

The DIP Bootcamp, Part 1
MMNTM Notes Sun Mar 7, 2021

AGENDA

HOUSEKEEPING:

- CLOSE DISTRACTIONS
- Co-working, show up even if you think you don't have anything to do
- SNO on the calendar
- Parents help you
- More 1:1 coming
- Everything ok?

CHECKIN

Wins?

TODAY: DIP Bootcamp

Repetitive day, MASSIVE action

Sunk cost fallacy:

Should be irrelevant to decision making, BUT our irrational brain lets the sunk costs influence our decision

Already paid a price, we can't change it, its "sunk"

We all do this

People can't wrap their head around that they invested so much, so they keep investing more

EXAMPLES: Walk to school, got ready, ate breakfast, shower, packed backpack, walk to school, walked 15 minutes, it's 2 min further, realize it's Sunday and no school, would you say "I'll just go anyhow, it's so close" What is the best rational decision moving forward? Irrelevant, should not allow it to influence decision.

Study: pay \$10 for movie tik, gor free tik for preferred movie

School, already invested in testing and curric during covid, keep doing it

Job you hate

Chris math tutor astro physics

"I've already got a low score, may as well keep going in that direction, investing in distractions."

"I already got so far in video game, it's not giving me any value, BUT I am so far, may as well keep going even though it takes time I want to invest in learning, projects, art, creativity, friends, fitness, mental health, reading, doing thing that make me the best person i can be"

Buy \$100 of activity, get \$50 free, but everything costs less, \$99, \$89, etc. Should you buy \$100 worth if it's really 189 to get 50?

Friendships, invested since preschool, but in ms you both change, bff?

I failed 2 quarters at OSU, Failed 2 semesters at Ball State

TO DO... In order

1. Know today's goals: Polish foundations, address DIP proactively, connect positively.
2. Parents, practice being collaborative. Seek to "ask and guide" rather than tell.
3. Parents, 3:1 effort, 90% listening, notice nervous systems, etc..
4. Students, take massive action, baby steps, even though the resistance may be there.
5. Remove distractions: You can close tabs, turn off phones, etc..
6. Students, login to UGYG (not MMNTM). Parents, use "wait time" and resist telling them where to click unless they ask. They "should" know how to do this independently. Start here <https://sethperler.com/> (parents, let them do it).
7. Students, find Module 2, Lesson 6. Watch it together. Each person discuss a takeaway.
8. Students, find Module 2, Lesson 9. Print the PDF, do Foundations Assessment together. You do not have to agree, just listen to each other.
9. Find Module 5, Lessons 1-4. Do them together. Go over DIP sheet and do it.
10. Find Module 3, Lesson 9. Watch it. Do SNO with parents. By this point, things are repetitive. This is good.
11. Go over daily plan methodology
12. Students, look at these MMNTM Links:
 - a. [Our Google Calendar](#)
 - b. [Your PDF Calendar](#)
 - c. [Time Zone Converter](#)

If NOTHING ELSE:

The Dip, Momentum Checklist with Seth Perler

1. Use timer for small increments to get started, 1, 3, 5, 10 min max today
2. Breathe, smile, listen to the right wolf
3. Take action, then more baby steps
4. Add to list as needed

Order	Done Y/N	Action & estimated time needed	Actual duration?	Resistance level 0-3
		SSS overhaul (5-15 min)		
		Organize papers, books, folders (10-15)		
		Update planner (5-15 min)		
		Update hanging calendar (5 min)		
		Check grade details, list 3-5 urgent assignments (10)		
		***Make master list of ALL assignments to address		
		Check all portals for details (10 min)		
		Deal with inbox (5-15 min)		
		Organize browser easy links (5 min)		
		Remove digital distractions, tabs, links, programs (5-15 m)		
		Say something nice & sincere to everyone, you too		
		Email 1 teacher for help (5 min)		
		Do 1 self-care thing (3-5 min)		
		Do 1 micro-project you want to do (3-5 min)		
		Do 1 micro-project you DON'T want to do (3-5 min)		
		Close tabs		
		Order timer or other supplies		

PARENT REMINDERS:

Use wait time and relational tools. Read their nervous system when sharing, back off when you notice tension "I'm sorry, I'm noticing that I am oversharing, what are your thoughts?"

What score did you give yourself? Why? What would make it solid?

How can I help?

How can I help you stay accountable?

When do you want to show me?

Can I help you build it?

Do you want to hear how I do it?

Do you want to know an Idea I have?