

<b>Issue I would like to overcome</b>	<b>Flexibility</b> Having a positive mind set and being willing to make changes.	<b>Perseverance</b> Not giving up and showing determination.	<b>Problem solving</b> Using creative thinking to try new approaches.	<b>To overcome this I will...</b> Set yourself a specific, measurable target.
<b>I am finding it hard to stay motivated to do school work.</b>	I will write down how I am working at the moment and think about how it could change.	I will try not to be too negative about myself and understand this is a difficult situation.	I will ask friends for examples of how they are motivating themselves.	I will try a new approach for the next three days and see if I get more work done.
<b>1</b>				
<b>2</b>				