

NEXT ACTIONS LIST

Role: College Success Goal: A	Role: English 101 Goal: A	Role: Sociology 101 Goal: A	Role: Mathematics 103 Goal: A	Role: Self-Nurturer Goal: Weigh 158 lbs
Do Journal 13	Revise essay 2	Start a study group	Study for quiz	Exercise 30 minutes
Choose project	Study fragments p74-87	Read text pp 58-89	Make appointment w/ tutor	Take health class
Put assignments on calendar	Go to writing lab		Do problems in Ch. 5	Record what I eat
	Write intro for essay 3			

Role: Employee Goal: New Job	Miscellaneous Actions	Telephone Calls & E-Mails
Check Craig's List	Buy groceries	Call Patti about ride to campus
Revise resume'	Get virus protection for laptop	Email Prof. Murphy about missed homework
Ask Dr. Chang for rec.	Ask John for ride to pick up car at shop	Call home
	Do laundry	
	Say my affirmation	

