



Homework Doc's Set Your Intentions Planning Book

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by

Victoria Olivadoti

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***To Have a Great Year-
Begin Before it Starts***

Step One:

Visualize What You Want

Step Two:

Identify Prior Challenges

Step Three:

Set Your Intention to Replace Prior Behavior

(If what you did didn't get you what you wanted, it isn't going to get you what you want this year).



Step Four:

Assess Progress Regularly

Step Five:

Make Adjustments as Challenges Arise

Step Six:

**Be Sure to Change the Behavior if it
Doesn't Work.**

Ready? Use these following forms to organize your plan for a successful day, week, month, and semester.



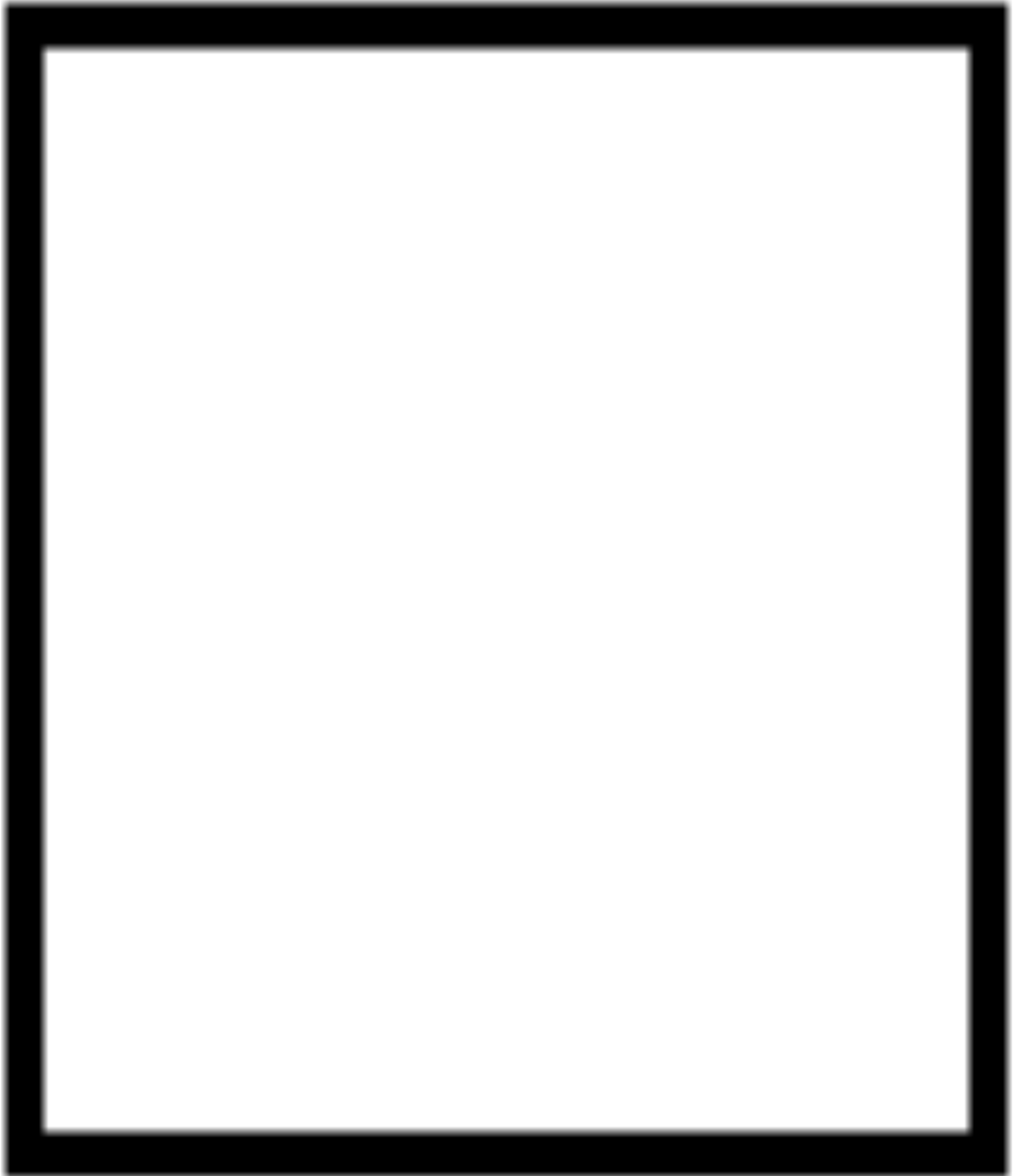
Step 1: Visualize

- Close your eyes
- See yourself opening the mailbox or email to reveal your first semester report card.
- Visualize what you would like to see on the report card. Do you see letter grades? What comments did the teacher write on this report card?
- Record what you saw in your mind in the box below. *These should be the best grades you could ever ask for. Do not hold back. You are capable of achieving grades you have never received before using The Homework Doc's strategies.*



- **Then record the comments that were written about your performance in the second box.**

These are comments you want to see. They need to be positive descriptions of behavior the teacher saw in you that made him/her give you good grades you visualized.



Again, dream big. See great comments.



Step Two:

Identify Prior Challenges

- **Make a list of challenges you experienced in the past.** *These may have been related to poor planning, over use of devices, avoidance of hard assignments, talking too much, or anything a teacher might have disciplined you for.*

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- ---
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- ---

If you need more room use another piece of paper. The more challenges you can remember the better chance one has of being successful.



Step Three:

Set Your Intention to Replace Prior Behavior

- Using your list on the prior page, describe a new behavior to replace the past behavior.

If in the past, waiting to the last minute to study for tests was a problem, replace it by describing exactly what behavior will take its place.

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Old Behavior: “I waited to the last minute to study

New Behavior: I will make note cards as soon as information is given to me, then I will review it nightly for a few minutes. I will make sure I have someone test me every few days.

Old Behavior: “I forgot my homework on the kitchen table.”

New Behavior: “I will be sure to put my homework in a homework folder and put it in the my backpack as soon as I finish it,

New Behavior:

- _____

- _____

- _____

- _____

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- _____

- _____

- _____

- _____

Place this list on the mirror where you will see it when you get ready in the morning. Read it before you go to bed and before you go to school.



Step Four:

Assess Progress Regularly

- Assess your success daily using the form below:

1. What was great about your day?

2. How did your behavior plan work out?

3. Which behaviors did not work or were not helpful?

4. Create another plan and try something different to get the results you want.



5. Did you experience any challenges you didn't expect? What were they?

6. Decide on a new behavior that will help you solve the challenge.

7. Add the changes and new behaviors to your list.

Step Five:

Make Adjustments as Challenges Arise

Step Six:

Be Sure to Change the Behavior if it Doesn't Work.

Once you are seeing consistent improvement on a daily, you can start reviewing your performance weekly. Be consistent and you will receive the reward of the report card you visualized.