Great things are done by a series of small things brought together.

— Van Gogh

— This Journal Belongs To —
Welcome to the Big Blue Journal

This journal was created to help you better organize your semester and learn wellness practices, so that you can be a more satisfied and successful individual.

The journal is composed of schedule templates, tips and tricks, challenges, and healthy practices that you can explore at your own pace. We hope that the resources provided help you to \textit{THRIVE}, rather than just survive the semester.

Journaling Tips: Getting The Most Out Of Your Journal

- Make it a daily habit. Check in on your journal at least once a day. Pick a time that works best for you and set a reminder.
- Do what's helpful and leave the rest behind. Habits solidify when you do what works and don't worry about it being perfect.
- If you miss a day, that's fine; just pick it back up when you remember.
- Don't try to fill it all out at one time. Take it day by day.
- Check out the links and resources along the way.
- Don't compare your work to others. Your journal is meant to be for you and it is great the way it is.
- Don't forget you have supports when you need them.

Links to third party websites are provided. The links are provided solely as a convenience to you. Fredonia does not endorse the content of these third-party websites nor does Fredonia control or guarantee the accuracy or reliability of the content located on any third-party websites. Fredonia is not responsible and assumes no liability for the information, content or software of any third-party websites. If you decide to access third party websites, you do so at your own risk.

Welcome to the Big Blue Journal

Counseling Center

Cultivating a resilient and compassionate community.

In support of Fredonia’s strategic plan and baccalaureate goals, the Counseling Center will promote students’ mental health, wellness, growth and development.

The \textit{Fredonia Counseling Center} (FCC) aspires to be a highly visible and trusted resource in which skilled and caring professionals empower students to fulfill their potential by imparting emotional regulation and communication skills; by inspiring action, hope and creativity; and by promoting behavior which demonstrates respect, responsibility and compassion for oneself, the local community, the global community and the environment.

\textbf{Skilled:} The FCC endeavors to provide high quality services. We adhere to the highest professional standards, embrace innovative clinical services, engage in ongoing professional development, and remain current with new developments in research-based clinical practice.

\textbf{Connected:} The FCC values collaboration within the center, the Division of Student Affairs, Academic Affairs, the University, and the broader community. We seek partnerships and opportunities to work with our colleagues in support of enhanced service to our students.

\textbf{Creative:} The FCC values creativity as a gateway to innovation at both individual and organizational levels. We support and encourage creative innovation to foster excellence, to enhance inclusiveness, and to provide dynamic services that are relevant to the ever-changing needs of a diverse student population.

\textbf{Responsible:} The FCC is committed to sustaining a healthy organizational climate characterized by honest, direct, and respectful communication and conflict resolution. We endeavor to create a diverse, multidisciplinary staff that values different perspectives and professional views. We manifest compassion, mutual trust, and humor in our interactions, actively creating a sense of community that is supportive and respectful of individuals finding balance in their personal and professional lives.

For information about scheduling appointments contact the Counseling Center:

TEL (716) 673-3424 • FAX (716) 673-3140 • EMAIL counseling.center@fredonia.edu

Crisis Contact: University Police: (716) 673-3333

or contact the National Suicide Prevention Lifeline Call/Text/Chat 988
THRIVE

Thankful

Here & Now

Resources

Intention

Values

Empathy

About THRIVE

To thrive is to progress toward, or realize a goal despite, or because of circumstances.

The THRIVE campaign is a weekly challenge for personal growth. Each week, you are provided a small segment about wellness, along with resources to consider. This is a no pressure, do at your own pace activity. The more you put into it, the more you may get out of it.

“My mission in life is not merely to survive, but to THRIVE and to do so with some passion, some compassion, some humor, and some style.”

–Maya Angelou
Join the thrive Challenge

- In addition to your journal this semester, there will be weekly events that you can participate in for a chance to win prizes.

- Check out our FREDwell webpage by scanning the QR code below for more information, as well as the campus events calendar.

- Don't forget to follow us on Instagram @ fsufredwell.

- The more events you attend, the higher the chance to win prizes.

Win Prizes

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This Semester’s Motto

#1 Thing I want to Achieve

Places to Visit

□ __________
□ __________
□ __________

New Skills To Learn

□ __________
□ __________
□ __________

Strengths I Have

□ __________
□ __________
□ __________

Things I want to Improve

Basics of Goal Setting

- Use positive language
- Set Priorities
- Set goals that you have control over
- Ensure goals that are measurable
- Keep it simple, small, and achievable
- Be specific

IMPORTANT DATES

What is my Long-Term Vision?

“Routine is liberating. It makes you feel in control”
- Carol Shields

Believe

My Goals:

Note: 

......................................................................................
......................................................................................
......................................................................................
......................................................................................
**SMART Goals**

When setting goals, make sure it follows the smart structure. Use the questions below to create your goals.

