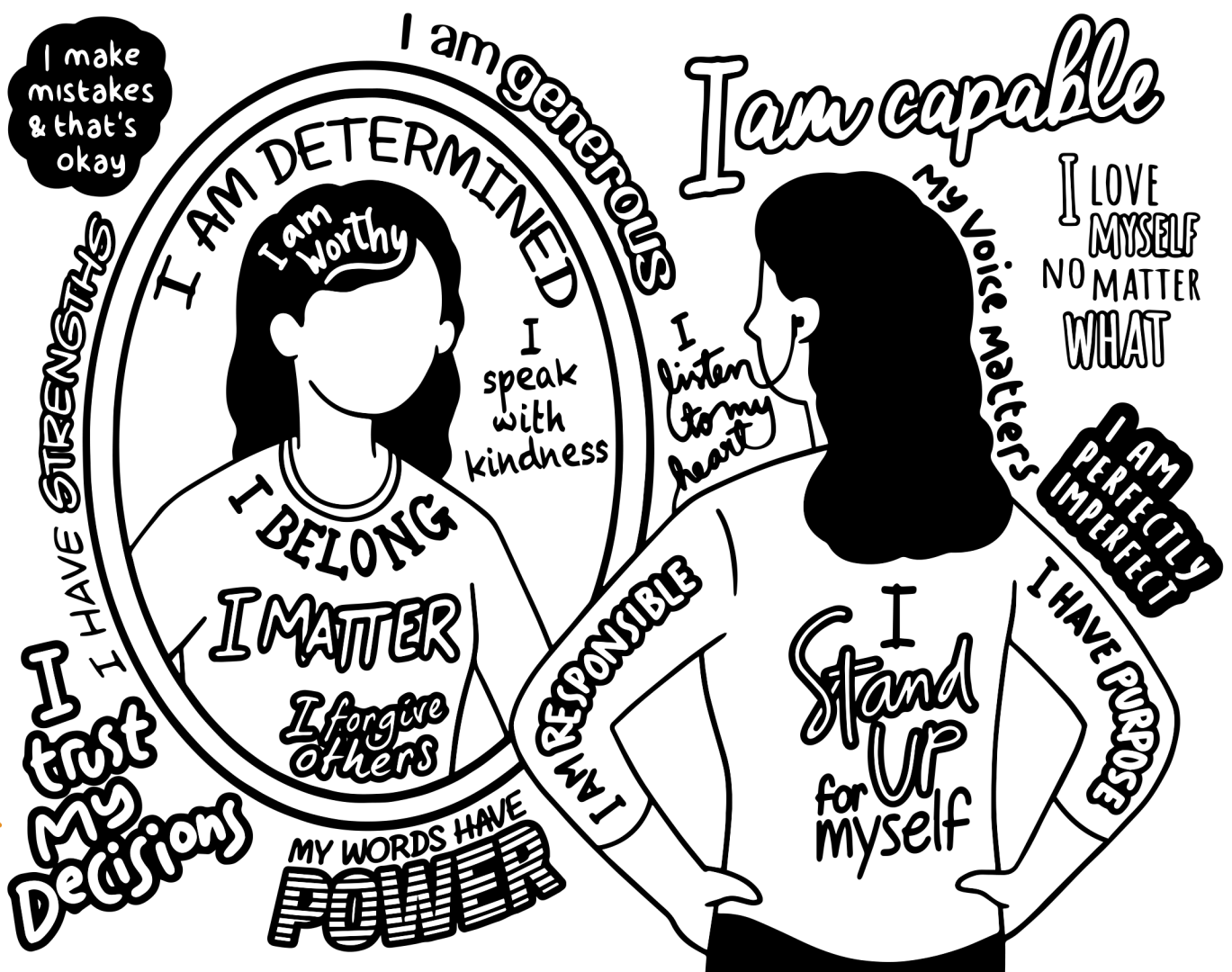
Remember Who You Are

You are all of these things, no matter what. No matter what your achievements, grades, rank, or any other number... you are all of these things. Color this in and write in your own.



