

mindset & motivation

for the quarter

What would make this quarter great?

What is my motivation or inspiration?

What do I want to achieve this quarter?

What will help me reach my goals?

My affirmations:

Rate Your Current:

- _____
- _____
- _____
- _____
- _____

Personal Growth: 1 2 3 4 5 6 7 8 9 10

Relationships: 1 2 3 4 5 6 7 8 9 10

Financials: 1 2 3 4 5 6 7 8 9 10

Academics: 1 2 3 4 5 6 7 8 9 10

Self Care: 1 2 3 4 5 6 7 8 9 10

reflection & review

for the quarter

How was my quarter?

What challenges did I encounter?

How did I succeed?

What did I learn?

*What are 5 things that make
me feel grateful?*

-
-
-
-
-

Rate This Quarter's:

Personal Growth: 1 2 3 4 5 6 7 8 9 10

Relationships: 1 2 3 4 5 6 7 8 9 10

Financials: 1 2 3 4 5 6 7 8 9 10

Academics: 1 2 3 4 5 6 7 8 9 10

Self Care: 1 2 3 4 5 6 7 8 9 10

class organizer

Class 1:

Professor:	Days: M T W TH F
Email:	Times:
Office number:	Location:
Office hours:	Required text:
What requirement(s) does this fulfill:	Other info:

Class 2:

Professor:	Days: M T W TH F
Email:	Times:
Office number:	Location:
Office hours:	Required text:
What requirement(s) does this fulfill:	Other info:

Class 3:

Professor:	Days: M T W TH F
Email:	Times:
Office number:	Location:
Office hours:	Required text:
What requirement(s) does this fulfill:	Other info:

class organizer

Class 4:

Professor:	Days: M T W TH F
Email:	Times:
Office number:	Location:
Office hours:	Required text:
What requirement(s) does this fulfill:	Other info:

Class 5:

Professor:	Days: M T W TH F
Email:	Times:
Office number:	Location:
Office hours:	Required text:
What requirement(s) does this fulfill:	Other info:

Class 6:

Professor:	Days: M T W TH F
Email:	Times:
Office number:	Location:
Office hours:	Required text:
What requirement(s) does this fulfill:	Other info:

Time:

[illegible]

Month: _____

This image shows a full page of dot grid paper. The dots are arranged in a precise, repeating pattern across the entire surface, forming a grid that is useful for writing, drawing, or planning. The dots are small and dark, set against a plain white background.

[illegible]

Thursday

Friday

Saturday

Sunday

Am I quoting that appropriately? Review tips and advice from CWU Libraries for avoiding plagiarism. Scan the QR code for more info.



