

# goalPad

Use this for daily goals or create at start of the week

Write down a big goal (complete homework assignment)

Break it into smaller tasks (research, outline, first draft)

Write down an immediate reward for completing each step (take a 5-min break; get a cookie)

Reward yourself at the end. (Watch TV, go to meet friend)

Goal

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Complete by

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Rewards

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Sub-goals

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Goal

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Rewards

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