<table>
<thead>
<tr>
<th>SMART</th>
<th>Question</th>
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<tr>
<td>S</td>
<td>SPECIFIC: What do I want to accomplish?</td>
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<tr>
<td>M</td>
<td>MEASURABLE: How will I know when it is accomplished?</td>
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<tr>
<td>A</td>
<td>ACHIEVABLE: How can the goal be accomplished?</td>
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<tr>
<td>R</td>
<td>RELEVANT: Does this seem worthwhile?</td>
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<td>T</td>
<td>TIME BOND: When can I accomplish this goal?</td>
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**Notes:**

**Important Dates**
Mindful Coloring

- This is a similar process to meditation.
- It brings attention to the present moment, allowing you to let go of past and future worries.
- This is a simple and fun way to reduce stress.
You are imperfect, you are wired for struggle, but you are worthy of love and belonging.
– Brene Brown

Self care is giving the world the best of you, instead of what’s left of you.
– Katie Reed

Self care is so much more than a beauty regimen or an external thing you do. It has to start with your heart to know what you need to navigate your life.
– Carrie Anne Moss

Make a list of your ideas and write them down.

☐ It’s okay to say no
☐ Plan your work activities
☐ Take a walk
☐ Workout
☐ Get some fresh air
☐ Show up anyway
☐ Drink more water
☐ Engage in a relaxing activity

MY SELF CARE IDEAS:

☐ __________________________________________
☐ __________________________________________
☐ __________________________________________
☐ __________________________________________
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☐ __________________________________________
We spend inordinate amounts of time calculating how much we have, want, and don’t have... how much everyone else has, needs, and wants. We worry about the scarcity of resources. The counterpoint to scarcity is not abundance, it's enough.

**Challenge:**
Practice a Gratitude Meditation.
Feel grateful as you reflect on all the gifts you already have in your life.

**Ways to practice gratitude:**
- Think of someone for whom you are grateful.
- Say thank you with sincerity.
- Incorporate gratitude in your spirituality.
- Write three good things that you are grateful for every day.

We turn not older with years, but newer every day.
- Emily Dickinson
Thrive Week 1
Knowledge Grab

Gratitude

When we practice gratitude, we set the foundation for thriving by acknowledging, unapologetically, our authentic self in a world which is doing its best to make us everyone else.

Benefits people have noticed when practicing gratitude journaling (Jessen, 2015):

- It can help you lower your stress levels and feel calmer, especially at night.
- Journaling can give you a new perspective on what is important to you and what you truly appreciate in your life.
- By noting what you are grateful for, you can gain clarity on what you want to have more of in your life, and what you can do without.
- Gratitude journaling can help you explore and focus on what really matters to you.
- Keeping a gratitude journal helps you learn more about yourself and become more self-aware.
- Your gratitude journal is for your eyes only, so you can write anything you feel without worrying about judgment from others.
- On days when you feel down, you can read through your gratitude journal to re-adjust your attitude and remember all the good things in your life.

10-Minute Gratitude Exercise

Things, people & places you adore:

___________________________________________________________

___________________________________________________________

___________________________________________________________

One thing you’ve worked hard to achieve:

___________________________________________________________

One thing that’s going well right now:

___________________________________________________________

Two subjects or pursuits you’re passionate about:

___________________________________________________________

___________________________________________________________

Two people you can count on for warm hugs and kind words:

___________________________________________________________

___________________________________________________________

Three things to look forward to:

___________________________________________________________

___________________________________________________________

___________________________________________________________

By the end of this week I will...

___________________________________________________________

___________________________________________________________

___________________________________________________________
### WEEK 1 PLANNER

<table>
<thead>
<tr>
<th>Day</th>
<th>3 GOOD THINGS:</th>
<th>ENERGY LEVEL</th>
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<th>HOW’S YOUR MOOD?</th>
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### WEEK 1 HABIT TRACKER

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### Weekly Resources

- [Daily Gratitude](#)
- [Developing Gratitude](#)
Week 2 Challenge

1. Think of a recent time when you were experiencing negative or unhelpful thoughts. What was the situation? How did you feel? What did you do?
2. Now, use this step-by-step guide and see if changing the way you think could possibly bring a better result.
3. Given what you have reviewed here, what is one thing you are willing to start doing that can help you better manage your negative thinking?

Changing Your Self-Talk

- Catch it. Recognize when you are having negative or unhelpful thoughts.
- Control it. Stop! When you find yourself thinking negatively say STOP to yourself.
- Challenge it using the challenge questions.
- Change it to more realistic/positive thoughts.
- Cherish it. Enjoy the moment!

Challenging Your Thoughts

- Is this thought helpful? What is a more healthy thought?
- What would I tell a friend in this situation?
- What is the evidence for/against it?
- Is there another way of looking at this situation?
- What is the worst/best/most likely outcome? How could I cope?
- Is there anything I can do about this right now?

A thought, even a possibility can shatter us and transform us.

