

REACHING TARGETS WITH T.A.O.P

TARGET= "My LEARNING TARGET is...."

ACTION= "The main ACTION necessary to achieve my target is..."

OBSTACLE= "One OBSTACLE that might arise on the way to my target is..."

PLAN= "If ... then..."

Those students who were taught mental contrasting and implementation intentions completed over 60 percent more practice questions than students in the control condition (Duckworth, Grant, Loew, Oettingen, & Gollwitzer, 2011).

