

Name:  
Section:



Date:  
Score:

## Academic Goal of the Week

In five words or fewer, write down your academic goal for this week. Here are some examples:

- Turn everything in on time.
- Limit distractions.
- Complete my history project.



The purpose of this task is for you to find your focus. In a world full of clutter and distractions, it is easy to feel confused and stressed. By decluttering our language and seeing life simply - we can find the clarity needed to pursue meaningful goals.

So once again, you need to write down your academic goal for this week in five words or fewer.

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