“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? ____________________________