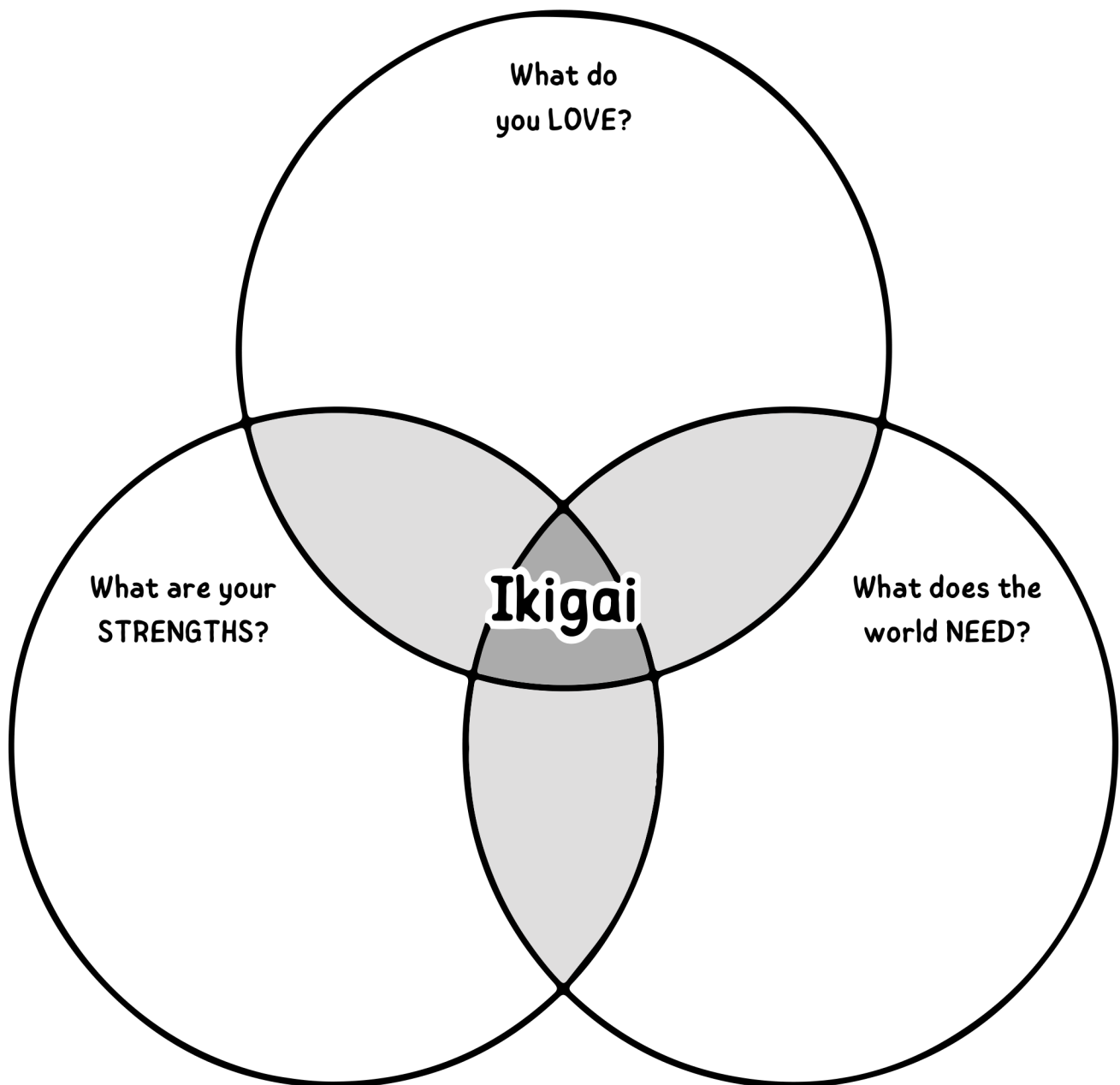
Remember Who You Are

You are all of these things, no matter what. No matter what your achievements, grades, rank, or any other number... you are all of these things. Color this in and write in your own.



