

Appendix E: Self-Talk Card

Self Talk:	
Plan A: <i>As I see it....</i>	Plan B: <i>But....</i>
I will start by...	If....then....
I can...	I might need to...
When I see _____ I will...	Maybe/ In case...
I am going to....	I could probably..
I first need to....	I should....