

“I’m Stuck and Need Motivation NOW” Worksheet

Are you having a hard time getting started on that assignment for class? Fill out this worksheet to get you started!

What is it that you should be working on?

How long will it take you to complete this? _____

What are 3 positives that will come from completing this now?

1. _____
2. _____
3. _____

What are 3 beneficial aspects of this task? What will you enjoy about it?

1. _____
2. _____
3. _____

What are some rewards (make them reasonable!) that you could give yourself for completing this task?

1. _____
2. _____

I will get started on this task by spending _____ minutes on it. When can you set aside this time?

When is this task due? _____