My own reason

This page is for you. You can fill it in yourself, or tell a grown-up what to write.

Name _____ **Date** _____

The job

A job I usually don't want to do:

_____

My steps

1. I pick a job I usually don't want to do.
2. Before I start, I say why it matters to me today, in my own words.
3. If I can't think of a reason, my grown-up asks me a question or two, and I pick a reason that is really mine.

   If no reason comes, that's okay. I do the job and we try again next time, and I circle Not yet.
4. I start the job after I say my reason.
5. Afterward, my grown-up and I check. Did I say my own reason before I started?

Questions that can help me find a reason

- What does this job get me today?
- What does it keep from going wrong for me?
- Who does it help that I care about?

Name _____ Date _____

My check

Each day, write your reason, then circle one.

Day 1. My reason: _____

Did I say my own reason before I started? ○ Yes ○ Almost ○ Not yet

Day 2. My reason: _____

Did I say my own reason before I started? ○ Yes ○ Almost ○ Not yet

Day 3. My reason: _____

Did I say my own reason before I started? ○ Yes ○ Almost ○ Not yet

Day 4. My reason: _____

Did I say my own reason before I started? ○ Yes ○ Almost ○ Not yet

Day 5. My reason: _____

Did I say my own reason before I started? ○ Yes ○ Almost ○ Not yet

☐ **All done**