– Friedrich Wilhelm Nietzsche

This Week’s Positive Affirmations

www.winona.edu/resilience
WEEK 2 PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

DATE

3 GOOD THINGS:

ENERGY LEVEL

Low
High

WATER INTAKE

HOW’S YOUR MOOD?

Weekly Resources

Weekly Resources

WEEK 2 HABIT TRACKER

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Weekly Resources

Positive Self-Talk

Self-Talk Video

Self-Talk & Productivity
Here & Now

Being mindful of the present moment helps you to increase self-awareness, build stronger relationships with others and can decrease stress and worry. Mindfulness requires one to be aware of everything in the present moment, which includes their own body, physical experience, environment, surroundings as well as their emotional state, mindset, and thoughts.

Being mindful and truly in the moment requires much effort, but regular practice can help us to be more present and aware leading to a life with more intention and meaning.

Challenge:
Practice Mindfulness by engaging with your senses. What do you see, hear, touch, smell, and taste?

“Silence is full of potential wisdom and wit as the unhewn marble of a great sculpture.”
– Aldous Huxley

UNPLUG

Challenge yourself to not look at a screen for an hour out of your day. Read a book, do a craft, put together a puzzle, take a walk and notice your surroundings. What do you see, hear, feel, smell, taste. Breathe in and out and check in with yourself.

Reflection: How did it go?
(Remember, this takes practice and distraction is normal. Work on noticing distraction and gently moving your mind back to the task at hand, nonjudgmentally.)

Tools To Be More Present
Benefits of Mindfulness
5 Minute Meditation
Body Scan Meditation
**Social Connection**

- Social connection can help boost your mood and manage your emotions.
- Human connection is the sense of closeness and belonging a person can experience when having supportive relationships with those around them.
- Connection is when two or more people interact with each other and each person feels valued, seen, and heard. There's no judgment, and you feel stronger and nourished after engaging with them.
- Human connection can be a chat over coffee with a friend, a hug from a partner after a long day, or a enjoying a mutual hobby/interest with a roommate.
- Connecting with someone doesn't have to always include words, either. Time spent in relative closeness and experience can also be a bonding experience.

“A friend is someone with whom you dare to be yourself.” - Frank Crane

**Week 3 Challenge**

For the next week, do the 7-day friendship challenge found on the following pages. Select a different friendship challenge each day. In your bullet journal reflect how each challenge went and how you may incorporate the practice in your to life.

**Week 3 Goal:**

By the end of this week, I will...

---

“Reading is to the mind what exercise is to the body.”

- Richard Steele
WEEK 3 PLANNER

DATE

MONDAY

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

WEEKEND

3 GOOD THINGS:

ENERGY LEVEL

LOW

HIGH

WATER INTAKE

HOW’S YOUR MOOD?

Weekly Resources

The Benefits Of Friendships

Deepening Connections

Tips for Connection

Wired for Connection
7-Day Friendship Challenge

Below are ways to start the process of connecting with new people, building the foundation of friendship, and strengthening existing relationships. Challenge yourself to complete one task each day for a week.

- Text a friend you haven't been in touch with recently.
- Leave a post-it note with a message for a friend on their door.
- Set up an “errand date” with a friend to complete a task.
- Give someone a genuine compliment.
- Chat with someone in a class you don’t normally talk to.
- Make a list of 5 people you want to connect with in near future.
- Give someone a warm hello or goodbye.
- Ask someone for a TV show/movie/book/podcast recommendation.
- Plan a coffee date with someone you would like to get to know better.
- Attend a new club/organization meeting.
- Buy a small surprise gift for someone in your life.
- Send a fun photo or text update to a long distance friend.
- Ask a friend to take a walk on the nature path by Ring Road.
- Express gratitude to someone.
- Identify 3 people you would like to have a deeper relationship with.
- Go to with a friend to a sporting event.
- Ask someone for a favor.
There is often a tendency for humans to operate from a place of pure reason or pure emotion, depending on the person, situation, or what are called pre-existing vulnerability factors (i.e. sickness, exhaustion, stress, loss etc...). When we are viewing the world through either lens, we tend to behave in a way that is not the most effective for meeting our goals. In order to live the most effective and balanced lives possible, it is advantageous to learn how to integrate reason with emotion. This integration is “wise mind.”

### Week 4 Challenge

Learn how you typically respond to situations/decisions (Emotion Mind, Reasonable Mind, Wise Mind). Think of a recent difficult or stressful situation. How did you respond? How would you respond from each mind state? Would you respond differently in the future?

---

“Everything flows and nothing stays... You cannot step twice into the same river.” – Heraclitus

“There is a wisdom of the head, and... a wisdom of the heart.” – Charles Dickens
**WEEK 4 PLANNER**

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**WATER INTAKE**

![Water Intake Icon]

**HOW’S YOUR MOOD?**

![Mood Icons]

**Weekly Resources**

- Wise Mind Video
- Wise Mind Resources
- Wise Mind ACCEPTS
- Wise Mind ACCEPTS
**Thrive Week 5**

**Knowledge Grab**

**Decision Making: Crisis vs. Distress**

Careful decision making requires an accurate assessment of needs. Stop and think if the situation is a crisis or distress.

