

**Grade 9 Live – Extension Activity
Change My Cues**

Name _____

Turn-in date _____

Keeping track of your cues when you experience a failure while working towards a goal is very important. It helps you to become aware of how you react and feel. It also allows you to think of strategies to change the negative feeling or reaction.

An example is listed below.

GOAL: To learn to play a three-chord song on my guitar.					
Date	What I Did	Failure(s)	Negative Feeling or Reaction (Cues)	What I Was Telling Myself	How I Can Change the Negative Feeling/Reaction
December 11	Tried to form the "C" cord on the guitar	I couldn't spread my fingers to cover all the strings	Frustrated! I couldn't get my fingers where I wanted them	This is SO HARD! My teacher makes it look easy, but when I do it the guitar sounds awful	Take a deep breath. He's my teacher for a reason. I'm not going to get this overnight and I did cover one string correctly.
Dec. 18	Tried to play the instrumental beginning of the song with my instructor.	I kept losing the tempo and I was always a beat behind my instructor.	Angry!! I was able to play this piece when I practiced by myself this week.	I'm sure that my instructor thinks that I should give up. He probably thinks that this is too hard for me and I'll never learn it.	My instructor knows that I'm trying hard and practicing. I will take his advice for improvement and I'm sure that I'll be able to play the beginning with him at next week's lesson.

YOUR TASK:

On page #2, select one new goal to pursue from a major area of your life (friends, family, school, sports, extracurricular, etc.) that you can accomplish within the next two weeks.

For the next two weeks, record any **CUES** (negative feelings or reactions) that you experienced as a result of a failure while working towards achieving your goal.

Then describe a strategy you can use to change your cue!

The goal can be anything but needs to be entirely new for you, requires ongoing effort, and likely means that you will struggle (especially in the beginning).

GOAL:

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