Know What to Do before You Do:

1. What will it look like when it is finished?
2. What will be your first step?
3. How will you find the answer?
4. What worked/what didn’t work last time?
5. How are you going to know what is most important?
6. How long do you think this will take?
7. What is your goal?
8. How will you continue when you are tired?

Self Talk

1. What is my plan?
2. How much time will this take me?
3. If I keep on doing this it is likely that … will happen?
4. There is always something that works
5. When I get stuck, I will \_\_\_\_\_\_\_\_\_\_\_
6. When I’m done, I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_