my week

from: __ / __ / __ to: __ / __ / __

Events & Appointments:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

Assignments Due This Week:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

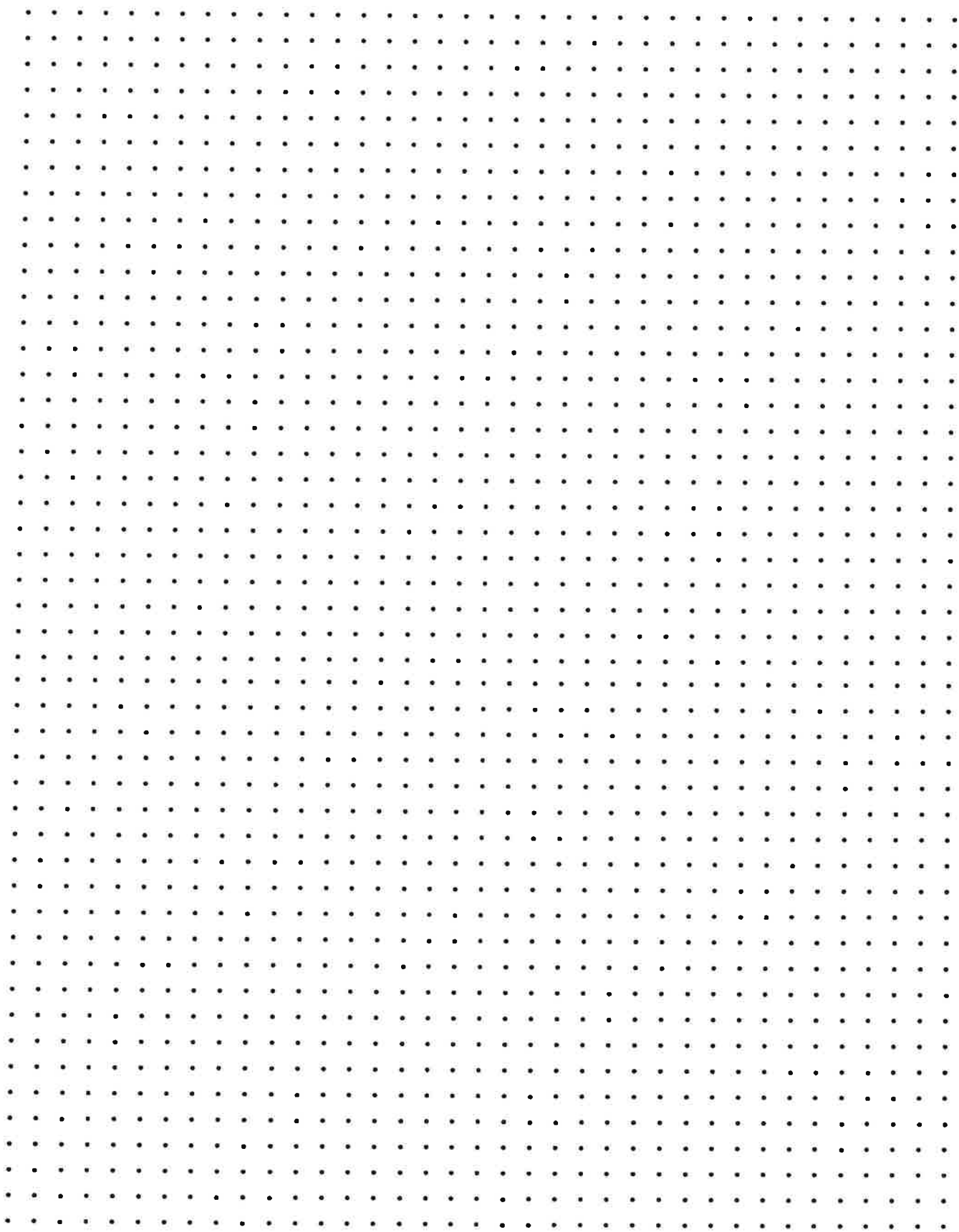
Saturday:

Sunday:

Wildcat Pantry: The Wildcat Pantry in Brooks Library is a free resource for CWU students, faculty, and staff to access food and hygiene products. All you need is your connection card!



Notes:



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
6 am	6 am	6 am	6 am
7 am	7 am	7 am	7 am
8 am	8 am	8 am	8 am
9 am	9 am	9 am	9 am
10 am	10 am	10 am	10 am
11 am	11 am	11 am	11 am
12 pm	12 pm	12 pm	12 pm
1 pm	1 pm	1 pm	1 pm
2 pm	2 pm	2 pm	2 pm
3 pm	3 pm	3 pm	3 pm
4 pm	4 pm	4 pm	4 pm
5 pm	5 pm	5 pm	5 pm
6 pm	6 pm	6 pm	6 pm
7 pm	7 pm	7 pm	7 pm
8 pm	8 pm	8 pm	8 pm
9 pm	9 pm	9 pm	9 pm
10 pm	10 pm	10 pm	10 pm
11 pm	11 pm	11 pm	11 pm

Friday	Saturday	Sunday	Notes:
6 am	6 am	6 am	
7 am	7 am	7 am	
8 am	8 am	8 am	
9 am	9 am	9 am	
10 am	10 am	10 am	
11 am	11 am	11 am	
12 pm	12 pm	12 pm	
1 pm	1 pm	1 pm	
2 pm	2 pm	2 pm	
3 pm	3 pm	3 pm	
4 pm	4 pm	4 pm	
5 pm	5 pm	5 pm	
6 pm	6 pm	6 pm	
7 pm	7 pm	7 pm	
8 pm	8 pm	8 pm	
9 pm	9 pm	9 pm	
10 pm	10 pm	10 pm	
11 pm	11 pm	11 pm	