**CRISIS**
- Requires immediate action
- Consumes focus
- Disrupts the normal functioning of things
- Unplanned

**DISTRESS**
- Not a requirement but should be expected throughout the day
- Able to maintain some level of focus
- Requires patients over action
- Feelings are acceptable at some level

**The Decision Making Matrix**

1. Identify the problem (detailed description, focus on the facts, accept what is on your control.)
2. Assess available resources (What do you need? What would make me happy? How can you create a path for yourself?)
3. Assess options (What do I have? What can I read? Who can I ask?)
4. Decision Evaluation (What did I create? How pleased am I with the results? What does this decision say about me? What did I learn?)

**Week 5 Challenge**

Use the decision making matrix for a decision that you have to make this week. Make sure to answer each of the questions before you make your decision.

**Week 5 Goal:**

By the end of this week, I will...

**My Personal Crisis Plan**

I know I’m in Crisis
When I Notice:

Some good ways to distract myself are:

Some safe people I can reach out to are:

1. ____________________
2. ____________________
3. ____________________
4. ____________________
5. ____________________

Things that help me when I feel this way:

1. ____________________
2. ____________________
3. ____________________
4. ____________________
5. ____________________

Ways to keep my space safe:

- ____________________
- ____________________
- ____________________
- ____________________
- ____________________

**Crisis Services**

Counseling Center (8 a.m.–4 p.m.) • 716-673-3424, LoGrasso Hall
Chautauqua County Crisis Hotline (24/7) • 1-800-724-0461
University Police (24/7) • 716-673-3333 on campus, 911 off campus
Suicide Prevention Lifeline (24/7) • 988, Nation Wide, Call/Text/Chat

https://www.fredonia.edu/student-life/counseling/crisis

“I make the most of all that comes and the least of all that goes.”

— Sara Teasdale
### WEEK 5 HABIT TRACKER

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### Weekly Resources

- [Making Mindful Decisions](#)
- [Decision Making Skills](#)
- [5 Steps for Decision Making](#)
Think of a time recently when you overcame a challenge or setback in your life.

What supportive people in your life kept you standing when it would have been easier to fall down?

What strategies did you use to help yourself cope with any negative thoughts and feelings?

What sagacity helped you bounce back from this difficulty? Sagacity is the wisdom and insight that you hold onto. It can come from song lyrics, novels, poetry, spiritual writings, quotes, or other learnings.

What solution-seeking behaviors helped you actively deal with the problem? Did you problem-solve, seek out new information, plan ahead, negotiate, speak up, or ask others for help?

“Have you had kindness shown? Pass it on;
“Twas not given For The alone.”
– Henry Burton

Self-Care Checklist

Basic Tasks
- Get 7-9 hours of sleep
- Wash your face & brush your teeth
- Shower
- Put on clean clothes
- Get fresh air

Physical Tasks
- Drink water
- Eat a meal
- Move your body

Mental Tasks
- Meditate
- Do something you enjoy
- Talk to a friend

Resources

Most people react to challenging life events and experiences with a surge of unpleasant emotions and a sense of uneasiness; yet over time, they somehow adjust and adapt. You are able to “bounce back” because you have developed behaviors, thoughts, and actions that allow you to cope with whatever life throws at you, and bounce back stronger and more steadfast than before.

Pass it on;
It takes approximately 2 hours for your brain to go from awake to sleep. Watching movies and scrolling through social media while in bed stimulates awakeness. Reading for pleasure, practicing mindfulness/relaxation, and stretching will help to prepare your body for sleep.

Waking up at the same time everyday helps to reset your natural, biological rhythms. Catching up on sleep by sleeping in on weekends and/or napping more than 30 minutes during the day may inhibit your natural sleep rhythms.

Sleep Hygiene

Sleeping less than 6 hours per night for 12 days makes your cognitive performance indistinguishable from someone who has been awake for 24 hours straight. The cognitive and physical performance of someone who has been awake for 24 hours is similar to that of someone with a blood alcohol level of 0.1% (impaired 0.08%).

Measurable consequences of poor sleep:
- Lower perceived life satisfaction or sense of well-being
- Worsened academic performance
- Increased psychological symptoms: anxiety, depressed mood, suicidality

The benefits of getting 7–9 hrs of sleep:
- Improves health, creativity, memory, attention, and happiness. It makes you more attractive, lowers food cravings, stabilizes weight, promotes healing, and emotional well-being.
- The FDA recommends that you consume no more than 100-200 mg of caffeine in a 3-4 hour period, and not more than 400 mg per day.

