Consider what you say to yourself when you reach a barrier to success. Then, use flexible thinking to determine possible solutions to the challenge and what you might say to yourself instead to help stay motivated.

Take a look at your Marathon Activity to brainstorm any barriers to success that could get in the way of reaching your goals.

| Barrier to Success | Possible Solutions | Self-Talk/Response |
| --- | --- | --- |
| *Ex. I can’t complete my math HW because I left my calculator at school.* | * Download a free calculator app on my phone * Call a friend to borrow their calculator * Start with my English HW while I calm down | *I can complete my math HW by downloading a free calculator app on my phone. I will set a reminder in my phone for tomorrow so that I do not forget my calculator again.* |
| *Ex. I can’t call a doctor for my cold after work because I don’t have one.* |  |  |
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|  |  |  |
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Develop 3 phrases that you can use to reframe your brain from negative to positive thinking when challenges/obstacles arise:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_