Planning My Plan

Worksheet

How far along is my project? What do I have done NOW?

What do I want to gain from completing my thesis?

What do I want to give by completing my thesis?

What are my 10 best excuses for **not** working on my thesis?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What usually motivates me? (choose as many as seem accurate -- sometimes we are motivated by different things in different situations)

* Positive reinforcement  (rewards for a job well-done)
* Negative reinforcement (punishment for not doing well)
* Self-denial (I don’t get X until I finish what I need to do)
* Competition (wanting to do better than others)
* A sense of duty (I do it because I must)
* Others’ opinions of me (I don’t want others to think badly of me)
* Ambition (I want to be the best)
* Other? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What distracts me? How can I avoid or use those distractions?

Which of the following sound do-able?

* Strict deadlines
* Daily reading/writing page goals
* Timeblocking (i.e. treating my thesis like a job)
* Weekly to-do lists
* A writing group that meets regularly

How will I implement one or more of the above strategies? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**My Writing Environment:**

Where I work best:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Who I work best with:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When I work best: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How long I can work for before a break: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What noise I like when working: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What type of work I like to do: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What type of work I don’t like to do: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_