<u>The Beginnings of Success</u> <u>Weekly Report Fourteen 12/04/17-12/10/17</u>

Week fourteen was an accomplishing week. A lot of work was caught up in this week, so it was helpful and exciting. Instead of sitting down and procrastinating and wasting class time, sitting down and getting to work and not stopping can be very helpful. These accomplishments included getting the digital and physical portfolio up to date, completing an assessment, beginning the original work and preparing for the conference with Mr. Speice.

Along with these accomplishments came the accomplishment of not procrastinating. This week was one of the first weeks when I was on top of the assignments and did not wait until the last minute to do them. Not only were they done in advance, but they were done during extra time in class instead of sitting around and waiting for class to end. This week is one of the first weeks this has happened. Hopefully this motivation will continue in the coming weeks of ISM.

One of the most important of these accomplishments was beginning the original work. The original work, creating a treatment plan, seems like a lot of impossible work, but now that it has been started, it seems much easier. Sitting down and coming up with goals, even if it is only some, helps to break down the original work and show that it is possible. This helps calm the anxiety of the creating a treatment plan a lot and makes it seem possible, which increases the motivation to work on it. While the treatment plan no longer seems impossible, it also seems like a lot more research, which will need to begin as soon as possible.