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Week 6 Challenge
- Set a wake-up time that will allow you to start your day with intention.
- Allow for enough time for self-care.
- Establish your sleep schedule by allowing for 7–9 hours of sleep.
- Begin to release your brain from activity 2 hours prior to your established bedtime.
- If you want to wake up at 8am daily. You should aim to be asleep by 12 a.m.

Sweet Dreams

“Great thoughts come from the heart.”
- Luc de Clapier, Marquis de Vauvenargues

Week 6 Goal:

By the end of this week, I will...
WEEK 6 PLANNER

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<tr>
<th>DAY</th>
<th>3 GOOD THINGS:</th>
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WEEK 6 HABIT TRACKER

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Weekly Resources

- **Sleep Hygiene**
- **Relaxing Stretches**
- **Meditation Application**
- **Meditation Application**
**Thrive Week 7**

**Knowledge Grab**

**Regulating Emotions**

Marsha Linehan, Psychologist and creator of Dialectical Behavior Therapy

**ACCUMULATE POSITIVE EMOTIONS**

**Short Term:** Do pleasant things that are possible now.

**Long Term:** Make changes in your life so that positive events will happen more often in the future, build a “life worth living.”

**BUILD MASTERY**

Do things that make you feel competent and effective to combat helplessness and hopelessness.

**COPE AHEAD OF TIME WITH EMOTIONAL SITUATIONS**

Rehearse a plan ahead of time so that you are prepared to cope skillfully with emotional situations.

**PLEASE**

1. Treat Physical Illness- Take care of your body. See a doctor when necessary.
3. Avoid Mood Altering Substances- Use alcohol in moderation, if at all.
4. Balance Sleep- Try to get 7–9 hours of sleep per night.
5. Get Exercise- Do some exercise every day. Try to build up to 20 minutes/day.

**Meal Planner**

**Breakfast**

**Snack**

**Lunch**

**Snack**

**Dinner**

**Snack**

**Meal Ideas:**

For breakfast, lunch & dinner, rule of thumb: 2x the serving size on the table, or 1 cup of each of the following groupings:

- Milk, Yogurt, Cheese, Frozen Yogurt, Tofu
- Cereal, Bagels, Bread, Crackers, Rice, Potatoes, Pasta, Corn
- Butter, Margarine, Peanut Butter, Cheese, Cream Cheese, Salad Dressing, Mayonnaise, Sauces, Muffins, Bacon, Nuts, Egg Yolks, Fried/Sautéed Foods, Chips, Ice Cream
- Fresh, Cooked, Dried, Canned, Juiced Fruits and Vegetables
- Meat, Fish, Poultry, Cottage Cheese, Cheese, Legumes, Tofu, Tempeh, Eggs, Peanut Butter

For Snacks: Choose one item from any of the previous food groups.

Don’t forget to add desserts, or enjoyable foods in your diet! We can enjoy items such as ice cream, cake, cookies, chips, and fries in moderation and still maintain a healthy diet/lifestyle.

- It’s important to stay hydrated. Plenty of water, as well as teas, coffee, or other drinks with little to no sugar are healthy choices.
- Exercise in moderation, every week will promote higher energy and focus, as well as lower rates of anxiety and depression. Start slow and listen to your body.
- Remember, these are just suggestions. If you are unsure about what diet and exercise is right for you, consult the experts. Talk with your doctor, a dietician/nutritionist, or other specialist in related fields.

**Week 7 Challenge**

Practice PLEASE skills and the ABCs. Note any positive changes throughout the week.
WEEK 7 PLANNER

DATE

3 GOOD THINGS:

ENERGY LEVEL

Low

High

WATER INTAKE

HOW’S YOUR MOOD?

Weekly Resources

WEEK 7 HABIT TRACKER

Habit

S

M

T

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TR

F

S

PLEASE Handout

PLEASE Video

PLEASE Article
Thrive Week 8
Knowledge Grab

Overcoming Workload Paralysis

“Workload Paralysis” is the feeling of being stuck, or unable to do anything because of overwhelm. When we have numerous obligations, sometimes it can be hard to get started on anything. Often times, we waste time that we could have used to complete some tasks because we are focused on fear that we cannot complete all of the tasks. Distraction, or avoidance can feel better in the moment to calm our anxiety, but results in more distress overall when we cannot accomplish work on time. Consider the following tips:

**TIPS**
1. Choose one, achievable task to start with.
2. Break tasks down into smaller steps.
3. Focus on one step at a time.
4. Take breaks and practice self-compassion

**Study Habits**
***Before Class***
Complete Assigned readings. Notate concepts and ideas in your own words. Highlight important information and definitions. Color code.

***In Class***
Use Shorthand and abbreviations to take notes. If you are unsure, Ask questions!

***After Class***
To create a study guide, condense your notes in your own words. Transform notes into easier forms for review.

