

Task Initiation Journal Prompts.

Grades 1-4

1

Starting a task can make you feel good. Think about something you want to do, like drawing a picture or playing outside. How do you feel before you start and after you have started?

2

Finding things you like to do is helpful. Look around the room and find something you've been wanting to do. What are some things you can do to help get started doing it?

3

Finding a way to make things fun can make them easier to do. Imagine that you need to clean up your room before dinner. How do you feel about starting? What are some ways to make starting more fun or exciting?

4

Sometimes, it is difficult to start a task. Tell me about a time when you had to start doing something you didn't want to. How did you feel, and what did you do to start the task?

5

Motivation can help you start tasks. Imagine you have an enjoyable activity you want to do but must finish your homework first. Tell a story about how you motivate yourself to start and finish your homework so you can do your fun activity.

Task Initiation Journal Prompts.

Grades 1-4

6

It can be hard to stay on track. What are some things that might distract you from getting started on a task? How can you remove or avoid these distractions?

7

Getting started on your work right away is important. Describe why it is important for you to get started working right away instead of waiting until the last minute.

8

Staying on task without being reminded can be difficult. Describe why it is important to stay on task. Then, decide how to remind yourself to keep working so that others don't have to.

9

Task initiation helps you get started. Write a letter to your teacher asking them to teach your classmates about task initiation and how it can help students finish their work.



Task Initiation Journal Prompts.

Grades 5-8

1

Task initiation is the ability to start and finish tasks without procrastination. Think about the last time that you showed good task initiation. It could have happened in class or at home. Maybe it was when you started your work immediately, motivated yourself to finish a task even though you didn't want to, or broke a large task into manageable pieces. Describe how your body and mind felt before and after you showed task initiation. Provide details so readers can understand what it was like to be in that situation.

2

A lack of motivation is hard to overcome. Think of a time when you should have finished a task but didn't want to. Maybe you had trouble getting started, getting off track, or developing ideas. Describe your thoughts and the actions you took during this situation. What would you change about your thoughts or actions if you could do it over again? Provide enough details so your readers understand what you were thinking and how you would change your thoughts or actions.

3

Staying on track can be difficult. Think of a time when you lost focus and struggled to complete your task. For example, maybe you became distracted by your friend or did not use a checklist to help you stay focused. Describe in detail your thoughts before and after you were able to return to your task and finish it. Be sure to provide enough details so your readers understand your steps to regain focus and complete the task.

Task Initiation Journal Prompts.

Grades 5-8

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you managed your procrastination. For example, you decided to watch your favorite show instead of studying or put off your chores and got grounded. Then, write a story about a fictional character who travels back in time to help you use task initiation skills for your selected situation. Provide enough details so readers understand and follow along.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their task initiation skills. Tell me how you would help the student use task initiation strategies during class. Maybe you could help them by giving reminders or using a special signal. Describe your imagined classmate's actions and how you help them in three different situations.

6

Task initiation is important for students to use during class. Task initiation includes breaking projects into manageable pieces, overcoming procrastination, and using motivators to follow through and finish tasks. Explain how your classroom environment would improve if students used more task initiation and why you think it is difficult for some students to use. Be sure to include specific details to support your explanation.

Task Initiation Journal Prompts.

Grades 5-8

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of task initiation you do well and what areas you need to work on. Explain how gaining additional task initiation skills could help you throughout your lifetime. Provide enough details so that your readers understand how improvement in your task initiation skills could help you in the future as a student, employee, or parent.

8

Executive functions are often overlooked as important skills for students. Task initiation is one of the most important executive function skills students can use to help them finish tasks without procrastination. Your teacher does not see value in teaching your class task initiation skills. Write a letter to your teacher persuading them to teach these skills to your class. Include enough specific details to support your opinion and convince your teacher that your position is correct.



Task Initiation Journal Prompts.

Grades 9-12

1

Task initiation is the ability to start and finish tasks without procrastination. Think about the last time that you showed good task initiation. It could have happened at work, in school, or at home. Maybe it was when you started your work immediately, motivated yourself to finish a task, or broke your project into smaller, more manageable tasks. Describe how your body and mind felt before and after you showed task initiation. Provide enough details so readers can understand what it was like to be in that situation.

2

Having a lack of motivation is a frequent obstacle. Think of a time when you should have finished a task but didn't want to. Maybe you had trouble getting started, getting off track, or developing ideas. Describe your thoughts and the actions you took during this situation. What would you change about your thoughts or actions if you could do it over again? Provide enough details so readers understand your thinking and how you would change your thoughts or actions.

3

Staying on track can take time and effort. Think of a time when you lost focus and struggled to complete your task. For example, maybe you became distracted by your phone notifications or did not use a checklist to help you stay focused. Describe in detail your thoughts before and after you returned to your task and finished it. Be sure to provide enough details so your readers understand your steps to regain focus and finish.

Task Initiation Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you managed your procrastination. For example, you decided to go out with your friends instead of studying or put off your assignments and started to fail. Then, write a story about a fictional character who travels back in time to help you use task initiation skills for your selected situation. Include enough details so readers can understand your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their task initiation skills. Tell me how you would help that student use task initiation strategies during class. Maybe you can help them by sending a direct message to their phone or by using a special hand signal to remind them to stay on track. Describe your imagined classmate's actions and how you help them in three different situations.

6

Task initiation is essential for students to use during class. Task initiation includes breaking projects into manageable pieces, overcoming procrastination, and using motivators to follow through and finish tasks. Explain how your classroom environment would improve if students used more task initiation and why task initiation is sometimes difficult to use. Be sure to include specific details to support your explanation.

Task Initiation Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of task initiation you do well and what areas you need to work on. Explain how gaining additional task initiation skills could help you during school. Provide enough details so your readers understand how improving your task initiation skills could help you next semester.

8

Executive functions are often overlooked as important skills for students. Task initiation is one of the most important executive function skills students can use to help them finish tasks without procrastination. Imagine that your principal does not see value in having teachers teach these skills. Write a letter to your principal persuading them to encourage their teachers to teach task initiation in class. Include enough specific details to support your opinion and convince your principal that your position is correct.

