My weekly learning plan

Week of: Jan 16 - 22, 2021

Saturday	Sunday		Monday
List tasks to be completed,	The planner sta	erts on Saturday	Break your larger assignments
single task per line.	to help you pre	pare for the	and tasks down into
	coming week.		smaller chunks.
Tuesday	Wednesday		Thursday
Consider adding live or			
scheduled course lectures to			
task list as well.			
- 			
Friday		oals this week?	
Friday			able, actionable, realistic and time defined.
Friday	The best goals are SN		able, actionable, realistic and time defined.
Friday	The best goals are SN Specific: What do yo	MART: specific, measura	
Friday	The best goals are SN Specific: What do you Measurable: How w	MART: specific, measurabu want to accomplish?	e made progress?
Friday	The best goals are SN Specific: What do yo Measurable: How w Actionable: What sto	MART: specific, measurabu want to accomplish?	e made progress? reach the goal?
Friday	The best goals are SN Specific: What do yo Measurable: How w Actionable: What sto	MART: specific, measurable want to accomplish? Fill you know if you have the specific meeting the deadline was the specific meeting the deadline.	e made progress? reach the goal?
	The best goals are SN Specific: What do you Measurable: How w Actionable: What sto Realistic: How realis Time Defined: What	MART: specific, measurable want to accomplish? Fill you know if you have the eps need to be taken to stic meeting the deadline the deadline?	e made progress? reach the goal? e you've set?
How will I take care of my phys	The best goals are SN Specific: What do you Measurable: How w Actionable: What sto Realistic: How realis Time Defined: What sical health?	MART: specific, measurable want to accomplish? Fill you know if you have the eps need to be taken to stic meeting the deadline the deadline?	e made progress? reach the goal? e you've set? care of mental health?
	The best goals are SN Specific: What do you Measurable: How w Actionable: What sto Realistic: How realis Time Defined: What sical health?	MART: specific, measurable want to accomplish? Fill you know if you have the eps need to be taken to estic meeting the deadline? How will I take Schedule self-care into	e made progress? reach the goal? e you've set? care of mental health?
How will I take care of my phys Take breaks, go for a walk, explore a new exe	The best goals are SN Specific: What do you Measurable: How w Actionable: What sto Realistic: How realis Time Defined: What sical health?	MART: specific, measurable want to accomplish? Fill you know if you have the eps need to be taken to estic meeting the deadline? How will I take Schedule self-care into	e made progress? reach the goal? e you've set? care of mental health? o your daily schedule. ake time to celebrate all that
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Week of: Sunday Saturday Monday Wednesday **Tuesday Thursday** Friday What are my goals this week? How will I take care of my physical health? How will I take care of mental health?