

EXERCISE 3-2 Thinking about "how"

HOMEWORK:

This week, ask yourself "how" in response to three situations/ideas you have. Write down the answer to the "how" question. Bring to class to discuss. *Note: Review the example to develop a better understanding of this exercise. Answers should list specific steps as to how you will approach the situation/idea.*

Example (Thought/idea):

Thought on the way home from school: "I want to join the track team".

Answer ("How" I will accomplish):

1. Talk to friends on track team about try outs.
2. Talk to coach about try outs (timing, requirements, etc.).
3. Practice and train until the try out date.

Now it's your turn:

A. Thought or idea: _____
How (to accomplish):

1. _____

2. _____

3. _____

B. Thought or idea: _____
How (to accomplish):

1. _____

2. _____

3. _____

C. Thought or idea: _____
How (to accomplish):

1. _____

2. _____

3. _____