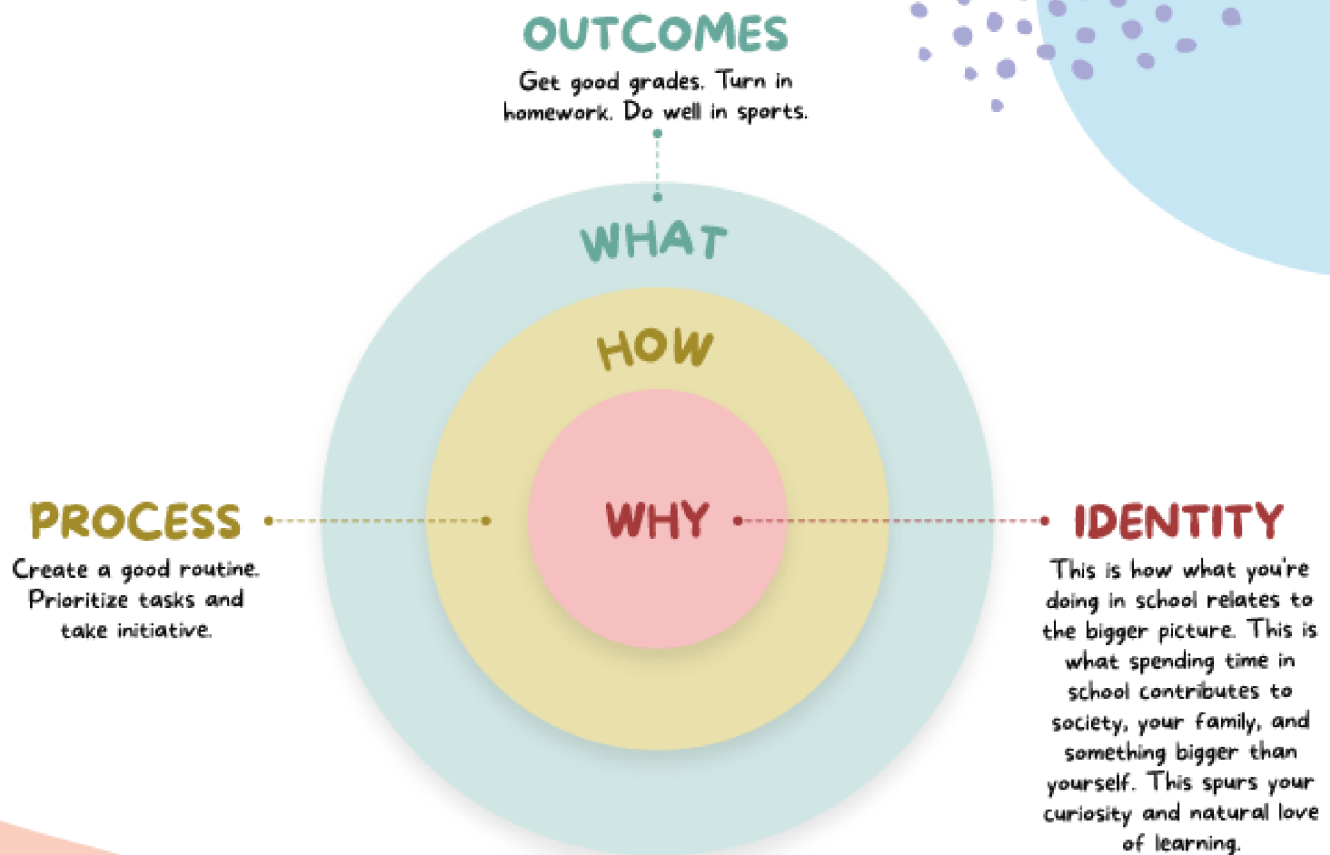
What's your Ikigai?

Ikigai is a Japanese word that roughly translates to reason for waking up in the morning. Fill in this diagram and start thinking about your own Ikigai.



