

Task Initiation

THROUGH THE LENS OF A CYC

Task:	Understand (clarify)	Brainstorm	Materials
How much time?	Double Check Work	What are the steps?	Stay focused
What I need:	I need materials.	I need help.	I need more time.
I need something else to do.	I need to stay on task.	I need a quick break.	I need to clean up/organize materials.
Positive Self-Talk:	It's okay to make mistakes.	I am open to learning new things.	I will complete my tasks.
I am focused.	I can do it!	I can take deep, slow breaths.	I am brave enough to ask for help.