

G	O	A	L	S
Wall/Desk Calendar	Follow class syllabus	Notes/Tabs on computer	Study Group	Reminders/alarms on phone
Meetings with professor/supervisor	Top 3 goals of the day	Speak to someone	Google Calendar	Stopwatch/timer
To-do Lists	Weekly/Monthly Planner	FREE	Labels/Color Code/Highlight	Prioritizing tasks by importance
Prioritizing tasks by time	The panic monster	Reflection Journal	Prioritizing tasks by deadline	Self-Affirmations
Phone App (describe which app)	Make use of the word no	Sticky notes/note cards	[Insert idea here]	Notes on phone

G	O	A	L	S
Weekly/Monthly Planner	Google Calendar	Study Group	Meetings with professor/supervisor	Speak to someone
Notes/Tabs on computer	[Insert idea here]	Reminders/alarms on phone	Make use of the word no	Stopwatch/timer
Prioritizing tasks by time	Labels/Color Code/Highlight	FREE	Prioritizing tasks by importance	Follow class syllabus
Prioritizing tasks by deadline	Sticky notes/note cards	Wall/Desk Calendar	Notes on phone	The panic monster
Reflection Journal	Self-Affirmations	To-do Lists	Top 3 goals of the day	Phone App (describe which app)

G	O	A	L	S
Make use of the word no	Sticky notes/note cards	Google Calendar	Self-Affirmations	Labels/Color Code/Highlight
Wall/Desk Calendar	Prioritizing tasks by time	Reflection Journal	Top 3 goals of the day	Reminders/alarms on phone
To-do Lists	Notes on phone	FREE	The panic monster	Prioritizing tasks by deadline
Weekly/Monthly Planner	Stopwatch/timer	Study Group	[Insert idea here]	Notes/Tabs on computer
Prioritizing tasks by importance	Follow class syllabus	Speak to someone	Meetings with professor/supervisor	Phone App (describe which app)