Why do you do things?

Think of 1 subject in school and write down your WHAT, HOW, and WHY in the golden circle below:

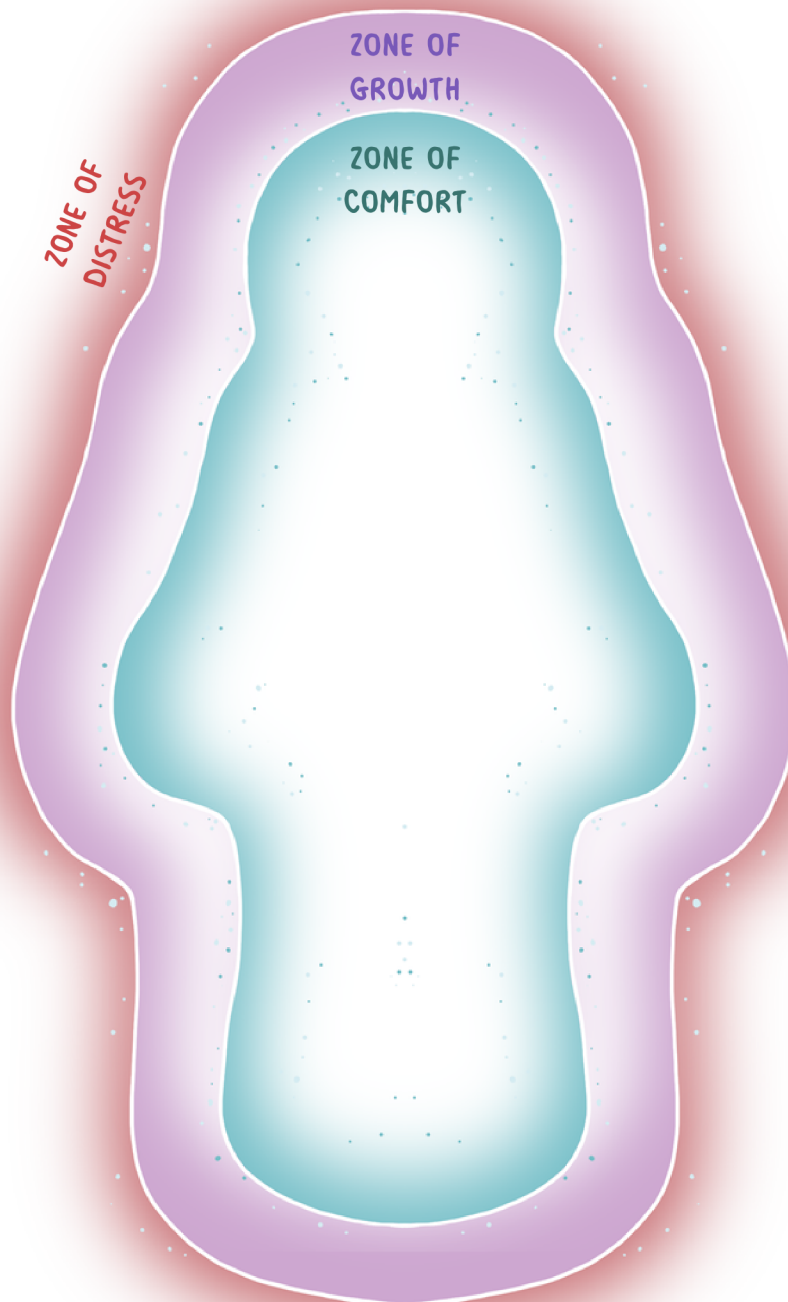


gozen.com

gozen.com

Work in your ZOG every day!

When you try something new, uplevel, or are trying to master something challenging, you're probably in your Zone of Growth. Write in things you do in your ZOG as well as things in your Zone of Comfort.



How do you do Frustration?

What does your face look like when you're frustrated? What do you sound like? Draw your own picture below:



What kind of mistakes are these?

