

Making a Strong, Kind Plan

Circle the most correct statement on each line:

- I am more motivated by penalties/ rewards
- If I make a plan I stick to it/ avoid it
- If I am accountable to other people it motivates me/ demotivates me
- If I join a group or class it makes me more/ less likely to succeed.

Taking your time, create your plan including any motivating tools you choose. This can be in any form that works for you, and that can be different for each goal.

My Plan

