



UGYG

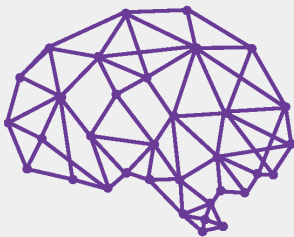
*Momentum*

UpgrAde Your GrAdes, Group Program  
with SethPerler.com

## Jumpstart Bootcamp (6/6): **SNO**

### Here are the details you need **NOW**:

- SNO = Sunday Night Overhaul
- Q& A from earlier?
  - Chat - How resistant are you to proactively advocating for yourself 1-10? Why?
- 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**.
- 2 Stage Breath x 10, again. It's ALWAYS available to you as a tool for regulation.



### **3 mindsets to keep:**

- 1:** Know the problem: Resistance. How might we resist the SNO? I don't need to. Everything is in order. I'm sure of it. I'll do it next week. Cutting corners is overhauling systems and missing details.
- 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 (6/6): SNO, overview:

- **Goal:** Build the critical habit of maintaining systems, leave no stone unturned.
  - **Why:** This is one of the most important habits you will ever build because it helps you develop key systems that you will LITERALLY use for a lifetime, and the more you personalize/Frankenstudy them to your needs, the more choices, opportunities, possibilities, freedom, fun, and satisfaction you will have in life.
  - **3:00 pm 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.
  - **3:30 pm MST, Massive Action:** Use the checklist below.
  - **Tonight:** Celebrate, connect, relax, don't talk about this stuff unless you want to.
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## SNO: 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.

- **NOTE:** See SNO lessons in UGYG, M3L8 and print the PDF that is with it.
- **NOTE:** I do not always go in this order because my students use the daily plan and build habits well.
- **NOTE:** When you do this weekly, it goes faster!



## SNO, Sunday Night Overhaul: Action Checklist

TIME DONE	ACTION	NOTES
	Backpack overhaul	
	Papers overhaul (often part of the backpack)	
	Tidy SSS well	
	Update planner thoroughly and wall calendar	
	Check grade details thoroughly and maturely take note of items that need your attention (missings, 0's, low grades, patterns, etc.)	
	Check teacher portals exhaustively	
	Advocate via email to get help/support	
	Deal with inbox maturely	
	Do makeup work	
	Seriously, be proud of yourself for this level of detail which is not intuitive for you	
	BONUS: Sit in stillness for 3 minutes with a timer	

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