HANDOUT 8: STEP-BY-STEP PLAN

| GOAL | HELPFUL THOUGHT | REWARD |
|--------------------|-----------------|--------|
| 10 (ULTIMATE GOAL) | | |
| 9 | | |
| 8 | | |
| 7 | | |
| 6 | | |
| 5 | | |
| 4 | | |
| 3 | | |
| 2 | | |
| 1 (EASIEST STEP) | | |