

DAILY PRACTICE SCHEDULE

TO DO LIST

Write your to do list each day:

Hocus, pocus, focus!
I think I can. I know I can.
Miss Donna



GOAL SETTING PAGE

TASK

Choose one item from your list and make it a task.

What is the project?

What is one goal from the project?

What is the task? How much time? How many times?

How do you know you've completed the task?

How will you celebrate?

