

<The Day Before Heading Home>

1. Reflecting on last summer and winter breaks, consider the following:

This winter break, instead of being (A)_____, I want to be (B)_____.

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If it's easier to end up as the less desired (A) rather than the wanted (B), why do you think that is?

Then, what efforts (E1) could be made so that becoming the desired (A) becomes easier?

2. Reflecting on last summer, winter breaks, and the semester, consider the following:

This winter break, I want to do (C)_____.

This winter break, I want to do (C)_____.

This winter break, I do not want to do (D)_____.

This winter break, I do not want to do (D)_____.

If by the end of the break, it turns out you didn't do the desired (C) at all, what might be the reason?

Then, what effort (E2) could you put in during the break so that you will do the desired (C)?

If by the end of the break, it turns out you did the unwanted (D) too much, what might be the reason?

Then, what effort (E3) could you put in during the break so that you will not do the unwanted (D).

<The Day Before Going Back to School>

1. How well did you manage to accomplish your **plan to be (A)**? In what ways were you being (A), and in what ways were you not?

- What went particularly well in executing this plan?
- Were the efforts (E1) you planned in anticipation of difficulties effective and sufficient?
- If you want to be (A) again during the next summer/winter break, how would you like to do things differently/similarly?

2. How well did you manage to accomplish your **plan to do (C)**? What aspects were achieved, and what remains to be done?

- What went particularly well in executing this plan?
- Did you manage to put in the expected effort (E2) to achieve doing (C)? What was the reason that these efforts went well/difficult to execute?
- If you are to attempt doing (C) again, how could the same/different efforts be effectively applied?

3. How well did you manage to accomplish your **plan not to do (D)**? In what ways was it successful, and when did you fail the most?

- Did you manage to put in the expected effort (E3) to achieve not doing (D)? What was the reason that these efforts went well/difficult to execute?
- If you are to attempt not doing (D) again, how could the same/different efforts be effectively applied?

4. For the next break, write about what kind of person you want to be and what you would like to do.