***Review***
Open up 10 minutes per day to review. Quiz yourself.

***Exam Prep***
Put your test date on your calendar. Plan your study times and stick to your schedule.

***Weekly Goal***
By the end of this week I will...

---

**Tips & Tricks**

**Maintain a Healthy Sleep Schedule**
Only 8% of College Students get the appropriate amount of sleep (7-9 hrs).

**Reduce Distractions**
Study in a quiet area, away from screens. Put down your phone. Consider studying somewhere away from your living quarters.

**Take Breaks!**
Listen to music, eat regular meals, take brain breaks. Your brain cannot maintain focus for hours at a time.

**Don’t rely on feeling motivated**
This is a procrastination trap. Take a quarter second of courage and begin the process. Break down large goals into small, realistic steps. You will feel better when you accomplish the task.

---

**Week 8 Challenge**
Review the following workbook and resources on procrastination.

---

“Push yourself because no one else is going to do it for you”
-Unknown

---
Living with intention means living a better balanced life that's full of meaning and purpose. It means the activities that you are engaging in are worthwhile to you and focused on betterment.

You are stepping out of mindless activities and from being on autopilot and you are ensuring your life is based on your own conscious choice of how you want your life to be.

**Life Crafting**
A way to set goals by reflecting on the present and what you would ideally like in the future, considering your values and making a commitment to the steps that will make your goal a reality.

“**It’s not enough to have a good mind; the main thing is to use it well.**”

- Rene Descartes

**Complete the Life Crafting Exercise**

- Life Crafting Exercise
- Intentional Living
- Life Crafting Video
Week 9 Challenge
Consider the questions in the graphic above. Which areas do you excel in? Which areas would benefit from growth? Choose one area to work on this week.

What comes to mind when you think about health and wellness? Map out your thoughts.
WEEK 9 PLANNER

DATE

3 GOOD THINGS:

ENERGY LEVEL

Low → High

WATER INTAKE

HOW’S YOUR MOOD?

Weekly Resources

Weekly Resources

Wellness Tips

What is Wellness?
Thrive Week 10
Knowledge Grab

Week 10 Challenge
Draft out your first WOOP

WOOP! Developed by Gabriele Oettingen

Wish/want: What’s something that’s just for you, that comes from deep inside you, that your truly wish to have happen, or that you want to achieve?

Outcome: What will your success look and feel like? What/where/what will it help you reach in life? Where will you be? What will you do? How will you know?

Obstacle(s): What could get in your way, or throw you off track, or keep you from reaching your wish or your want? Think about internal/external obstacles.

Plan: Now that you’ve charted some of the obstacles you could encounter, begin to plan for how you’ll navigate them, should they occur. Think of this as an If/Then exercise. Record proactive strategies (what you’ll do to avoid the obstacle), and Reactive strategies (what you’ll do when you find yourself in the middle of an obstacle).

“Shoot for the moon. Even if you miss, you’ll land among the stars.” - Les Brown

“WOOP! WOOP”

Week 10 Goal:
By the end of this week, I will…

Wish List

Want

Need

“One reason I decided to love myself anyway today: ________________________________

“To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else—means to fight the hardest battle which any human being can fight, and never stop fighting.” - E.E. Cummings

One reason I decided to love myself anyway today: ________________________________
### WEEK 10 HABIT TRACKER

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#### 3 GOOD THINGS:

- ____________________________
- ____________________________
- ____________________________

#### ENERGY LEVEL

- Low
- High

#### WATER INTAKE

#### HOW’S YOUR MOOD?

- 😊
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Assess what's really important to you and try to live your life by your beliefs, values, and top priorities. When you get a good idea of the most important activities, people and experiences in your life, you will be more inclined to choose activities that really matter and are crucial for your betterment. We then spend less time on activities that do not serve a positive purpose in our lives. This tends to increase our overall happiness and purpose in life.

<table>
<thead>
<tr>
<th>Some questions that you may ask yourself:</th>
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<tr>
<td>“What makes my life worth living?”</td>
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<tr>
<td>“What's most important to me?”</td>
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<tr>
<td>“What do I want out of life?”</td>
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</table>

How do you embrace your authentic self, even if it looks different from what others expect?

How do you remind yourself you are enough?

When do you feel happiest in your own skin?

What is a challenge you’ve had to overcome and how did you do that?

“Self knowledge is the beginning of self improvement.” – Baltasar Gracian
Thrive Week 11
Knowledge Grab

GRIT

"Grit is a positive character trait based on an individual's passion for a particular long-term goal or end state, coupled with powerful motivation to achieve this objective. It is the passion and persistence to endure setbacks, disappointments and outright losses with the strength and mental toughness to bounce back and flourish.” – Robert Jerus

GUTS

- Courage
- Determination
- Toughness of character
- Pluk, spirit, boldness
- Foritude/backbone
- Overcoming fear

RESILIENCY

- Bounce back
- Overcoming adversity and hardship
- Recover and reinvigorate
- Hardness

INTENSITY

- Focus/concentration
- Drive
- Fierceness
- Determination
- Strength
- Ardency/passion

TENACITY

- Perseverence/persistence
- Tireless purpose
- Resolution/commitment
- Follow through

Week 11 Challenge
Take the Grit Scale Quiz and watch 3 short videos.

