

Make a Physical Goal Ladder

Cut out your steps, decorate your steps and stick them on the wall.

Write your ultimate goal here



Add some string or rope to your ladder



Write your sub-goal here

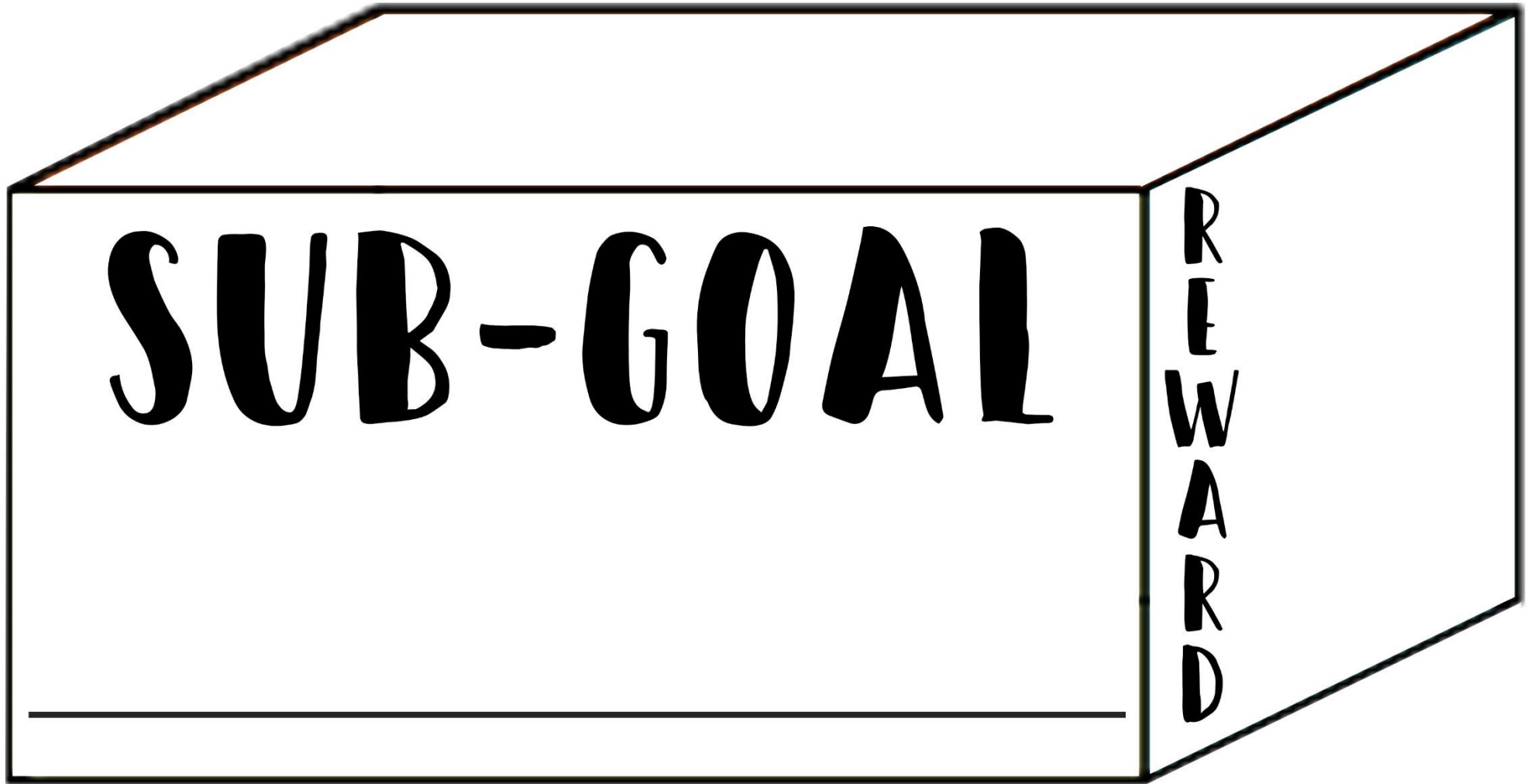


Write your reward for that sub-goal here



GOAL

**R
E
W
A
R
D**



SUB-GOAL

REWARD