

## NEXT ACTIONS LIST (SAMPLE)

<b>Role: Search</b>	<b>Role: FYWS</b>	<b>Role: PSY 150</b>	<b>Role: PSY 211</b>	<b>Role: Self-Nurture</b>
<b>Goal: A</b>	<b>Goal: A</b>	<b>Goal: A</b>	<b>Goal: B</b>	<b>Goal: Lose 6 pounds.</b>
Brainstorm ideas for essay 1.	Revise essay 2.	Start a study group.	Study for Friday's quiz.	Yoga TH night.
Read text 45-100.	Go to writing center.	Read text 58-89	Do problems in Ch. 2.	Exercise 30 minutes/day with Ruth this week.
Organize notes into outlines.	Write intro for essay 3.	Organize notes into a chart.	Review last two weeks problems.	Use my fitness pal food journal each day this week.
Review notes and readings for midterm. Quiz self.		Quiz self over last two chapters.	Go see tutor Wed night.	

<b>Role: Employee</b> <b>Goal: Find a New Job</b>	<b>Miscellaneous Actions</b>	<b>Extracurricular Activities</b>
Revise resume.	Buy groceries.	Sorority Meeting Mon night.
Ask Ms. Campbell for a reference.	Get virus protection for laptop.	Ask girl in PSY about joining triathlon club.
Apply to 3 jobs.	Do laundry.	Go see career services about internship process for next year.
	Ask John for a ride to pick up car at shop.	