

Worksheet A

Activity:

What is the goal?

Briefly, what might the plan be to achieve this goal?

- 1.
- 2.
- 3.
- 4.

What strategies might be used to be successful?

What errors/mistakes might be made?

How will you know when the goal is done?

What skills got challenged the most?

- Attention
- Persistence
- Staying calm
- Impulse control

Give an example of why?

For yourself or someone you know, where would this have fallen apart?