

Simple Foundations Assessment

Momentum, MMNTM UGYG with Seth

Name _____ Date ___/___/_____

DIRECTIONS:

Read the action step and take the action to set up a great foundation, so the rest of your semester is easier and less stressful.

Add a note if you want.

Rate your quality:

0 = Not yet 1 = Meh 2 = Good quality 3 = I went above and beyond

See the bootcamp checklists to help you.

Quality	Action	Notes to self
0 1 2 3	Digital Systems: I set up my digital world so I can EASILY and QUICKLY find ALL of the information and links I need for school. I made distractions harder to find.	
0 1 2 3	Planner: I chose a planner that should work for me, digital or analog. I frontloaded it for the semester as much as I could.	
0 1 2 3	Wall calendar: I put up a big wall/desk calendar to track important things. (the typical \$5 desk calendars are great for this)	
0 1 2 3	Daily plans: I printed and cut a bunch of daily plans from Seth's template, or made my own. I put these in a GREAT place in my SSS so I can easily find them every day.	
0 1 2 3	SSS: I set up my Sacred Study Space so it's optimized for focus and has minimal distractions.	
0 1 2 3	Folders: I took time to carefully and completely set up my new folder systems, digital and analog.	
0 1 2 3	Advocacy: I emailed my teachers to say hi and that I want their support in having a great semester.	
0 1 2 3	Mindset: I am much more aware of my resistance, and I don't let it rule me all the time anymore. I have better mindsets that I'm trying to practice.	