Look at the mistakes below and label them:
Oops, Stretch, Performance, or Stretch.



SWOT Analysis for your Goals

Try this SWOT analysis to help you with your goals:

STRENGTHS

What are you doing well?
What sets you apart?
What are your good qualities?

WEAKNESSES

Where do you need to improve? Are resources adequate? What do others do better than you?

SWOT Analysis

OPPORTUNITIES

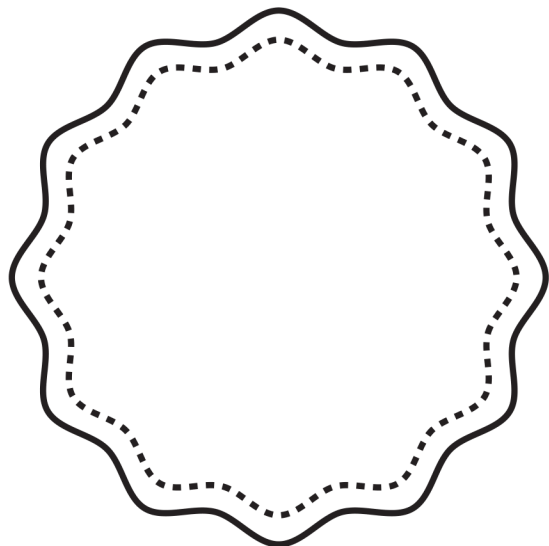
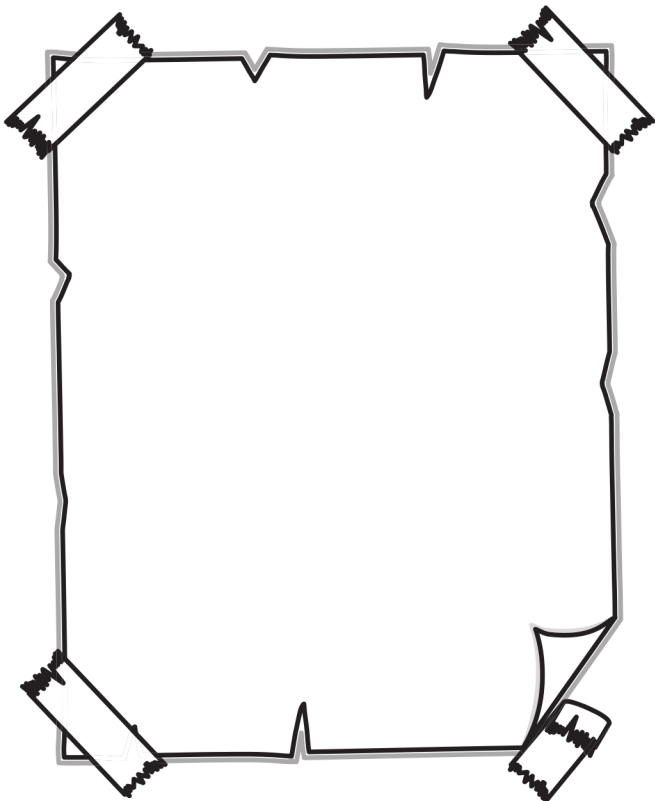
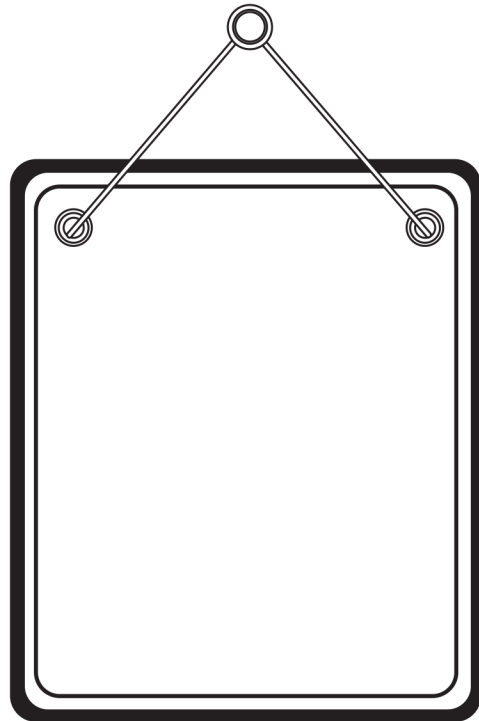
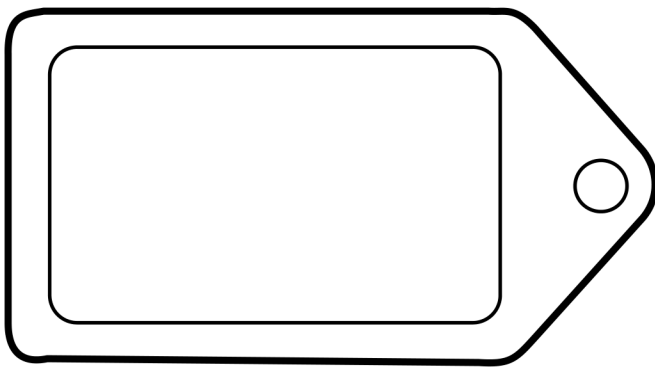
What are your goals? Are demands shifting? How can it be improved?

