

COLLEGECOMPASS.CO

Weekly Time Tracker

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							

© COLLEGE COMPASS - COLLEGECOMPASS.CO

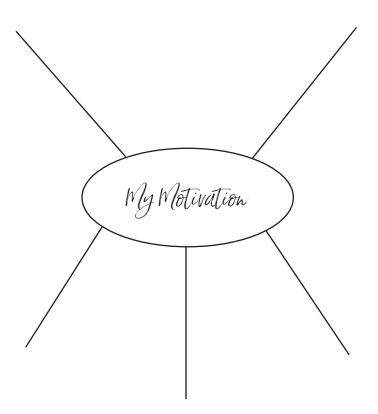
Motivation Sheet

1. Write what motivates you:

- Everybody started somewhere.
- Anything can be learned.
- Intelligence is not fixed.
- My past doesn't define me.
- Everyone faces obstacles.
- _____
- -_____
- -_____

2. Make a motivation chart:

- Use the space below to start your motivation chart.
- Think of the goals you have for your future and how they relate to your college experience (making the dean's list, learning, setting yourself up for a good career.)
- Connect those to the chart below.
- Hang it up in a place to see it often.



Smart Goals Sheet

	SPECIFIC Who, what,	MEASURABLE How will I mea-	ACHIEVABLE Can I accom-	RELEVANT Does this relate	TIME-SPECIFIC When do I want
	where, why, how?	sure my success?	plish this goal?	to my big goals?	to do this by?
1.					
2.					
3.					
4.					
5.					

Time Budgeting Sheet

	SCHEDULE	SCHEDULE			
SLEEP (HRS):	7:00 AM				
	7:30 AM				
NON-NEGOTIABLES:	8:00 AM				
	8:30 AM				
	9:00 AM				
	9:30 AM				
	10:00 AM				
	10:30 AM				
	11:00 AM				
	11:30 AM				
	12:00 PM				
	12:30 PM				
	1:00 PM				
	1:30 PM				
	2:00 PM				
STUDY (HRS):	2:30 PM				
	3:00 PM				
	3:30 PM				
	4:00 PM				
	4:30 PM				
	5:00 PM				
	5:30 PM				
	6:00 PM				
FUN AND OVERFLOW:	6:30 PM				
	7:00 PM				
	7:30 PM				
	8:00 PM				
	8:30 PM				
	9:00 PM				
	9:30 PM				
	10:00 PM				
	10:30 PM				
	11:00 PM				

© COLLEGE COMPASS - COLLEGECOMPASS.CO