Self-Regulation Strategies

Where and When

|  |  |
| --- | --- |
| Major Project: | Description of Project: |
| Where: | When: |
| Minor Project: | Description of Project: |
| Where: | When: |

Duckworth Mental Contrasting

If--Then

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