Mental Contrasting

Duckworth’s: If Then Goals

Mental Contrasting

If—Then Goals for Me

|  |  |
| --- | --- |
| Major Goal: | Description of Goal: |
| If I want… | Then I must… |
| Minor Goal: | Description of Goal: |
| If I want… | Then I must… |

Mental Contrasting

If—Then Goals for My Parents

|  |  |
| --- | --- |
| Major Goal: | Description of Goal: |
| If I want… | Then I must… |
| Minor Goal: | Description of Goal: |
| If I want… | Then I must… |