



Name _____ Date _____

List a Goal:	What are some things I can do to help me reach my goal?	What are some challenges I might have reaching this goal?	What strategies could I use to help me with my perseverance?
<p>1. EXAMPLE: _____</p> <p>I want to wake up early on the _____</p> <p>weekends. _____</p> <p>_____</p>	<p>-Make sure my alarm is set at night before I go to bed. _____</p> <p>-Keep my curtains open at night so the sun brightens the room. _____</p> <p>-Ask my mom to check on me when she wakes up. _____</p> <p>-Do not stay up really late. _____</p>	<p>-I like to stay up late. _____</p> <p>-I sometimes forget to set my alarm. _____</p> <p>-I really like sleeping in on the weekends. _____</p>	<p>-Set a reminder on my phone to set an alarm for bed. _____</p> <p>-Go to bed at the same time every night. _____</p> <p>-Remind myself how good I feel when I wake up early. _____</p> <p>-Tell myself at night that I want to wake up early. _____</p> <p>-Celebrate the next morning when I have gone to bed early. _____</p>
<p>2. _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

3.			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Create Motivational Posters for our classroom!

