

# Scaffolding Plan

Name:

Date:

Work on your goals by earning points based on how hard a task is. Write down things you want to practice from the hardest things to the easiest. (Hint: the easiest should be one that happens regularly already!) Once you have decided upon an easy first task, practice this task (a brave behavior) repeatedly until you feel comfortable moving up to the next task. Assign points to each task so that you can earn your way to a reward. Practice, again and again, until you eventually reach the highest rung - and enjoy the reward!

Hard

Points



---

---

---

---

---

---

---

---

---

---

Easy

Goal

Reward

