Motivation and long-term goals

This worksheet is optional. If you'd rather do the check out loud with your child, that works just as well.

Name _____ **Date** _____

Part 1: Set up the practice

The goal my child picked, in their words:

_____

My own wish for my child, which I will keep for another section:

_____

Part 2: The words to say

To find the goal, in a calm moment, I will ask:

"What is one goal you care about, for you?"

When my child stops, I will ask, "**Anything else?**"

Each day, I will ask:

"What is one step you can take today?"

Later that day, I will ask:

"Did you take today's step toward your goal?"

One short reminder still counts as yes, and two or more count as almost. A step that was started but not finished is also almost.

If the step was fast and easy, I will count it as a yes, and next time my child picks a slightly bigger step.

If no step happens, I will ask my child to make it smaller once. If my child can't think of a smaller step, I will offer two small ones and let my child pick. If it still doesn't happen, I will say, "That's okay. We'll try again tomorrow." The next day, we start with the smaller step.

Once a week, I will say:

"Show me what you did this week, and what you want next week's step to be."

Name _____ Date _____

Part 3: Track the check

Each day you practice, write the step, then ask the check question once everyone is calm. Circle your child's answer, then circle what you saw.

Day 1. Step: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 2. Step: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 3. Step: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 4. Step: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 5. Step: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

When your child's answer matches yours for three practice days in a row, your child starts checking on their own, and you look in now and then. If you both mark almost, that counts as a match. Three days in a row is a choice this course makes. A day with no try is skipped, not counted. Only days your child took at least part of a step count toward the three days in a row. Only a day when your answers don't match starts the count over.

Remember
A finished week is the video plus one real practice. Here, that means one daily step, checked with your child. Repeating a week is normal.

This week's note

_____

_____

_____