



UGYG

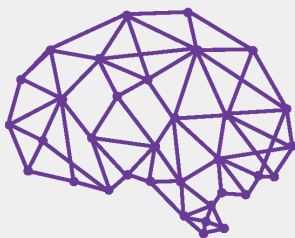
Momentum

UpgrAde Your GrAdes, Group Program
with SethPerler.com

Jumpstart Bootcamp (4/6): **SSS**

Here are the details you need NOW:

- SSS = Sacred Study Space
- New UGYG next-level lessons, plagiarism
- Q&A about how Momentum works? Suggestions?
- Q& A from Planners, Folders, Digital Systems? By now you should...
- Chat - which paper management of the 4 did you choose? 1-10 how is it going?
- About Watch Parties
- Stage Breath x 10, ALWAYS available to you as a tool.
- Today, SSS, Advocacy, SNO
- Have fun with each other. Keep it light but focused.
- Momentum is A LOT, but trust me, it works, keep moving. Don't worry about perfection, worry about **patient persistence**.



3 mindsets to keep:

1: How do people resist SSS? Don't go through all drawers, piles, etc. Don't deal with distractions seriously. I can't because there is no place to... Don't have a clear, open, clean space to spread out. Don't monotask. Don't do it right the first time "no, I don't need to do that

now, I'll get to it later". Resistant to expanding threshold of focus, think

they need electronics, not realistic about attention residue.

2: Remember why you are here, A to B, Educare for you!

3: It's not magic. No shortcuts. No quick fix. Persistent, patient baby steps & micro successes lead to BIG change. I've got this!

Jumpstart Bootcamp (4/6): SSS, overview:

- Messy space = messy mind. Clear space = clear head.
- **Goal:** Create a great SSS that minimizes distractions and optimizes focus, concentration, sustained attention, actual study.
- **Why:** Organizing is key. Otherwise, we have PILES, it gets overwhelming, and we can't accomplish goals and there are consequences (late fees, miss out on opportunities). My students LOVE to feel organized, it's a relief.
- **11:00 am MST:** Check your inbox and click on the Zoom link from me. We'll have a 30 Minute live Zoom session with the group of parents and students.
- **11:45 am MST, Massive Action:** Use the checklist below

SSS SACRED STUDY SPACE: Recommended Action Checklist

Directions: First, take the actions in order. Don't overthink it, just try it. Next, write down what time you finished the action so you can see how long things actually take. Jot any notes if you want. Connect positively for a minute to debrief. Take a break. Finally, be on time on zoom for the next Bootcamp session. See the checklist on the next page.



SSS SACRED STUDY SPACE: Action Checklist

TIME DONE	ACTION	NOTES
	Make a list of what you need and get it (this may not happen today, especially if you order it online)	
	Label everything CLEARLY with a sharpie, sticker, etc.	
	Overhaul area meticulously: Make “homes” for everything	
	Make catch-all homes for things	
	Use the 2 PDF’s from SSS in UGYG, M2L7. Watch the lessons there too	
	By the end of the day, you should have a clean, functional area, where you can hunker down and get stuff done like never before	
	The trick to studying is that there is no trick. It takes real effort and there are real rewards	
