Doing What You Don’t Want To

School, and life, is full of tasks we don’t want to do. Ignoring it and hoping it goes away has never actually washed a dish, though. If we can face what we would rather avoid, we can gain clarity into whether we actually have to do it, what specifically we don’t like about it, and how to turn it into something fun.

1. Write down all the tasks you need to complete this week:

2. Give each one an emoji, symbol, or number rank to show how much or how little you want to do it.

3. Now, take the absolute worst one. What will you get out of doing or not doing it?

|  |  |  |
| --- | --- | --- |
|  | **…complete the task?** | **…do NOT complete the task?** |
| **What do I gain if I…** |  |  |
| **What do I lose if I…** |  |  |

4. Is the task worth doing?

5. Is there any way to make the task enjoyable for you? What would it take for you to actually look forward to doing it?