THREATS

What are the blockers you're facing? What are factors outside of your control?

Performance vs. Learning Goals

Write your current goals (short and long-term) in the space below. Color in the ones that are learning goals or goals where you are learning a new skill or challenge.



Set SMART Goals

Think of one thing you want to achieve and set a SMART goal:

S
SPECIFIC

What do I want to happen?



M
MEASUREABLE

How will I know when I have achieved my goal?

A
ATTAINABLE

Is the goal realistic and how will I accomplish it?

R
RELEVANT

Why is my goal important to me?

T
TIMELY

What is my deadline for this goal?



Create a WOOP Plan

Plan for setbacks with WOOP:

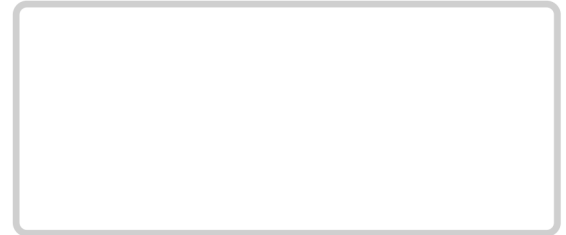
W
WISH

Which goal do
I want to achieve?

A large, empty rectangular box with a light gray border, intended for writing a goal. A small orange starburst is located to the right of the box.

O
OUTCOME

How will I feel when I
achieve this goal?

A large, empty rectangular box with a light gray border, intended for writing the expected outcome.

O
OBSTACLE

What are my
main obstacles?

A large, empty rectangular box with a light gray border, intended for writing the main obstacles.

P
PLAN

How can I tackle
these obstacles?

A large, empty rectangular box with a light gray border, intended for writing the plan to tackle obstacles. A small orange starburst is located to the left of the box.

"I Don't Feel Like It" Calendar

My goal is...

Su	Mo	Tu	We	Th	Fr	Sa

GOAL!

Executive Functioning Skills

Metacognition

Thinking about our own thinking



Working Memory

Remembering details during the learning process



Flexibility

Trying different strategies when something doesn't work



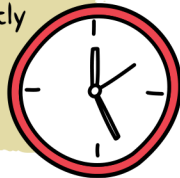
Attention

Avoiding distractions and staying focused while reading



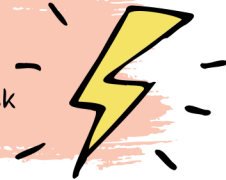
Time Management

Using time efficiently and effectively to complete work



Perseverance

Working through to finish an assignment or task



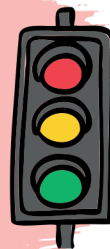
Task Initiation

Getting started on a task or responsibility



Self-Control

Processing and managing feelings



Organization

Keeping a tidy system to keep track of responsibilities

