**Three Daily Goals**

**How does it help students?**

* **Focus**
* **Attention**
* **Getting in tune with thoughts and feelings on the task at hand**
* **Learning how to set a goal**

**What will we need?**

* **0**

**How do we do it?**

* **At the start of the day, instruct your class to set 3 goals for the day**

**Additional Notes:**

**Reference: https://www.developgoodhabits.com**