



Strategy Planner

Session: Motivation, Procrastination, and Goal Setting

Topic	Key Ideas	Strategy Brainstorm
<p>What is Motivation?</p> <ul style="list-style-type: none"> - Motivation and EF - Clogged Funnels 		
<p>Motivation and Laziness</p> <ul style="list-style-type: none"> - Mastery Motivation - The “Myth” of Laziness - Autonomy, Competence, and Relatedness 		
<p>Procrastination and Distraction</p> <ul style="list-style-type: none"> - Myths vs. Realities - The Procrastination Quiz - Strategies to Overcome Procrastination 		
<p>Goal Setting and Hope (and Fear)</p> <ul style="list-style-type: none"> - Dangerous Goals - Fear Setting - Hope Theory and Growth Mindset - CANDO Goals 		