

## EXERCISE 3-2 Thinking about “how”

### HOMEWORK:

**This week, ask yourself “how” in response to three situations/ideas you have. Write down the answer to the “how” question. Bring to class to discuss.** *Note: Review the example to develop a better understanding of this exercise. Answers should list specific steps as to how you will approach the situation/idea.*

#### **Example (Thought/idea):**

Thought on the way home from school: “I want to join the track team”.

#### **Answer (“How” I will accomplish):**

1. Talk to friends on track team about try outs.
2. Talk to coach about try outs (timing, requirements, etc.).
3. Practice and train until the try out date.

#### **Now it's your turn:**

A. Thought or idea: \_\_\_\_\_  
How (to accomplish): \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

B. Thought or idea: \_\_\_\_\_  
How (to accomplish): \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

C. Thought or idea: \_\_\_\_\_  
How (to accomplish): \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_