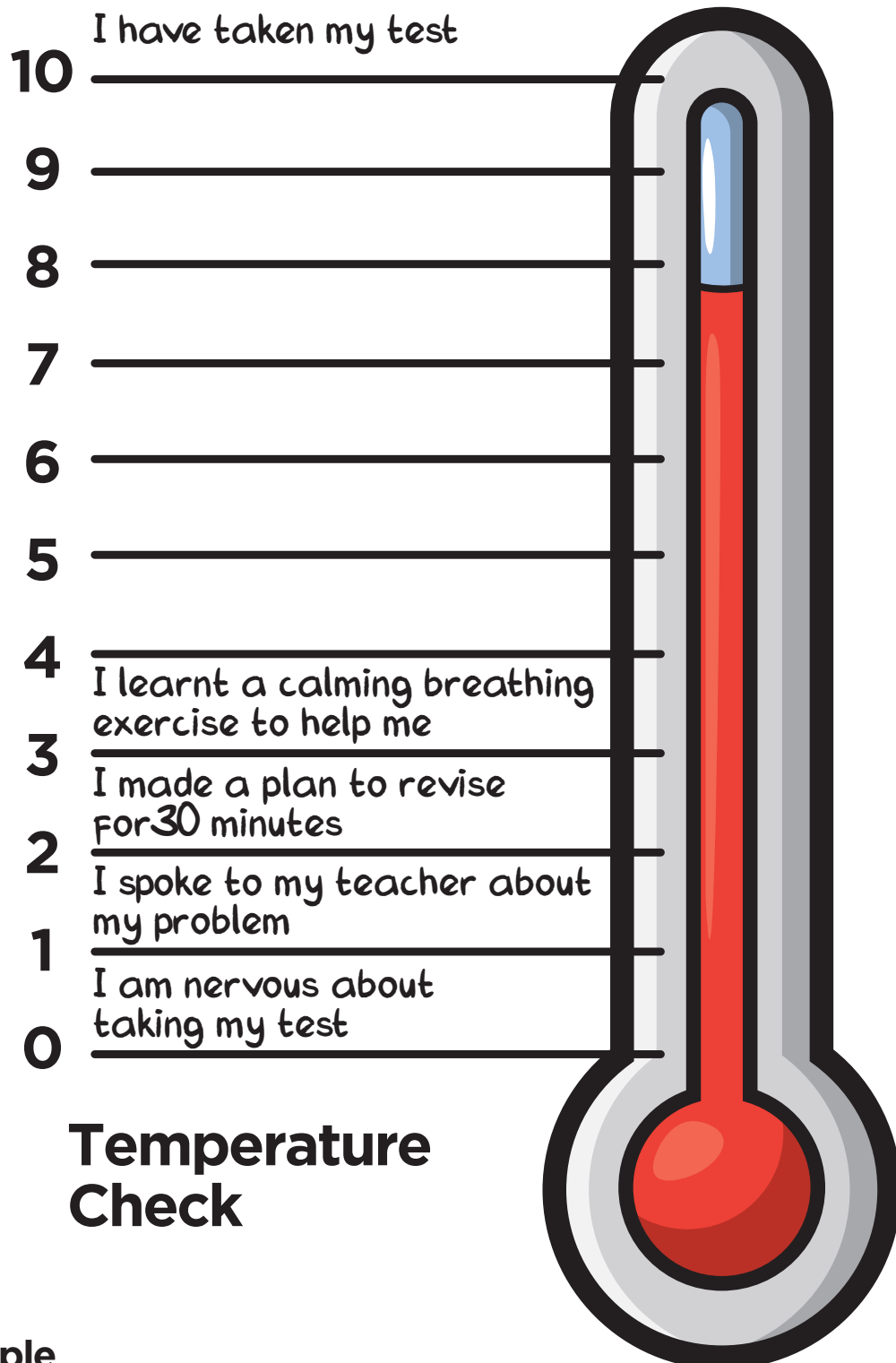


Temperature Check - Instructions

Write the problem at the bottom of the thermometer next to 0.
Now write the goal you would like to achieve at top next to 10.
Think about small steps you can take to get from 0 all the way to 10.
Write down the first step you are going to take towards your goal.
Each time you have made some progress return to activity and decide on what to do next.



Example