Example Daily Writing Boot Camp Notebook Entries

* Example - Sarah Kiefer

Day 1 – Monday, January 13

- **Bare Minimum Goal:**
  Read and take notes on 5 peer reviewed articles related to my literature review.

- **Reasonable Goal:**
  Read and take notes on 10 peer reviewed articles related to my literature review.

- **Rock Star Goal:**
  Read and take notes on 15 peer reviewed articles related to my literature review.

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<tr>
<td>10am</td>
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- **How did you do?** Share your self-assessment of goal achievement and other notes.
  I overestimated what I could do in this timeframe. I only read and took notes on 2 articles, but they were meaty pieces and I expect them to be the foundation for the review. Tomorrow should be easier.

- **Comments from others... include your name with your comment!**
  The value in writing the goals is that it helps us be more realistic regarding what we can do in a given time frame. Don’t beat yourself up. Adapt your expectations. See you tomorrow! - Bob

* Example - Bob Smith

Day 1 – Monday, January 13

- **Bare Minimum Goal:**
  List the ideas that have been floating around in my head all break.

- **Reasonable Goal:**
  List the ideas and write a paragraph about each.

- **Rock Star Goal:**
  List the ideas, write a paragraph about each, and prioritize two to three ideas to write about tomorrow.

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- **How did you do?** Share your self-assessment of goal achievement and other notes.
  I hit my rock star goal. I've thought about these ideas a lot and I lowered my anxiety to put them to paper.

- **Comments from others... include your name with your comment!**
  Congrats, Rock Star Bob! It's important to take the time to put thoughts to paper. The anxiety-lowering is a real plus. - Suzanne

* Example - Suzanne Somers

Day 1 – Monday, January 13

- **Bare Minimum Goal:**
  Write 750 words.

- **Reasonable Goal:**
  Write 1000 words.

- **Rock Star Goal:**
  Write 1250 words.

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- **How did you do?** Share your self-assessment of goal achievement and other notes.
  I wrote just over 1000 words.

- **Comments from others... include your name with your comment!**
  Way to go Suzanne! I'm impressed with your ability to predict and meet your goal. Inspiring! - Sarah

Example Overarching Goals

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<tr>
<th>Name</th>
<th>Overarching Goal</th>
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<tbody>
<tr>
<td>Sarah Kiefer</td>
<td>My overarching goal this semester is to complete the literature review and finalizing the other supporting materials for a grant proposal I will be submitting to NSF on biofuels.</td>
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<tr>
<td>Bob Smith</td>
<td>My overarching goal is to freewrite to work through various ideas I have for my next novel; then I want to prioritize which of the ideas I will focus on this semester; finally, I will schedule my writing for the semester.</td>
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<td>Suzanne Somers</td>
<td>I will write 1,000 words per day on my book. In the book, I examine the relationship between climate change and migration.</td>
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