



CRITICAL THINKING FIGHT CLUB

IMPLEMENTATION INTENTION:

You are two to three times more likely to follow through with a habit if you make a specific plan for when, where, and how you are going to implement it.

By outlining a clear plan of action and clarifying exactly what you need to work on, you make the task simpler which means it requires less motivation to do.

So, as a result of this course:

I will start to _____ when _____

Or:

Whenever _____ happens, I will start to _____

Signed:

Date: