

Staying In the Zone of PRODUCTIVE STRUGGLE

Why did I choose this option today?

WHY?

How does this choice challenge me as a learner?

Challenge

What strategies will I use to tackle any challenges I might face with this choice?

-
-
-
-
-
-
-
-
-
-

What I NEED

If I'm not challenging myself with this choice today, why not?

Why?

If this didn't feel challenging, what can I do next time to ensure I'm in my zone of productive struggle?



If this felt too challenging, what can I do next time to better support myself?

- Break the task into smaller steps.
- Close my eyes and visualize it going well.
- Self-assess before making my choice.
- Make a list in order of what I need to do.
- Put cold water or ice on my face.
- Go for a walk or a run.
- Do a mindfulness exercise with an app.
- Close my eyes and visualize it going well.
- Close my eyes and remember a time I overcame this feeling to keep going.
- other

If this felt unenjoyable, why did it feel that way?



If I had trouble persisting with this, what did I do (or what could I have done) to keep going?

Keep GOING