Grit Quiz
Grit Videos

Week 11 Goal:
By the end of this week, I will…
WEEK 11 PLANNER

DATE

3 GOOD THINGS:

ENERGY LEVEL

WATER INTAKE

HOW’S YOUR MOOD?

WEEKEND

WEEK 11 HABIT TRACKER

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Weekly Resources

Fixed vs Growth Mindset

Fixed vs Growth Mindset
Week 12 Challenge
Complete the “Eight Cs of self” visualization exercise on the following pages.

The Eight Cs of Self - Richard Schwartz, Ph.D.
There are many ways to describe self. The 8 Cs are a way for you to recognize when self-energy is present.

- Calmness
- Compassion
- Courage
- Curiosity
- Confidence
- Clarity
- Creativity
- Connectedness

What is Self? - Loch Kelly, M, Divm LCSW
Self has been the most revered human dimension in most cultures and contemplative traditions throughout history. Self is described as a connection to something greater than me and also being who I am. Self has been called being, true nature, nature of mind, sacred heart, unity consciousness, no-self, unchanging essence, open-hearted awareness and ordinary mind.

Self has often associated with religious traditions and called “spiritual.” However, self can be simply understood as the subllest essential foundation of our human consciousness, which we all share, regardless of beliefs. Neuroscience has begun to report the positive results of shifting into and remaining as self. Self can be considered part of our common human being lineage.

What is Self?
– Loch Kelly, M, Divm LCSW
The Eight C's of Self – Richard Schwartz, Ph.D.
WEEK 12 PLANNER

DATE

MONDAY

3 GOOD THINGS:

TUESDAY

ENERGY LEVEL

WEDNESDAY

Low

High

THURSDAY

WATER INTAKE

FRIDAY

HOW’S YOUR MOOD?

WEEKEND

WEEK 12 HABIT TRACKER

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Weekly Resources

- Heart Meditation
- What is Self?
- The 8 C's of Self
The Eight Cs of Self Visualization Activity

Think about a time that you have embodied each of these qualities and represent it in a drawing. As you are drawing consider how you felt in those moments, what thoughts/emotions/sensations you experienced. With practice, you will be more aware of when you are experiencing self-energy in the future, as well as how to engage self-energy more readily.

- Calmness
- Courage
- Compassion
- Confidence
- Creativity
- Connectedness
- Clarity
- Curiosity
Thrive Week 13
Knowledge Grab

Wholehearted Living – Brené Brown

“Wholehearted living is about engaging in our lives from a place of worthiness. It means cultivating the courage, compassion, and connection to wake up in the morning and think, no matter what gets done and how much is left undone, I am enough. It’s going to bed at night thinking, yes, I am imperfect and vulnerable and sometimes afraid, but that doesn’t change the truth that I am also brave and worthy of love and belonging.”

10 GUIDEPOSTS FOR WHOLEHEARTED LIVING

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<th>Letting Go Of:</th>
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<td>What People Think</td>
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<td>Self-Compassion</td>
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<td>Numbing &amp; Powerlessness</td>
<td>Resilient Spirit</td>
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<td>Scarcity &amp; Fear of the Dark</td>
<td>Gratitude</td>
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<td>The Need for Certainty</td>
<td>Intuition/Trusting Faith</td>
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<td>Creativity</td>
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<td>Play &amp; Rest</td>
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<td>Anxiety as a Lifestyle</td>
<td>Calm &amp; Stillness</td>
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<tr>
<td>Self-Doubt &amp; “Supposed to”</td>
<td>Meaningful Work</td>
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<tr>
<td>Being Cool, always in Control</td>
<td>Laughter, Song, &amp; Dance</td>
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My Ideal Day

Describe an ideal day — not the one you’d have if you were rich and famous, but one you could have some Saturday or Tuesday. What day of the week would that day fall on? What would you do, see, eat, read, watch etc...? What’s one thing you could do to help you achieve this ideal day?

Week 13 Challenge

Take the Wholehearted Inventory. Practice 1 of the 10 Guideposts.

Week 13 Goal:

By the end of this week, I will...

“So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.”

– Christopher Reeve
WEEK 13 PLANNER

DATE

MONDAY

3 GOOD THINGS:

TUESDAY

ENERGY LEVEL

WEDNESDAY

Low

High

THURSDAY

WATER INTAKE

FRIDAY

HOW’S YOUR MOOD?

WEEKEND

WEEK 13 HABIT TRACKER

Habit

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Weekly Resources

Brene Brown Video

Perfectionism Workbook
Empathy

Empathy in Action

☐ Eye contact and open body posture
☐ Minimal encouragers like “mhm” or “go on”
☐ Listening to the content without interruption
☐ Tuning into emotions
☐ Avoid focusing on what you will say next
☐ Taking on the perspective of the speaker

“The great gift of human beings is that we have that power of empathy; we can all sense a mysterious connection to each other.”

