

MENTAL CONTRASTING AND IMPLEMENTATION INTENTIONS

What is ONE specific goal you want to accomplish in the next month?

What 3 positive outcomes will you experience if you complete that goal?

1)

2)

3)

What 3 obstacles might get in the way of you accomplishing your goal in the next month?

1)

2)

3)

If _____ happens, then I will...

FILL IN OBSTACLE #1 FROM ABOVE

If _____ happens, then I will...

FILL IN OBSTACLE #2 FROM ABOVE

If _____ happens, then I will...

FILL IN OBSTACLE #3 FROM ABOVE

VALUE AFFIRMATIONS

Circle 3 values that are most important to you.

Athletic ability

Independence

Living in the moment

Being good at art

Music

Relationships w/ family

Being smart

Politics

Religious beliefs

Creativity

Relationships w/ friends

Sense of humor

Connecting to culture

Being part of a group

Getting good grades

Rank the 3 values you circled from most to least important.

1)

2)

3)

Think about the value you listed as #1. Why exactly is that your most important value?
