

Extracurricular & Leadership Planner

A one-page worksheet to pick a focus, define outcomes, and track proof.

Goal

Build a small set of activities with measurable outcomes (direction → contribution → follow-through).

10-minute self-audit

- Impact: Did something change because you showed up?
- Ownership: Did you own a process, deliverable, or result?
- Duration: Did you stay long enough to build skill and trust?
- Selectivity (when relevant): Did you earn your spot or compete for it?
- Evidence: Can you prove it with numbers, outcomes, or a concrete artifact?

Your plan (fill in)

Theme (1–2)

Theme #1

Theme #2

Time reality

Hours/week I can sustain

What I'm saying "no" to

8-week outcome sprint

Define one shippable outcome you can point to in your application.

Outcome / deliverable

Metric (how you'll measure it)

Evidence (screenshots, numbers, links, letters)