– Meryl Streep

Developed by the Empathy Training Project EmpathyTrainingProject.org

Helpful actions toward others, as well as yourself, can be beneficial to your mental wellbeing. By giving back and helping others, it can help us to feel better about ourselves in the process.

Make a Difference

- Observing emotional states in others by paying attention to “communication clues”
- Actively listening to others in an effort to understand their experience
- Responding appropriately to a person through acts of compassion
- Trying to find parallels in your own life experience that will help you identify with someone’s perspective
- Sharing in someone’s feelings by “walking in their shoes”
6 Simple Steps for Building a Culture of Compassion

1) Microcompassions - Actions to help someone’s light shine brighter.

2) Smiling - Just smile. Say hello.

3) Compliments - “Your shoes are cool.” “I always appreciate seeing you.”

4) Inclusion - In a meeting we often hear only a few voices, while others remain quiet. We can bring the quiet ones into the fold.

5) Listening - Just listen, with the intention of deeply understanding the other person.

6) Curiosity - What question can you ask that will light someone up? Get curious.

Excerpted from *The Full Body Yes* by Scott Shute.

We cannot pretend to know what will make a situation better for someone. It is always important to ask.

Week 14 Challenge
Practice one of the 6 Steps for Building Compassion each day this week.

Random Acts of Kindness

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“The highest form of wisdom is kindness.”
- The Talmud

What I learned by being kind today:

Week 14 Goal:
By the end of this week, I will…
WEEK 14 PLANNER

DATE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

3 GOOD THINGS:

ENERGY LEVEL

Low

High

WATER INTAKE

HOW’S YOUR MOOD?

Weekly Resources

Scott Shute
Book

Mindful Guide
for Compassion

How to be
More Empathic
The Gifts of Sensitivity

The society we live in often stigmatizes and places little value in emotional sensitivity and expression. This often leaves sensitive people feeling pathological, insecure and leads to higher instances of mental health disorders. According to Dr. Elaine Aron, Jenn Granneman and Andre Solo, as much as 30% of the population share the trait of being “highly sensitive,” a temperament trait that causes us to absorb the emotions of other people. An argument can be made that sensitivity can be a superpower.

Superpowers of the Highly Sensitive Person:
- Deeper level of empathy and compassion
- Greater connection with others
- Greater levels of creativity, depth of processing and emotion.

Week 15 Challenge

Consider the following questions posed by Glennon Doyle:
- What are you most sensitive about?
- Who are some of the most sensitive people in your life?
- What are some gifts that sensitive people bring to your life, relationships, and world?
- What gifts does your sensitivity bring to your life, relationships, and the world?

To be sensitive is a superpower.

"The opposite of sensitive is not brave. It’s not brave to refuse to pay attention, refuse to notice, to refuse to feel and know and imagine. The opposite of sensitive is insensitive, and that’s no badge of honor. In most cultures, folks that are sensitive are identified early, set apart, and considered eccentric but critical to the survival of the group. They are able to hear and see things others don’t see, and feel things others don’t feel. The culture depends on the sensitivity of a few, because nothing can be healed if it’s not sensed first.”

- Glennon Doyle

SELF-COMPASSION CHECKLIST

Consider the following and as you do, remember that progress is gradual and non-linear.

- Today when I was struggling, I responded to my feelings with curiosity and openness.
- I was loving toward myself today.
- Compassion was something I needed today.
- I was compassionate towards myself today.
- Today I considered my negative feelings/experiences as part of the human condition.
- I took a balanced approach to my emotions today.
- Today when I made a mistake I judged myself harshly.
- Today I allowed myself to get swept up in the negative emotions.
- Today I focused heavily on the parts of my life that I don’t like.
- Today I was able to accept my shortcomings without mercilessly criticizing myself.

Make Space for

- Being Yourself
- Making Mistakes
- Feeling Your Feelings
- Believing Yourself
- Being Imperfect
- Learning From The Past

Thrive Week 15

Knowledge Grab

For more information on practicing self-compassion: https://self-compassion.org/
WEEK 15 PLANNER

DATE

WEEKEND

MONDAY

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

3 GOOD THINGS:

ENERGY LEVEL

LOW

HIGH

WATER INTAKE

HOW’S YOUR MOOD?

Weekly Resources

Superpowers of Sensitive People

Highly Sensitive Person

Glennon Doyle Untamed
Little Things That Made This Semester Memorable

How did you spend your time this semester?

How will you improve next semester?

What new knowledge did you gain?
Your Favorite Quotes This Semester

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WRITE DOWN YOUR RANDOM THOUGHTS

DATE

NEXT SEMESTER'S TOP THREE PRIORITIES

FIRST

SECOND

THIRD